



Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2008, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health Promotion Institute, which is part of the National Council on Aging.

In addition, members of our Life Enrichment/Wellness team received their two-year certification as Geriatric Wellness instructors.

With these team-built achievements as the foundation for 2009, I look forward to growing as a community and continuing to serve residents, their families, and the Meridian community.

Join us for another exciting year!



Matthew Hoskin
Executive Director

Tour this home today!



Quality and comfort are abundant throughout this 1,788-square-foot Madison home. Enjoy single-level living with three bedrooms, two bathrooms, and tile and wood flooring. Warm earth tones and granite countertops add a finishing touch. Call today for a personal presentation, or to join the waiting list for a lodge home.

Meet Executive Chef James Grimes

Touchmark Executive Chef James Grimes enjoys hard work, which is apparent in the Touchmark kitchen, where he creates healthy and delicious meals for residents and their guests.

“At an early age I learned to love hard work. To tell you the truth I really had no choice,” says James. “As a kid I rode horses, worked the cattle in the pastures, rode tractors, and shot and owned my first rifle at the age of 9.”

After graduating from Meridian High School, James moved to California, where he ran his own tire service company. “I enjoyed this field until one day I watched a lady die because there was no ambulance

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Executive Chef James Grimes

service in the area,” James reflects. This life-changing event prompted James and a friend to help ensure the safety of their neighbors. “A friend and I started an ambulance business to assist any and everyone in need of those services. We also ran a little tire shop and a deli out of that shop.”

The deli shop turned out to be a glimpse into the future of James’s eventual career. Due to market conditions, he decided to make a career change and found himself at the College of the Desert, School of Culinary Arts in Palm Desert, California, where he studied under accomplished Austrian Executive Chef Fred Welt. From there he worked under the direction of French and Italian chefs at restaurants in southern California.

“I had opportunities working for many different restaurants that have helped me with my menu, and

I now would like to finish and retire here with Touchmark,” James notes.

“In the middle of all my learning and teaching, I had a baby girl in July 1988. She stole my heart and still has not given it back to this day,” beams James. “Some days can challenge my patience, but at the end of the day, she is still my little girl.”

While James feels lucky to be a father, he also feels lucky to be alive. “It’s a miracle that I am here today,” says James. He has been hit by drunk drivers on two separate occasions—once when he was 13 and again at the age of 27. “The latter was a head-on collision, and I spent 30 days in the hospital. I guess you could say somebody was looking after me!”

James concludes, “I feel one of the purposes the Lord has me here for is to ‘meet needs and help somebody be better today than they were yesterday.’ I feel like that is what Touchmark offers residents, and being a part of the Touchmark family moves my heart and puts a smile on my face.” ■

Coming Events

Fridays, 4 to 5 pm
Play Nintendo Wii with friends and neighbors.

Tuesday, Feb. 3, 8:30 am to 5 pm
McCall Winter Carnival and Elk Feeding. Cost: \$30.

Friday, Feb. 6, 9:30 am
The Law Enforcement Torch Run® for Special Olympics and City Hall Tour.

Wednesday, Feb. 11, 1 pm
Special Olympics Figure Skating at Qwest Arena.

Friday, Feb 13, 7 pm
The Langroise Trio.
Cost: \$5.

Saturday, Feb. 14, 5 pm
Special Valentine’s Day Music. Grand Lodge.

Celebrations!



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

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

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(cont.) The intent is multifaceted. Of course, we'll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in

"I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see."

—John Burroughs, naturalist and essayist

keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong "author in residence" series will celebrate authors living in Touchmark communities who have published books.

Part of Touchmark's ongoing Let Your Spirit Soar activities, the series will be featured in newsletters and on the Touchmark Web site (Touchmark.com).

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment/Wellness Director Michelle Swantek at 208-888-2277. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

Sharing joy in a box



In the spirit of the holiday season, Touchmark residents and staff once again rolled up their sleeves and helped to alleviate hunger in the community by participating in the holiday food box project. The holiday food box project is a collaborative effort of Touchmark communities and the Touchmark Foundation to respond to hunger among older adults and families. More than 10 years ago, Touchmark founder and CEO Werner G. Nistler, Jr. replaced the classic office holiday party with a food-packing party. Over the years, the Holiday Food Box project has delivered thousands of food boxes to older adults and families in need. "This year, in addition to the food boxes, we also sold items in our Christmas house," says Life Enrichment/Wellness Director Michelle Swantek. "Money was used to purchase gifts for a family in need this holiday season."

Authors in Residence Series

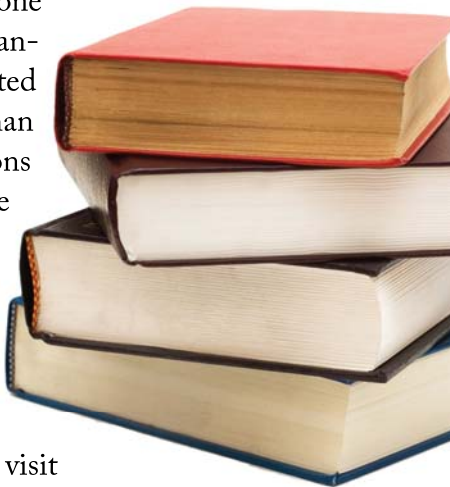
Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark’s award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. “I was surprised by the number of authors we discovered once we announced the project,” she says. “Literally, there are dozens of published authors living at Touchmark communities.”

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults.

Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark’s resident authors, visit touchmark.com/authors-in-residence.



Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____

2. a eyeliners town sour = _____

3. weathering rye inn = _____

*Answers:
1. happy new year 2. new year resolutions
3. ring in the new year*

Recent events

Resident Christmas party

“The resident Christmas party was a great event!” remarks Michelle Swantek, Life Enrichment/Wellness director. “This year the residents celebrated in grand style with a concert by a barbershop quartet from the Boise Chordsmen.” The Boise Chordsmen is an a cappella men’s singing group with over 40 members from the greater Boise area.

After the concert, the residents had fun with a “white elephant” gift exchange. Residents passed the gifts left and right around the circle as the story was read. “There were great surprises as the gifts were opened,” adds Michelle.

Holiday lights tour

Many residents also participated in the annual holiday lights tour. “After dinner out at a new restaurant the residents were treated to a bus ride around town to see the awesome Christmas lights,” says Michelle. “Many people in the Meridian area put a great deal of time and effort into their holiday lights displays so others can enjoy the fruits of their labors. We are glad they do it, because the holiday lights tour is a fun and popular highlight to the holiday season!” ■