



## Celebrate autumn with us



*Message from*  
**Barbara Romano**  
—Executive Director

This month, we're celebrating the changing of the seasons with themed events, such as a Halloween Party and a trip to the corn maze.

Besides these special activities, we have other exciting events happening on campus. For example, we now have Sunday dinners for all Meadow Lake Village residents at The Meadows at Meadow Lake Village, which has allowed residents to get to know one another.

With our vibrant community growing, we have enjoyed welcoming new people to the family. We are excited to announce that in the past month we have welcomed eight residents, and we look forward to more people moving to Touchmark.

Come and see our campus during this beautiful time of year and enjoy our close-knit community.

## Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a

celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Touchmark supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Michelle Swantek. Good food, good health, good company, and good conversation are the goals of the Touchmark dining experience.

## Upcoming events

**Friday, October 26, 5:45 pm**—Knock ‘em Dead dinner theatre presents *Jekyll And Hyde*. Cost is \$37, which includes dinner and the show.

**Wednesday, October 31, 7 pm**—Halloween Party.

## Take advantage of amenities and services

A recent study by the U.S. Bureau of Labor Statistics found that older adults spend anywhere from 1.9 to 4.5 hours a day on household work, depending on age and employment. At the minimum of two hours per day, a person could spend approximately 14 hours per week on housework. Are you spending time on housework instead of enjoying activities and people?

Take advantage of amenities and services at Touchmark at Meadow Lake Village and discover more time for the people and activities you love. Let Touchmark staff care for your home. Spend time savoring your meal instead of cooking and cleaning. Take advantage of a dynamic Life Enrichment/Wellness program, scheduled transportation, and 24-hour concierge customer service.

## The Madison

Touchmark is highlighting the 1,788-square-foot Madison cottage home, which includes three bedrooms and two bathrooms.

The home has several upgrades, including a dramatic dining room; slate entryway and hallway; hardwood flooring in the kitchen, dining room, and breakfast nook; gas stove; cherrywood fireplace mantle; and humidifier. The garage is 663 square feet, and the home is priced at \$394,000.



**Meadow Lake Village is designed to offer you a healthy and active retirement lifestyle. Tour this lovely Madison cottage home today—and experience the Touchmark lifestyle.**

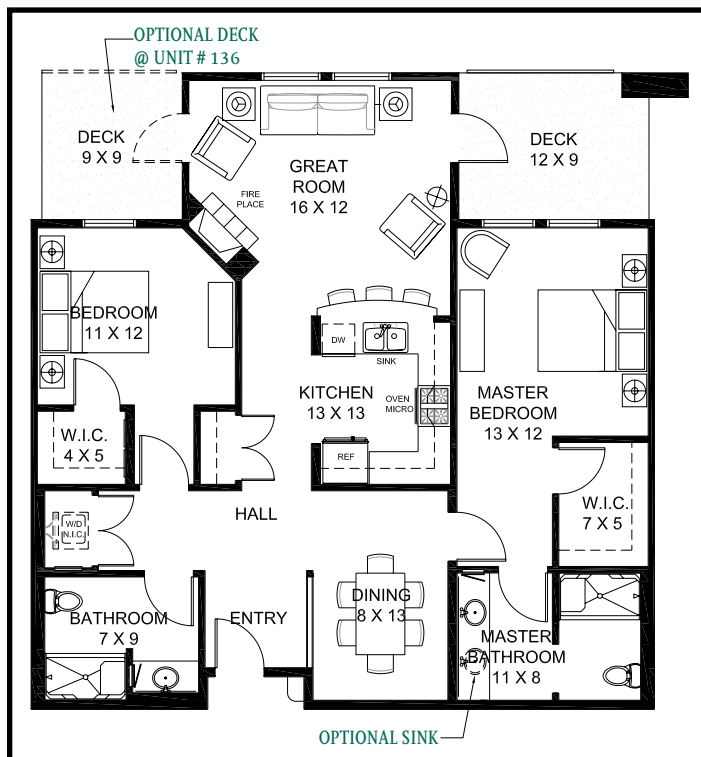


**The Madison home includes hardwood flooring in the kitchen.**

## The Juniper lodge home

This 1,279-square-foot home is located in Sun Valley Lodge. The home has two bedrooms, two bathrooms, walk-in closets, and a dining area. It comes with access to Touchmark’s many amenities and services, including fine dining, scheduled transportation, spa and salon, game room, fitness center, and more.

