



Discover Touchmark's vibrant volunteer program

"Participation in our volunteer program is at an all-time high," says Michelle Swantek, Life Enrichment/Wellness director. "There is an array of activities that people include in their daily schedule. It is a delight to volunteer with these individuals, who are making a difference in the Touchmark and Meridian communities."

Currently, more than 30 people participate in Touchmark's Volunteer Program, which incorporates activities that support local and national organizations and groups. For example, several women have knitted hats, blankets, and booties for preemies at the local hospital and for children at local schools. Others attend monthly workshops to work on blankets for Project Linus or the local hospital.

Supporting the broader community

Once a month, Touchmark Food Services Director Richard Freund serves as a chef for a local church that helps feed homeless people, and some men decided they wanted to join Richard in serving dinners.

During February, residents of the Meadows at Meadow Lake Village created more than 30 valentines for the American troops in Iraq. People enjoyed thinking of creative ways to

wish the troops a safe and speedy trip home.

Later in the month, residents and staff stuffed toy bears at the local Build-a-Bear Workshop® and donated the stuffed animals to the Idaho State Correctional Department, which gave the bears to children in need.

Following the Build-a-Bear event, staff and residents donated more than 30 hand-knitted scarves to Special Olympics Idaho. The local Olympians wore the scarves during the games' opening and closing ceremonies.

"We'll continue to make scarves for the local athletes for the 2009 Special Olympics World Winter Games, which will be in Boise," says Michelle.

Enriching the Touchmark community

Residents also volunteer their time within the Touchmark community.

People contribute to a variety of activities, including craft projects, ladies' tea events, and holiday gatherings. Recently, residents and staff helped put together the first-ever Easter extravaganza at *(cont.)*



From left: resident Jerry Hansen, Touchmark Food Services Director Richard Freund, and resident Chad Bolender help serve meals to the homeless at a local church.

(cont.) Touchmark. The morning started with children dashing around the Touchmark grounds hunting for Easter eggs. Once all the eggs were collected, residents and children partnered up for the bunny sack race. The final game was the egg-on-a-spoon race. Attempting to keep their balance, game participants wiggled around while they ran.

To learn more about the many volunteer opportunities at Touchmark, talk with Michelle. ■



Children from a local day care and residents from the Meadows at Meadow Lake Village show off their Easter eggs, which they gathered during the egg hunt.



Residents show off the scarves they made for Special Olympics Idaho athletes, who wore the scarves during the opening and closing ceremonies at the recent games.



Residents Jerry Hansen (left) and Chad Bolender prepare meals for the homeless at a local church.



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

A lifestyle with heart

For more than 30 years, the country has celebrated National Volunteer Week in April. For residents, staff, and friends of Touchmark, volunteerism is celebrated throughout the year. (cont.)

(cont.) Touchmark at Meadow Lake Village welcomes volunteers and provides opportunities for people to assist with programs and services, such as resident committees, musical entertainment, social events, and more. People use their unique skills and rich backgrounds to help create a vibrant community.

Read the story on page one to learn how Touchmark volunteers are making a difference. Call today to learn more about Touchmark's active lifestyle and spacious homes. ■



Located in the Sun Valley Lodge, this 729-square-foot lodge home offers one bedroom and one bathroom.



The home at 639 S Werner Lane includes 1,894 square feet, three bedrooms, two bathrooms, and a stylish kitchen.

Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem like a small contribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous.

“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”

—Patrick Cullinane, MS

The intergenerational programs at Touchmark encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world by the Center for Intergenerational Learning at Temple University. They include improvements in: (cont.)

(cont.) • Academic achievement, school behavior, and life skills of middle-school youth;

- Reading skills of young children;
- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

If you're interested in sharing your talents and skills while making a genuine difference in the community, contact Touchmark Life Enrichment/Wellness Director Michelle Swantek. You'll find opportunities both on our campus and in the broader community. ■

Volunteer Committee members share why they volunteer



Members of the Volunteer Committee share what motivates them to volunteer. From left: Vivian Lake, June Bolender, Marilyn Heitzman, Dee Jackson, Lexie Reichel, Eleanor Adamson, Chairwomen Mary Kuxhausen, and Hal Jackson, who helps plan men's activities.

"Volunteering is a way to be a friend to others. Giving of your time and love to someone in need is great and rewarding." —*Lexie Reichel*

"I am learning to make new things that help others in need. It makes you feel good when helping others. It helps keep us young." —*Vivian Lake*

"I have been volunteering at St. Luke's Meridian Medical Center since I moved here in 2004 and really enjoy it. I spend four hours every Tuesday afternoon volunteering." —*Marilyn Heitzman*

"This is my chance to 'pay back.' Also, it is a wonderful opportunity to socialize with cottage and condo residents." —*Mary Kuxhausen*

"My hands like to keep busy, and that accomplishes a dual purpose." —*Eleanor Adamson*

"It makes my heart sing, and I hope I help others in some way." —*June Bolender*

Coming Event

Wednesday, April 30, 3:30 pm

Come celebrate Mother's Day early with a lively Mad Hatter's Tea Party and historical hat fashion show. Grand Lodge.

Friday, May 2, 11 am

Red Hat Ladies lunch. Call 208-888-2277 for details.

Saturday, May 3, 2 pm

Boise Music Week presents *Singin' In the Rain*. No charge. Call 208-888-2277 to make reservations.

Taste the good life!

Touchmark's Dining Services welcomes you to a special culinary experience each Wednesday from 5:30 to 7:30 pm. Each week you can select your entrée from a rotating menu of delectable choices. The offerings range from fine dining to country-kitchen comfort. Recently, the Dining Services team served Italian-style, stuffed whole salmon.

Come enjoy excellent fare and the company of neighbors and friends.



presentation about the history and culture of Ireland, and Irish word games.

Later, the Touchmark community gathered to watch Irish dancers perform. The day finished with a traditional Irish dinner of delicious meats, potatoes, greens, and desserts. ■

Touchmark celebrates ...

On St. Patrick's Day, people living in the Meadows at Meadow Lake Village had a Wee Bit O' Green party. Everyone had fun trying to come up with different ways to wear their green.

The party included traditional Irish music, a



During the recent St. Patrick's Day celebration, Irish dancers performed.