



# News wrapped in fresh format

**HAPPY HOLIDAYS AND SEASONS GREETINGS FROM TOUCHMARK!** During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd love to hear what you think of our updated look.

Feedback is very important to us. Each year, Touchmark surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident

Council and are available for all residents to see.

We just completed this year's survey, and we're delighted that we were rated the highest of all Touchmark communities in the US and Canada for respecting residents' privacy and dignity. This is a real tribute to our staff!

Whatever the time of year, we welcome your feedback.



Warmly,

**Barbara Romano**  
Executive Director

## Help local families in need this holiday season

In keeping with the Touchmark holiday tradition, the Meadow Lake Village community once again is hosting a holiday food drive. Last year, residents, family members, friends, and staff members collected approximately 1,000 pounds of food and gave 22 Holiday Food Boxes to local families.

"We are excited to make a difference in the local community and have two members of Centennial High School's National Honor Society help coordinate the packing of boxes," says Life Enrichment/Wellness Director Michelle Swantek.

The Holiday Food Box project is a collaborative effort of Touchmark communities and the Touchmark Foundation to respond to hunger among seniors and families. Ten years ago, Touchmark founder Werner G. Nistler, Jr. replaced the classic office holiday party with a food-packing party. Over the years, the Holiday Food Box project has delivered thousands of food

boxes to needy seniors and families. Last year, over 700 households received boxes of nutritious food through the effort of Touchmark communities in the US and Canada.

To learn how you can join Touchmark in helping local families in need, call Michelle at 208-888-2277. ■



**Touchmark is collecting nutritious, nonperishable food to give to local families in need. Each box contains a variety of food, including cereal, peanut butter, pasta, and more.**

## Honoring veterans



Residents participated in a veterans memorial project, making commemorative buttons for the families of veterans who have died in the past year. Hal Jackson organized the project.



Veterans and Touchmark residents (from left) Lennie Williams, Dennis Fabian, Wray Scott, John Cretal, Hal Jackson, and Don Starkey show off the decorative buttons.

## Holiday cheer at Touchmark

With Christmas quickly approaching, the city is alive with activities and the holidays. Boise Centre on the Grove sparkles as a dazzling winter wonderland, where a group from Touchmark recently toured over 150 beautifully decorated trees. The ambiance lifted the spirit as holiday music and smells filled the area.

One week later, that same mood filled the Grand Lodge as resident volunteers decorated the lodge in elegant fashion. To show off all their hard work and the splendid decorations, everyone was invited to a holiday cookie and music celebration. People savored warm gingerbread cookies and hot apple cider while the talented Treble Clef singers performed a holiday concert. (The audience helped sing a few songs, too.) ■

### Coming Events

**Saturday, Dec. 8, 5 pm**

Progressive dinner and city lights bus tour. Cost is \$45 per person.

**Friday, Dec. 27, 7 pm**

Holiday and Christmas Party

**Monday, Dec. 31, 7 pm**

New Year's Eve Party

## Holiday meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Touchmark community, you can take advantage of Touchmark's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Touchmark staff can help you design a memorable menu for your family dinners and holiday celebrations.

Call 208-888-2277 to learn more about the *(cont.)*

(cont.) private dining room, catering, and the many amenities and services at Touchmark. ■



The Adams cottage, located on 875 S Hallenbeck Lane, is currently available. Imagine living in this lovely home with 1,595 square feet of living space, two bedrooms, and two bathrooms.



The two-sided fireplace in the Adams cottage creates the perfect setting for hosting friends for the holidays. The home includes Corian® countertops, a Bisque kitchen sink, and upgraded flooring.



Located in the Sun Valley Lodge, Touchmark's most exquisite suite—the Cottonwood—features 2,281 square feet with two bedrooms and two-and-a-half bathrooms. This home has 20-foot ceilings, floor-to-ceiling windows, and a fabulous view of Owyhee Mountains.



The well-designed kitchen in the Cottonwood suite offers stylish appliances and roomy cabinets.

## Celebrate the spirit



**Marge Coalman, EdD**

Vice President of Wellness & Programs,  
Touchmark

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes

that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture to-

day, we frequently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Touchmark, we invite and encourage people to share the abundance of their wisdom and experience

through our Life Enrichment/Wellness program. Contact Director of Life Enrichment/Wellness Michelle Swantek to become an active changemaker and contributor to the circle of life. ■

*“I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life.”*

—Aimea Saul, artist