Call the Sales team at 208-888-2277 or 888-978-5050 to schedule a presentation.



Located in the Sun Valley Lodge, this Juniper floor plan offers 1,279 square feet of living space.

## Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form

relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.”

To read Marge’s article, visit [Touchmark.com/community-involvement.htm](http://Touchmark.com/community-involvement.htm).

## “Fight, Fight! BSU!”

by Sandy Poe  
—Life Enrichment/Wellness Assistant

Boise is proud of the Broncos, who were nationally recognized when they beat the Oklahoma Sooners last year in the Fiesta Bowl.

Residents had a festive homecoming party at the Grand Lodge prior to a recent game. The event started with an old-fashioned tailgate barbecue with delicious hot dogs, hamburgers, chips, and soda. Local talent Paul Albert Smit played his guitar, and he knew just what to play to get the crowd in the football spirit.

When the game started, people settled into couches and chairs to watch the game on the projection-screen television. The game had many ups and downs as fans cheered



From left: Residents Jim Pease, Norma Stock, Faye Holihan, Ken Holihan, Ramona Curry, and Eleanor Adamson enjoy the tailgate-style dinner in the Grand Lodge prior to a recent Boise State Broncos game.

on their famous Broncos, who won the game!

We look forward to a fantastic fall season and invite you to join us for our many fun events.

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## Residents “walk” the Centennial Trail

This month, residents completed a 14-week competitive fitness program. They “walked” the Centennial Trail, tracking the miles from every activity they did, whether it was a leisurely walk, a round of golf, a bike ride, or a group-lead fitness class.

Resident Dottie Ring participated throughout the entire competition and averaged at least 30 minutes of exercise each day.

“She surpassed much of her competition early in the program and was our winner,” says Life Enrichment/Wellness Director Michelle Swantek.



**Dottie Ring won the 14-week competitive fitness program. She received Exerstrider Trekking Poles, a completion certificate, and some relaxation essentials.**

Dottie was the first to make the 1,200-mile journey and won a set of Exerstrider Trekking Poles, a completion certificate, and some relaxation essentials.

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## Stay healthy—avoid the flu

*by* Nona Phelps, RN  
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here’s what you should know:

### The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

### Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

### There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash

hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit [Touchmark.com](http://Touchmark.com).

*Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.*

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## Aloha! Welcome to the Hawaiian Luau

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

Residents and their guests recently enjoyed a Hawaiian Luau. The evening began with a social hour at the Grand Lodge then moved to the beautifully decorated “luau” room, where people received a traditional lei greeting, and the aroma of the luau feast filled the air.

Executive Chef Devon Ingram and his staff created a fantastic menu that had everyone raving.

After the meal, a local Hawaiian dance group performed and talked about the different cultures that make up the

Hawaiian islands. This dance group was a family affair, with the husband, wife, daughter, and cousins performing traditional dances from the islands of New Zealand, Fiji, Samoa, Tahiti, and Hawaii.

Residents talked about this event for several days. We plan on making it an annual event and wish to invite the dancers back again. Aloha!



**The Siva Maia group perform a traditional island dance.**



**Life Enrichment/Wellness Director Michelle Swantek (far left) and Life Enrichment/Wellness Assistant Sandy Poe (far right) greet Ann Machado and Jeanette Burford at the Hawaiian Luau.**

