



## Touchmark: a perfect place to celebrate the holidays



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

Happy Thanksgiving! With the holiday season just around the corner, we're busy at Touchmark with holiday preparations. The fall has been an exciting time, as new people have joined the campus—plus we had a wonderful fall full of exciting activities. But now we're anticipating the winter and are ready for the snow to cover the mountains.

In the spirit of the season, the Life Enrichment/Wellness team has scheduled a variety of festive activities. On November 21, we'll travel to Saint Alphonsus Festival of Trees. On November 27, we'll take a day trip to the four-star Tamarack Resort, and on November 28, we'll decorate the Grand Lodge.

Come participate in Touchmark's seasonal celebrations and enjoy the beauty that Idaho has to offer this time of year.

## Giving and sharing

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

Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans. Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left their communities to volunteer. The awareness of how fortunate most of us are to have a home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

**“Sharing is sometimes more demanding than giving.”**

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—*Mary Catherine Bateson*

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a consistent, personal commitment to prioritize the needs of others over our own.

As we approach the season of giving with a heightened awareness of the vast needs around us, both local and national, it is an ideal time to take a personal inventory

of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Touchmark offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There are also opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site ([Touchmark.com/volunteer-opportunity.htm](http://Touchmark.com/volunteer-opportunity.htm)) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

## Upcoming events

**Saturday, November 17, noon**—Watch the University of Idaho versus Boise State University football game. Coeur d'Alene Room.

**Friday, November 23**—Meadow Lake Village food drive begins. For more information, talk with Life Enrichment/Wellness Director Michelle Swantek.

**Tuesday, November 27, 9:30 am**—Trip to Tamarack Resort.

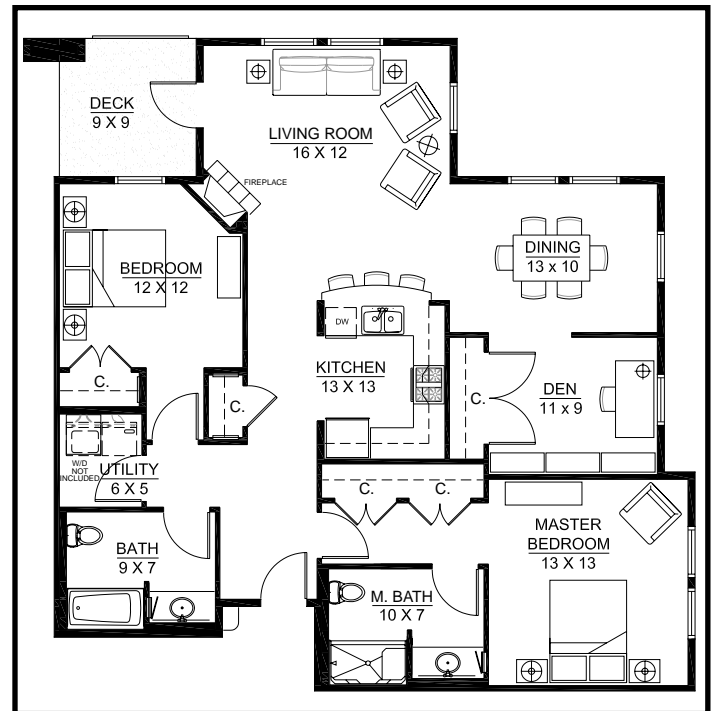
## Celebrate the holiday season in your new home

Find more time for loved ones and important activities as Touchmark staff provide you with exceptional service. Touchmark offers a variety of amenities and services to fit your needs, such as caring for your home's indoor and outdoor maintenance.

You can take advantage of the scheduled transportation and avoid winter driving or use the private dining room to host a holiday meal. Avoid the holiday stress, and instead spend your time making memories with friends and family.

This month, Touchmark is highlighting The Larch lodge home and The Monroe cottage. Call the Sales team at 208-888-2277 or 888-978-5050 to schedule a presentation.

## The Larch



This spacious lodge home features The Larch floor plan. With 1,436 square feet, two bedrooms, two bathrooms, and a den, you'll have space to entertain or enjoy a quiet evening.

## The Monroe



The Monroe home features 1,768 square feet, three bedrooms, two bathrooms, and a two-car garage. This elegant kitchen is perfect for cooking. To learn about other upgrades in the Monroe, call today.

