

Floating the Boise and Snake rivers

More than 24 people—most over the age of 80, including a 91- and 92-year-old—filled three eight-person rafts and made their way down a six-mile stretch of the Boise River.

According to Epley’s WhiteWater Adventures, which is outfitting the rafting trip, this will be the first time the company has had a group of people this age raft down the Boise River. The tour started at Barber Park and ended at Ann Morrison Park.

“For two years, residents have been asking to take a rafting trip.

The opening of Epley’s WhiteWater Adventures made this dream a reality. The river guides provided excellent facts about the river and surrounding areas.

“This river-rafting experience epitomizes the core philosophy of our life enrichment program. At every age and stage of their lives, people thrive on new adventures and experiences,” says Life Enrichment/Wellness Director Michelle Swantek.

Following the Boise River float, people joined 1000 Springs Tours

for a boat tour down the Snake River. The tour began in Hagerman Valley, which lies about two hours south of Boise. Before loading the boat, residents prepared for the two-hour ride by stretching their legs and eating a sack lunch.

The tour highlighted spectacular views of the river and waterfalls. People enjoyed the wildlife, as many rare birds were seen soaring above the boat. ■



One of three eight-person rafts floats down a six-mile stretch of the Boise River.

Living with intention



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

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Touchmark, the Life Enrichment/Wellness program focuses on providing social environments where

residents, families, and staff can develop relationships and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

How does help with your housekeeping sound?

Living at Touchmark enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

Touchmark’s maintenance-free homes offer housekeeping services. In addition, a variety of amenities and services, like maintenance assistance and scheduled transportation, are included.

At Touchmark, people have the opportunity to fully embrace an active lifestyle. Visit Touchmark or *(cont.)*



The Washington cottage home, located at 875 Hallenbeck Lane, offers 1,346 square feet, two bedrooms, two bathrooms, and a light-filled living room with a fireplace.

(cont.) call 208-888-2277 today to learn more about this summer's featured homes. ■



Located in the Sun Valley Lodge, this 1,279-square-foot juniper apartment includes two bedrooms, two bathrooms, and a fully equipped kitchen with new appliances. Call today for a personal presentation.

Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers

are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

- “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

- “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop Alzheimer’s, on average, over four years later in life than people who only know one language (Bialystock et al., 2007).”

- “People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

Community celebrates independence

More than 50 residents, family members, and friends gathered last month at Touchmark to celebrate America’s independence.

The day was packed with exciting events. First, the celebration commenced with a beautiful flag-folding ceremony by two Touchmark women, who were veterans, and four Eagle Scouts from a local troop. Dick Sylvia, one of the main event planners, tapped out a drumbeat while the color guard marched into the ceremony.

As the Eagle Scouts folded the flag, Hal Jackson, a veteran and president of the Resident Council, read a poem that coincided with each fold of the flag. When the scouts finished folding the flag, Life (cont.)

(cont.) Enrichment/Wellness Assistant Sandy Poe inspected the flag, and then everyone stood to sing *The Star-Spangled Banner*. Then, Sandy presented a brief history of the Pledge of Allegiance, and everyone again stood to recite it.

The morning ended with the singing of other patriotic songs and a viewing of military hats from years past. ■



The four Eagle Scouts, (from left) Brett Loertscher, Tyler Hoffman, Wes Loertscher, and Arthur Hoffman prepare for the flag-folding ceremony.



Dick Sylvia wears a patriotic Navy outfit, complete with the hat he wore during his time in the Armed Forces, and waits to tap out a drumbeat for the color guard ceremony.



Many military hats surround the folded flag. Dick Sylvia shared his collection of historical hats.



Hal Jackson (far right) reads a poem during the flag-folding ceremony, as Dick Sylvia taps a steady beat.

Coming Events

Tuesday, Aug. 5, 8 to 11 am

In honor of National Night Out, Touchmark is hosting a National "Morning" Out celebration. Start your day with a hearty pancake breakfast and various fun activities. Listen to a Sweet Adelines barbershop quartet; watch a pet parade; and participate in a putting contest, golf-cart obstacle course, and other lawn sports.

Saturday, Aug. 9, 5 to 11 pm

Dinner and melodrama at the Gorby Opera House in Glens Ferry, Idaho. Cost: \$20.

Friday, Aug. 15, 6 to 8 pm

Jazz on the Green. Listen to jazz music on the golf course. Bring a blanket and friend and money for food and beverages. No admission fee.

Monday, Aug. 18, 10 am

Tour Boise Train Depot. No admission fee. Transportation provided.

**Join Touchmark for
Active Aging Week
Sept 22 to Sept 28**

