

# Summer sizzles with adventures

As spring has rolled into summer, everyone's out exploring. Here are highlights of recent adventures.

## Visiting Elmore County

The Men's Group, led by Hal Jackson, started the summer with a trip through Elmore County, which is located approximately 130 miles south of Boise.

The group first stopped at CJ Strike Dam, where a guide led a tour and hinted at all the best fishing holes along the way. Residents then traveled to the Bruneau Dunes State Park to take in the spectacular views. Some of North America's tallest sand dunes populate this park.

After a short lunch break, people dashed off to the last stop of the day—Mountain Home Air Force Base. While security is always tight on such bases, people received a grand tour and close-up look at some fighter jets.



Residents pose in front of a jet at the Mountain Home Air Force Base, which is about an hour from Touchmark.



Don Kuxhausen takes a close look at a jet at the Mountain Home Air Force Base, which accommodates the 366th Fighter Wing.

## Cruise night social

Taking place at the Grand Lodge, the cruise night social featured a delicious buffet dinner. The Coeur D'Alene Room burst with majestic posters of cruise ships and beautiful scenery. The night was topped off with spectacular performances from local musicians and dance teams.



Fran Everton poses with owner of CruiseOne Eric Jacky during the cruise night social.

*(cont.)*

**Jeanne Black and Dick Sylvia dance the night away at the cruise night social.**



**Shem Purnell and Fran Everton glide across the dance floor.**

## Attending the National Oldtime Fiddlers' Contest and Festival®

Fiddle music is an Idaho tradition. Each summer, the National Oldtime Fiddlers' Contest and Festival takes place in Weiser, Idaho. People from Meadow Lake Village traveled to the festival to listen to musicians of all ages.

### Rusty's tour

Longtime Boise-area resident Rusty Rostock led a tour of Boise for new residents and locals. Rusty has lived in the Boise area for 65 years. His vast knowledge of local attractions and history kept everyone interested. Luckily this trip was the first of a three-part series.

### Hawks baseball game

Residents, staff, and family members traveled to the opening game for Boise's own baseball team, the Hawks. Although people at Meadow Lake Village may not all be longtime Boise residents, they support their local teams and have fun doing it.

### Jazz on the Green



**Touchmark, SecureHorizons®, and Washington Trust Bank are sponsoring Jazz on the Green Summer Concert Series, which features the jazzy tunes of local musicians John Cazan (pictured) and The Michael Seals Band. John kicked off the series in June and will play again August 15. The Michael Seals Band will perform July 25.**

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From left: Jeannette Burford, Joan Garey, and Norma Stock enjoy an evening of music at Jazz on the Green.



People relax while listening to jazzy music.



Mary Christensen and her grandson Travis Stidham climb aboard a Meridian Fire/Rescue truck during the Jazz on the Green.

## The greater good of all



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

“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”

— *Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering oneself in service for the greater good *(cont.)*

(cont.) of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harrises, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of *the greater good of all*. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Michelle Swantek. ■

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national health promotion event helps advance active, healthy aging. The event is from Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Touchmark’s Active Aging Week celebration. ■



## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Touchmark, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to (cont.)

(cont.) live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Touchmark today to learn more about this vibrant community or call 208-888-2277 to learn more about the summer’s featured homes. ■



**The Roosevelt home at 734 S Spelman Lane offers 1,686 square feet, two bedrooms, and two bathrooms. Call today for your personal presentation.**



**Located in Sun Valley Lodge, this 1,279-square-foot Juniper lodge home features two bedrooms, two bathrooms, and a spacious living area.**

## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

## Coming Events

**Thursday, July 24, 10 am to 2 pm**  
Boise River guided raft trip. Cost: \$20.

**Tuesday, Aug. 5, 8 to 11 am**  
National “Morning” Out celebration. Enjoy a pancake breakfast and games with neighbors.