



Touchmark names new executive director

Matthew Hoskin has been promoted to executive director for Touchmark at Meadow Lake Village. For the past five months, Matthew has served as Health Services director. In his new position, he will oversee all aspects of the retirement community operations.



Matthew Hoskin

“I’ve loved Meadow Lake Village, and I’m excited about the opportunity to help this community grow,” says Matthew. “I definitely believe we have the premier property in the Treasure Valley, if not all of Idaho.”

Matthew has extensive experience leading retirement communities, including work with

Mountain West Retirement in Boise, Idaho; Era Care Incorporated in Seattle, Washington; and Sunrise Senior Living/Marriott International in Dallas, Texas, Tulsa, Oklahoma, and Fort Wayne, Indiana. He holds a bachelor’s degree from Brigham Young University in Business Management-Health. While attending college, Matthew worked as a caregiver for several years. Immediately after graduating, he managed a restaurant in Provo, Utah, for three years.

A native Idahoan, Matthew grew up near Blackfoot, Idaho. He and his wife have been married 21 years and have four children, three boys and a girl. Away from work, he enjoys spending time with his family as well as playing and watching sports. ■

Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their “personal” definition of leisure, there is a life satisfaction benefit that is unlike any other.

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- “Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair.”
- “Rising early to stand in the meadow and bird-watch with other devoted birders.”
- “Going on a cruise.”
- “Writing [my prose/poetry/journal].”
- “Traveling to a destination that I have longed to see or revisit.”
- “Baking with my grandchildren and their friends.”

The one attribute in common? All of the *(cont.)*

(cont.) responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

“He enjoys true leisure who has time to improve his soul’s estate.”

—Henry David Thoreau, journal entry, February 11, 1840

To find out more about the pursuit of leisure through life enrichment and wellness program offerings and events at Touchmark, contact Michelle Swantek, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Choosing how you spend your time

June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn’t the case for the men and women who have made Touchmark their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. “The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that’s what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that.”

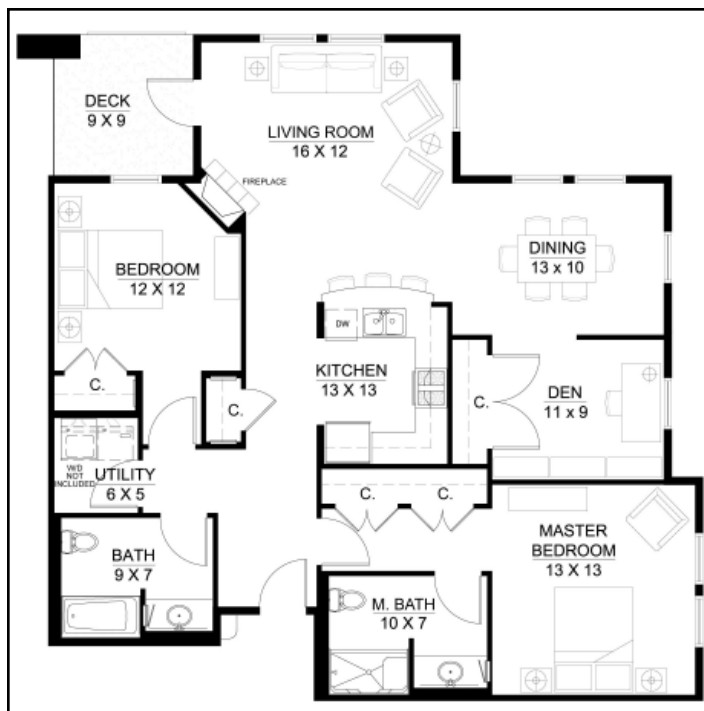
Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others’ lives, and travel. At Touchmark, attentive staff take care of the

exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 208-888-2277 today to learn more. ■



The Madison home, which is located at 374 S Nistler Lane, offers 1,778 square feet, two bedrooms, a den, and two bathrooms. Call today for a personal presentation.



This 1,436-square-foot Sun Valley Lodge home features two bedrooms, a den, and two bathrooms.

Discovering the past

Lifelong learning is a hallmark of the Touchmark lifestyle. Expanding on this component of the Life Enrichment/Wellness program, team members recently organized events that focused on local history.

First, a group traveled to Baker City, Oregon, where it visited the Oregon Trail Interpretive Center. People listened to lectures and viewed displays that highlighted the difficult Oregon Trail journey. Outside the center, still-visible wagon-wheel ruts run up the side of a distant hill.

After viewing the Interpretive Center, the group stopped for lunch at the historic Geiser Grand Hotel.

For the next trip, people traveled to the historic mining town of

Idaho City. They walked through the interpretive displays in the local history museum, which told of the city's "golden" mining days. Miners discovered gold in the area around 1862, and soon the town could claim the title of "largest Northwest town."

The month culminated with a tea party featuring a vintage hat show. The Canyon County Historical Society presented vintage hats, some dating back to the 1800s. Each hat reflected a different era and a different set of values and style. ■



Members of the Touchmark staff and The Canyon County Historical Society showcase vintage hats during the recent tea.



Grace Bejda shows off her red hat at the tea party.



During a recent trip to Idaho City, residents and staff visited the Boise Basin Museum.

Volunteers honored

Touchmark volunteers attended a RSVP volunteer organization luncheon, where they were honored for their many volunteer efforts. RSVP, which is part of Senior Corps, connects adults 55-plus to volunteer opportunities in their community.

Touchmark Volunteer Committee Chairwoman Mary Kuxhausen received a special award for recruiting the most new volunteers. In the past six months, Mary recruited more than 22 volunteers to help with a variety of projects.

“Mary is an extraordinary volunteer coordinator, who we are blessed to have here at Touchmark,” says Life Enrichment/Wellness Director Michelle Swantek.

Mary also received dinner gift certificates and a four-month supply of flowers from a local florist.

“We are so proud of the efforts of the Volunteer Committee,” says Michelle. “They are making a difference in the greater Boise community.” ■



Touchmark Volunteer Committee members attended a RSVP volunteer organization luncheon, where they were honored for their volunteer efforts. The group posed for a photo with RSVP Director Sharlene Brown (third from left). The group included (from left) Joan Garey, Norma Stock, Sharlene, Mary Kuxhausen, Lynda Laswell, Eleanor Adamson, and Lexie Reichel.

Coming Events

Tuesdays at 4 pm

Balance and Posture Class. Talk with Life Enrichment/Wellness Director Michelle Swantek to learn more.

Friday, June 13, 1 pm

Thunder Mountain Railroad trip.
Cost: \$16.

Friday, June 27, 6 to 8 pm

Jazz on the Green. Enjoy a live jazz concert at Touchmark. Open to the public. No charge. See flyer below for more information.

SUMMER CONCERT SERIES

Fridays 6-8 pm
June 27 ~ July 25 ~ August 15

- Listen to local jazz musicians
- Purchase beer, wine, and tasty food
- Bring blankets, lawn chairs, and friends
- Location: Meadow Lake Village golf course
- No entry fee

All are welcome

jazz

on the green

Touchmark at Meadow Lake Village
Retirement Resort
4037 E Clocktower Lane
Meridian, ID 83642
208-888-2277
MeadowLakeVillage.com

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