



# More than 80 attend Touchmark St. Nicholas Day Social



Santa and his helper listened to the holiday wishes of dozens of children and residents during the St. Nicholas Day Social at Touchmark. Residents, family, and friends snapped family pictures with Santa and munched on the holiday goodies. Paris (left) and her brother Elijah sit for a photo.



Fran Everton (right) poses with Santa and his helper at the party, where people munched on a wide variety of tasty cookies, sipped hot apple cider and chocolate, and made holiday crafts. People also gathered around the fireplace to hear a reading of traditional Christmas and holiday stories.



Touchmark resident Marion James (left) checks if Santa's beard is real. The party not only offered opportunities for photos with Santa, but an energetic presentation by Irish Dance Idaho and live holiday music.

## Participate in the giving spirit

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others? Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online ([TouchmarkFoundation.org](http://TouchmarkFoundation.org)) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation  
Attn: Holiday Food Box Project

C/O Touchmark at Meadow Lake Village  
4037 E Clocktower Lane  
Meridian, ID 83642-7848

### Another way to help this holiday

The Life Enrichment/Wellness team recently unveiled The Christmas House. The House offers residents and a few local vendors a place to sell holiday items to the Touchmark and local community. Proceeds will be used to make more holiday food boxes, which will be donated to families in need.

“Some residents suggested raising money for families in need, and soon the idea of the Christmas House took off,” shares Life Enrichment/Wellness Director Michelle Swantek. “Everyone is enjoying the chance to help others this holiday.” To learn more, talk with Michelle.

### Giving thanks

Celebrations with family, friends, and staff filled the month of November. Touchmark held several special Thanksgiving events, including a tasty buffet dinner with entertainment by Liberty Quartet. Touchmark announced the annual food drive during this event. Last year, Touchmark delivered 30 food boxes to families and hopes to donate more this year. ■

## Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

“The silence allows you to listen to the wind, your step, the fragrance of love.”

—Signpost along the “walk of silence” at Lake Orta

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, (*cont.*)

(cont.) signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Touchmark, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Touchmark Life Enrichment/Wellness Director Michelle Swantek for information on the program opportunities that will provide meaningful moments throughout your day. ■

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## Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the some-times-precarious driving conditions and the tedious work of clearing snow and ice. Touchmark offers snow and ice removal and scheduled transportation.

Visit Touchmark or call 208-888-2277 today to learn

more about this winter’s featured homes. ■



The Larch home offers 1,436 square feet, two bedrooms, and two bathrooms. This cottage home features an open floor plan, electric fireplace, and washer and dryer. Call today for a personal presentation.

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## You said it!

*“Recently I had to undergo some rehabilitation at a local rehab center. While there receiving physical therapy care, I was delighted to learn that most therapists employ similar exercises that we do everyday with [Life Enrichment/Wellness team members] Sandy and Michelle at Touchmark. I knew my recovery would not take long, because I have been able to maintain my strength and independence due to the innovative balance and posture training these girls give us each and every day. Thank you Meadow Lake Village for your continued effort to keep us strong and healthy.”*

**Quentin Howard, MD**  
—Resident

## Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life.

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Answers to the puzzle

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4					2

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*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.**

## Coming Events

**Thursday, Dec. 25, 12:30 to 3 pm**  
Christmas dinner. Call for reservations.  
Dining room.

**Wednesday, Dec. 31, 7 to 9 pm**  
New Year's Eve Party.

**Saturday, Jan. 3, 6:30 to 8:30 pm**  
Idaho Botanical Gardens presents  
Winter Garden aGlow. Cost: \$6 (includes  
transportation).

**Monday, Jan. 12, 4:30 to 9 pm**  
Sleigh Ride and Dinner Bogus Creek  
Outfitters. Reservation required. Cost:  
\$74.