## Tricks and treats?

In the spirit of Halloween, the community recently celebrated all things spooky and fun. The month started with picking pumpkins. Residents spent an afternoon on an enchanting drive to a local pumpkin patch, where the fall colors and the cool air made for a perfect start to the fall festivities.

Later, a group attended the *Jekyll And Hyde* performance at the Knock 'em Dead dinner theatre. The evening started with a delicious meal, and the energy continued throughout the dinner and into the hilariously spooky performance. "The audience was rolling in their seats by the time the show was over," shares Life Enrichment/Wellness Assistant Sandy Poe, who attended the event.

For Halloween night, people prepared for the annual costume party, where they won prizes for best costumes. The categories were scariest, most original, best male-and-female combination, most traditional, and cutest. With live entertainment, a variety of games, and decorations galore, the evening was fun for everyone.

babies born prematurely. Several wonderful ladies knitted more than 20 caps, which they donated to the local hospital.

"This worthwhile project has encouraged folks to learn a new trick or two. We are holding knitting workshops to teach knitting and encourage people to join the fun. We even purchased Nifty Knitters, an easy-to-use knitting tool, that makes these caps in a snap," says Mary.



**Caps created by volunteers dot the table.**

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## Join the volunteer mania

Touchmark's newly developed Volunteer Committee has been busy with new projects. Under the direction of Chairwoman Mary Kuxhausen, the committee chose three worthy projects to tackle this fall.

First, the group worked on creating "preemie" caps for



**Volunteers present the caps they created to St. Luke's Regional Medical Center Volunteer Coordinator Sharon Aalbers (far left). From left: Lexie Reichel, Marg Heinzen, Maggie Woodrum, Dottie Ring, and Mary Kuxhausen.**



**From left: Dee Jackson, Dottie Ring, Lexie Reichel, Mary Kuxhausen, Lynda Laswell, and Marg Heinzen knit preemie caps.**

Second, the committee decided to participate in the Project Linus blanket program. Project Linus is a national non-profit organization that makes blankets with the help of volunteers for veterans' hospitals, children's hospitals, and local cancer centers.

Mary and her neighbors attended a workshop last month to learn how to make these much-needed blankets, and recently, the group tied about 15 quilts that will be passed on to Project Linus, where people will bind the edges before donating the blankets to others in need.

Third, the community collected funds to make teddy bears for the local police department, so police officers can give lovable bears to children in crisis situations. The committee worked with the Build-A-Bear Workshop® at the local mall to help make these bears, and the event received local TV coverage. “We began with a small outing of people, who made eight teddy bears, and later in the month, more residents visited the Build-A-Bear Workshop® to make more bears,” shares Mary. To learn more about Touchmark’s active volunteer program or to join, call Life Enrichment/Wellness Director Michelle Swantek.

*Resident and Volunteer Committee Chairwoman Mary Kuxhausen and Life Enrichment/Wellness Director Michelle Swantek contributed to this article.*



From left: Marg Heinzen, Norma Stock, and Ramona Curry put together a blanket for Project Linus, a nonprofit organization that makes blankets with the help of volunteers for people in need.



Residents recently made teddy bears at the local Build-A-Bear Workshop® and gave the stuffed animals to the local police department to give to children in need. From left: Volunteer Committee Chairwoman Mary Kuxhausen, Len Bull, Kay Bull, Betty McKinley, and Touchmark Certified Nursing Assistant Lisa Darley show off their bears.

## Oktoberfest—a popular event

The warm, savory aroma of traditional German cuisine and live music greeted people entering the elaborately decorated dining room. As people took their seats and enjoyed their meal, a pianist performed classic German songs.

Volunteers from a local high school taught people to speak a few words and phrases in German.

“Many of us quickly became tongue-tied trying to pronounce this new language,” laughs Life Enrichment/Wellness Director Michelle Swantek.

The fun continued throughout the evening as residents won prizes for correctly answering trivia questions pertaining to the German culture.



From left: Life Enrichment/Wellness Assistant Sandy Poe, Dining Services staff member Kody Kautz, and Life Enrichment/Wellness Director Michelle Swantek dress in Oktoberfest fashion.

