

# Dinner show celebrates and supports the heart

More than 55 people attended the recent, fun-filled Valentine's Day dinner show, which raised \$500 for the American Heart Association.

The evening included a variety of performances by Touchmark team members and their families, who volunteered their time to support the event. Nathan Wyatt, Sales supervisor, was master of ceremonies for the evening and entertained the crowd with jokes and performed some musical numbers with his

daughters. People watched tricks by a strolling magician while enjoying an elegant Beef Wellington and Chicken Piccata dinner.

Chef Eve Raezer sang love songs from the '30s and '40s, and Chef Jeff Martin sang an original love song that he wrote. Idaho State Fiddle Contest award winner Sally Petersen played fiddle. The evening concluded with a humorous skit performed by Touchmark team members. People laughed as they watched the *Honeymooners*-in-

spired skit that showed a couple in the process of moving to a community like Touchmark.

"I had flashbacks to our decision to move to a retirement community," shared resident Mary Kuxhausen. "It was very funny."

"Through the generosity of the Touchmark team and their families, everyone enjoyed a fun, memorable evening," says Life Enrichment/Wellness Director Michelle Swantek. ■



**Chef Eve Raezer sings love songs from the '30s and '40s.**



**Alan Farnsworth (husband of Sales Associate Catherine Farnsworth) performs in the *Honeymooners*-inspired skit.**



**Sales Supervisor Nathan Wyatt plays an impromptu song, *Orange Blossom Special*, with Sally Petersen (not pictured) on the fiddle.**

## Discover the freedom to travel

According to AAA, some of the top travel trends for 2008 will be visiting Europe, Central and South America, traveling with family, climate sightseeing, and taking earth-friendly vacations. Another popular trend is enrichment travel, which involves taking classes and attending events that deepen and enhance a person's travel experience.

Travel offers adventure and a fun escape from everyday life. For many, though, the burden of arranging for a house sitter or making sure that someone watches your home while away can add stress to the travel preparations. To avoid such hassle, consider the Touchmark lifestyle, where you can relax, knowing others are caring for your home while you travel.

"We love to travel and meet other people," says Judith Harris, who lives at Touchmark's Oklahoma community with her husband Leaman. "Now we're in a place where we're not serving the house, and someone else is taking care of the house."

### The Larch floor plan

Located in the Sun Valley Lodge, home 335 offers the 1,436-square-foot Larch floor plan with two bedrooms and two bathrooms. The lodge home also offers a large den and overlooks waterfalls.

### The Washington



The Washington home offers 1,346 square feet, two bedrooms, and two bathrooms. A beautifully landscaped backyard adds extra style to the home.

Touchmark | at Meadow Lake Village



Call for your personal presentation of the Washington home today.

Discover the freedom to travel. Call Touchmark at 208-888-2277 today. ■

## Executive director appointed to local council

Touchmark Executive Director Barbara Romano has been appointed to serve on the Southwestern Idaho Advisory Council on Health Science Education and Economic Excellence. The group provides suggestions and recommendations directly to the president of Idaho State University on a wide range of topics.

"Service is a core value at Touchmark, and it's an honor to be asked to serve with other community members on this important council," says Barbara. *(cont.)*



Touchmark recently donated 15 stuffed toy bears to the Idaho State Correctional Department, which will give the bears to children in need. Earlier in the month, a group from Touchmark filled the bus and took a trip to the local Build-a-Bear Workshop, where residents and staff created the lovable, soft bears. Executive Director Barbara Romano shows off one of the bears before it is donated.

(cont.) Additionally, Barbara is active as a member of the Meridian Rotary and teaches Finance and Accounting as a faculty member for the University of Phoenix. She is a past Executive Board member and Treasurer for the Women in Transition Project. Barbara also volunteers as a Big Sister for the Big Brothers Big Sisters organization. ■

## The “3 Cs” of life balance



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

Alliteration is sometimes helpful to capture important information in an easy-to-remember way. The “3 Cs” of a life in balance are one way to conceptualize the important elements of aging well and simplifying our lives so that we can focus on a life that continues to provide meaningful opportunities for engagement.

*Continuity* of longtime routines, rituals, and choices helps people navigate many life transitions—including retirement and moving to a new home. Although the neighborhood, real estate, neighbors, and services may be different, the ability to continue important daily, weekly, and annual routines supports us through unfamiliar circumstances.

*Compensation* is the second C word. When making changes, it’s important to be sure the features of the home, neighborhood, and services are amenable to the changing needs of older adults. Lighting, sidewalks, door widths, accessibility, transportation support, and a long list of other daily needs can make the difference in a successful and supported transition.

*Compatibility* is important in all areas of our lives. The vocational, social, spiritual, physical, and emotional aspects of well-being require alignment. Are the values of the community in agreement with those personal values and beliefs that are primary to a person’s life experience? Irreconcilable differences are not easily

resolved.

Positive aging is made up of far more components than the “3 Cs” shared in this brief article. But assessing these three key factors when simplifying and retooling for the last decades of life helps support a successful change. This assessment—combined with a conscious decision to make proactive choices regarding home, health, and services while the decision is still available (and not made for the person by expected or unexpected changing needs)—is the basic principle of successful life transition.

**“An aging-friendly community offers ample opportunities for older adults to develop new sources of fulfillment, productive engagement, and social interaction.”** —*Andrew E. Scharlach, associate dean and professor, School of Social Welfare at the University of California, Berkeley*

At Touchmark, we strive to create a community that provides the “3 Cs” to residents, families, and staff. For more information on how to become a part of our community contact the executive director or any of the team members. ■

### Coming Events

**Thursday, March 13, 1:30 pm**

*Menopause: The Musical* at the Nampa Civic Center. Cost: \$39.50.

**Monday, March 17, 4:30 pm**

Irish dancers to perform in the Grand Lodge Coeur d’Alene Room. No charge.

**Sunday, March 23, 11 am to 2 pm**

Easter Brunch for residents, families, and friends. RSVP needed. Please sign up in the activities book. Cost: \$15 plus tax.

## LET YOUR SPIRIT SOAR

*Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.*

### The River

By **Martha Dodson**, Resident

In the vastness of the Rockies,  
 From a quiet little lake,  
 Starts a tumbling little brooklet,  
 And a wayward course it takes.  
 Down the mountain steep and rugged,  
 O'er rocks and boulders there,  
 Swiftly rushing; angry, snarling,  
 Like a tiger in its lair.  
 Flowing now through rocky gorges,  
 Perpendicular and tall;  
 Where the river, black and silent,  
 Mirrors back the stately wall.  
 Wide and deep and ever swelling,  
 By the giving little streams;  
 Flowing onward to the ocean  
 To the Mecca of its dreams.



**Martha wrote *The River* as a freshman in high school. The Salmon River in Idaho inspired her to write the poem. Martha is pictured working on a favorite hobby, making apple pies.**

*April's focus is an intergenerational photo with story ("A picture is worth ..."); the deadline is March 15.*

## Volunteers make hearts glad

### Operation Valentine

To promote goodwill, residents of The Meadows at Meadow Lake Village spent two full days making 35-plus valentines for the American troops in Iraq. Residents enjoyed thinking of creative ways to wish the troops a safe and speedy trip home. Operation Valentine is a local event sponsored by KIZN radio station in Boise.

### Supporting Special Olympics Idaho



**Members of the Touchmark community recently created scarves and donated them to Special Olympics Idaho.**

