



# Touchmark hosts Active Aging Week Public invited to participate in fun, healthy activities

In honor of Active Aging Week, Touchmark invites people to participate in a variety of wellness activities Thursday, September 25 from 9 am to 3 pm. There is no charge for the day's events.

Enjoy informative presentations by local medical professionals on the following topics:

- The Aging Eye
- Hearing and Balance
- Fall Awareness
- Parkinson's disease
- Elder Law (veteran's benefits)
- Identity theft, and much more!

Participate in fun classes, which are part of Touchmark's award-winning Life Enrichment/Wellness program:

- Posture and Balance
- Golf clinic by Boise State University women's golf team
- Line Dancing

"We designed this event to help people gather useful information that can assist them in living healthy, fuller lives," says Life Enrichment/Wellness Director Michelle Swantek.



The day's events will include door prizes and lunch. For registration or more information, call 208-888-2277.

*Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■*

## Celebrating a National "Morning" Out

In honor of National Night Out, Touchmark hosted a National "Morning" Out celebration. The day started with a delicious pancake breakfast. The morning continued with fun community activities, such as a fly-fishing challenge, putting contest, golf cart races, horseshoes, and croquet.

"National Night Out offers communities around the nation a chance to build relationships and take a stand against crime and drugs," says Life Enrichment/Wellness Director Michelle Swantek. "We planned a  
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**From left: Chad Bolender, Hal Jackson, and Don Kuxhausen decorated their bikes and joined The National "Morning" Out parade at Touchmark.**

(cont.) national morning out event and invited members of the community, including the mayor and men and women from the fire and police departments.” ■



Members of the Touchmark community participate in a pet parade to celebrate National “Morning” Out.



Dale Laswell (left) and Jerry Hansen play a game of horseshoes, which was one of several National “Morning” Out activities.



Don Kuxhausen (far right) talks with members of the Meridian Fire Department at the fly-fishing challenge.



Sparkling in red, Bobbi Gehrke gets ready to drive this classic Mustang along the parade route.

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At Touchmark's National "Morning" Out, the parade featured cars, bikes, and pets.



Chuck L'Herisson aims for the perfect putt.

## Enrich your life

Touchmark features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

Touchmark offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 208-888-2277 today to learn more about the Touchmark lifestyle and dynamic Life Enrichment/Wellness program—and the fall's featured homes. ■



The Larch offers 1,446 square feet, two bedrooms, and two bathrooms. This apartment is located in the southwest corner of the lodge with a view of the water feature.

## Coming Events

**Thursday, Sept. 25, 9 am to 3 pm**

Senior Summit. Educational topics on a variety of subjects. Lunch provided. Registration required.

**Friday, Sept. 26, 7 pm**

Senior Prom special dance. Live music. No charge.

## Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

Let Your Spirit Soar is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers,

park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



**Let Your Spirit** was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.

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## Vice president writes for recent issue of The Journal on Active Aging

In the July/August issue of The Journal on Active Aging, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” writes Marge. *(cont.)*

