



Experience the Touchmark lifestyle this fall



Message from
Barbara Romano
—Executive Director

It's that time of year again, when summer is winding down and fall is quickly approaching. With the autumnal equinox almost here, we are celebrating the coming of the harvest and anticipating all of the beauty and warmth that accompanies this season.

Along with the growth of crops, which occurs at this time of year, we continue to experience growth in our community. Our vibrant community here in Idaho continues to expand with the addition of new people.

The expansion is very exciting, and it is carrying over into the events and activities we offer. We invite you to take this opportunity to come and visit us at Meadow Lake Village. Experience the end of summer and the beginning of fall. Come and be part of the progress and participate in some new activities we have at our community! We would be honored to have you as our guest.

People can affect onset of progressive memory loss

by Marge Coalman, EdD
—Vice President of Wellness & Programs, Touchmark

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer's disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is "if it's good for the heart it is good for the brain."

“Older adults have more control over their cognitive vitality than they may realize.”

—Elizabeth Stine-Morrow,
Professor of Educational Psychology,
University of Illinois

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain's region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked to brain cell growth and enhanced

mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow’s research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don’t need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Touchmark are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Michelle Swantek.

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Find more time for friends, family, and hobbies

by Shirleena King
—Sales Administrator

Step out your front door. Breathe the fresh air. What an invigorating start to a new day at Meadow Lake Village. Older adults value Treasure Valley’s unique natural environment and warm climate. Touchmark’s elegant cottage and lodge homes are nestled along the foothills and features gardens and waterfalls.

Without hesitation, residents gladly exchange home responsibility and maintenance for increased time to engage in hobbies and relaxation. This new-found time allows them to enjoy Touchmark’s pristine setting, the numerous healthy and fun events, and time with friends and family.

Chad and June Bolender are new to Touchmark, having moved to Idaho from Seattle, Washington. The Bolenders will celebrate their move and new home with their 51st wedding anniversary. “We are happy to have a new home and excited to have the time to explore Idaho’s great out-

doors,” says Chad. The Bolender’s new lifestyle will enable them to spend more time with their daughter and two grandsons, ages four and six.

If you’d like to experience the Touchmark lifestyle, call us today at 1-888-978-5050 or visit us online at MeadowLakeVillage.com.

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Featuring the Washington cottage home



This month, Touchmark is showcasing the Washington cottage home, which includes 1,346 square feet of living area and a 578-square-foot garage. This private lot is beautifully landscaped. Call the Sales team at 1-888-978-5050 to learn more about this home.

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Attend Alzheimer’s Association benefit dinner

Touchmark Home Health & Home Care and Meadow Lake Village invite you to join us for a special fund-raising dinner event to benefit the local chapter of the Alzheimer’s Association. Proceeds from the event will help maintain local programs that assist individuals and families.

The event is Friday, September 21 with a social hour at 5 pm and dinner at 6 pm. The cost is \$25 per person or \$45 per couple. Touchmark will hold the event in the Grand Lodge.

Support an important community resource while enjoying

a formal dinner and evening of music. Please RSVP by Wednesday, September 19 by calling 208-888-2277.

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What others are saying

“Thank you to all the staff. You are all enthusiastic and concerned about your residents’ welfare and happiness. Everyone is always there to make sure we are all enjoying life here at Touchmark in Meridian.”

Marjorie Battle
—Resident

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A new name for long-time service

by **Daphne King**
—Touchmark Home Health & Home Care Administrator

Touchmark Home Health & Home Care has a long history of serving people throughout the Treasure Valley. Since we began in 1998 as Waterford Home Health, we have been an affiliate of Touchmark. Recently, we changed our name to reflect that affiliation and our growing connection with Touchmark at Meadow Lake Village.

Today—as we have for nearly a decade—we continue to provide experienced, dedicated service, promoting independence, dignity, and personal choice.

Give us a call at 208-884-3308 and let us know how we may assist you.

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Highlights from summer

by **Michelle Swantek**
—Life Enrichment/Wellness Director

Our summer here at Meadow Lake Village has been quite full. From exercising, playing golf, and taking many day trips, residents have been keeping very busy.



Residents play a round of golf on Touchmark’s Nine-hole, par 3 irons golf course.

In August, we took several day trips around the Boise-Meridian area. Marge Heinzen recently moved to Touchmark and helped us plan a day trip with son Robert’s new tour company, Treasure Valley Tours. We enjoyed an afternoon bus ride to The Winery at Eagle Knoll in Eagle, Idaho. After a brief tour, we ate a picnic lunch in their beautifully landscaped garden.

Also this summer, we were able to attend an evening performance at the Starlight Mountain Theatre. Set in the quaint mountain town of Garden Valley, the Theatre offers a unique open-air setting, and we watched a performance of Rodgers & Hammerstein’s *State Fair*. It was a wonderful time to spend with friends.

Summer also meant time with family. Many people either have been traveling to see family and friends or have hosted company here in Idaho. It is always fun to show off this beautiful campus.

State fair theme makes for a month of fun events

When you were a kid, summer meant the anticipation of the fair coming to town. As adults, why should that feeling disappear?

The Life Enrichment/Wellness staff decided to incorporate the state fair theme into many activities, including the chef’s choice dinner and Starlight Mountain Theatre’s performance of Rodgers & Hammerstein’s *State Fair*.

It was month full of celebrating and reminiscing about that old-fashioned state fair, and everyone is equally as excited for this month’s theme, Hawaiian Luau.

As we begin to plan for fall, our calendar is filling fast. We already have plans to attend a country concert, a hockey game, a comedy club, and a new luxurious ski resort in Tamarack, Idaho. We also have many celebrations and events planned here at Meadow Lake Village, including

a Hawaiian luau, Oktoberfest party, and a Halloween costume party. With all the traditions, activities, and local events associated with the holidays, the community has been buzzing with great ideas and lots of excitement. Come join us!



Everyone gathers for a photo during the trip to The Winery at Eagle Knoll. From left: George Lake, Leona Hovenden, Vivian Lake, Doris Hansen, Dee Jackson, Hal Jackson, Marge Heinzen, Don Kuxhausen, Mary Kuxhausen, and Robert Heinzen (in back).



The lush grounds at The Winery at Eagle Knoll in Eagle, Idaho, surround residents as they eat a picnic lunch. Around the table, from left: Doris Hansen, Mary Kuxhausen, Don Kuxhausen, Norma Stock, Dee Jackson, and Hal Jackson.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for September is a book review of your favorite book.

So many books, so little time

by **Lucille Bachman**

—Resident at a Touchmark community in Fargo, North Dakota

When I was asked to write a paragraph on one of my favorite books, I almost automatically thought of *So-Fat and Mew-Mew*. When I started school, the first book I read was *So-Fat and Mew-Mew*, the tale of a dog and a cat. I loved it and read it again and again.

How to tell what is a favorite? Any of these could be: *Gone with the Wind*, because I lived in the South; *The Clan of the Cave Bear*, my interest in ancient civilizations; books on Aztec and Mayan civilizations. Recently I read *The Da Vinci Code*. I want to read it again. In the end, *So-Fat and Mew-Mew* comes in first!

For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 24. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Michelle Swantek.

Upcoming events

Monday, September 24, 11:30 am—Trip to the Old Idaho Penitentiary.

Thursday, September 27, 1 to 3 pm—Fall-wreath decorating class taught by Gisele Pope. Cost is \$36, which includes all supplies. Grand Lodge Selkirk Room.

