



The mind-body connection affirmed

“When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn’t just stick with traditional research.”

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. “Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn’t. We’ve simply provided irrefutable data showing that it is true.”

Felten’s field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body’s immune system and the central nervous system of the brain. From then until

now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body’s resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to ‘just participate’ in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking

a pill, a dose of mind-body movement is recommended.

At Touchmark, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Life Enrichment/Wellness Director Michelle Swantek. ■



Touchmark launches redesigned Web site



Check out Touchmark’s updated Web site, MeadowLakeVillage.com!

- Slide show of homes
- Easy-to-use Google maps
- Options for text size

Experience wellness!

Reenergize your fitness resolutions at Touchmark's Experience Wellness event Jan. 16 from 9 am to noon. Take part in demo fitness classes, gather useful information at a mini health fair, and learn about Touchmark's health and fitness offerings, such as monthly blood-pressure checks and foot clinics. Touchmark fitness experts will lead a demo tai chi class at 9 am and a Posture & Balance class at 10 am.

That evening, the Dining Services team will launch the freshly revised menu in the Touchmark Grand Teton Dining Room. The menu will include a rotating selection of healthy menu choices.

Life Enrichment/Wellness Director Michelle Swantek and her team also will kick off a fitness challenge for residents. "For six weeks, people can take part in health talks, exercise classes, and more fun, fitness activities. There will be opportunities to win prizes, as well," says Michelle.

To learn more about the Experience Wellness events, talk to Michelle.

Touchmark celebrates the holidays

Second-annual Ladies' Holiday Tea

During the holidays, Touchmark expanded the traditional holiday tea and combined it with a cookie exchange.

The Resident Committee set out beautiful decorations, and the women came dressed in their finest with plates full of cookies to share.

Individual hostesses brought their own beautiful, unique tea sets to serve their neighbors. People shared stories and laughter as they enjoyed the classic British tea. "The

group sang carols and we all had a delightful time," says Life Enrichment/Wellness Director Michelle Swantek.

Progressive dinner

Owner of Treasure Valley Tours and son of resident Marg Heinzen, Bob Heinzen, planned a fun progressive dinner for residents. The evening began at the local Wine Corkers with hors d'oeuvres and winetasting. Then the group progressed to the main course at a beautifully decorated private home in Meridian, where people dined on a delicious barbecue spread. The group also took in the festive holiday lights as they traveled.

Decorating for the season

The festivities continued (*cont.*)



Joan Wainwright (left) and Ann Machado stand near one of the many holiday decorations in The Meadows at Meadow Lake Village.



Riverglen Junior High School orchestra performed their holiday concert at Touchmark. Residents Lexie and Don Reichel's grandson plays in the band.

(cont.) through the month. Residents decorated The Meadows at Meadow Lake Village with holiday crafts, enjoyed outings around town, baked, and decorated masterful gingerbread houses. ■



Charlie Dodson places the first ornament on the tree.



Darlene Hansen (left) leads Christmas carols with Mary Mitzner, playing the piano.



Darlene and Mary often lead singing. Talk with a member of the Life Enrichment/Wellness team to learn more.

Fitness—a way of life at Touchmark

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

Touchmark's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Touchmark services and amenities, visit or call today.

The Truman on 639 S Werner Lane and The Kennedy (see photo) on 641 S Werner Lane offer exceptional retirement resort living. (cont.)



Tour The Kennedy today!

(cont.) The Truman is 1,924 square feet and includes three bedrooms and two bathrooms. The Kennedy is 2,139 square feet with three bedrooms, two bathrooms, a solarium, and additional cabinets in kitchen and laundry room. The home offers all stainless steel appliances, instant hot water at sink, under-counter lighting, and upgraded flooring. The living room has built-in cabinets and bookcases.

The Sun Valley Lodge home (number 332, Juniper floor plan) offers 1,279 square feet of living space, two bedrooms, and two bathrooms. The kitchen includes

lovely marble kitchen countertops. ■



The Juniper is located in The Sun Valley Lodge.



The Sun Valley Lodge offers a variety of floor plans, ranging from 729 to 2,281 square feet. Visit today and receive a personal presentation of this 1,279-square-foot Juniper lodge home.

You said it!

We are 'happy campers' at the Sun Valley Lodge. Both residents and staff have been most helpful in making our adjustment to this wonderful way of life. The past six months have been uplifting, enjoyable, and meaningful!

David and Darlene Hansen

—Residents

Destination ... Discovery



Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

"If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time."

—Ann Davlin, dancer at 93 years of age

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

"I didn't realize how lonely and isolated I had become until I moved in and started participating in the

(cont.)

(cont.) activities and events. I made new friends and found others that I had known over the years but lost track of.” This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person’s days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

“There are so many things to do all the time; it’s hard to choose one.” It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Touchmark’s various events and offerings. To support your development of new “destinations of discovery,” contact Life Enrichment/Wellness Director Michelle Swantek.

May 2008 bring you good health and much happiness. ■

Coming Events

Wednesday, Jan. 16, 9 am to noon

Experience Wellness event. Take part in demo classes, gather useful health information, and learn about Touchmark’s health and fitness offerings.

Friday, Jan 25, 5:45 pm

Bobbie Burns Celtic dancers perform.

Wednesday, Jan. 30, 8:30 am to 4 pm

McCall Winter Carnival and Elk Feeding.