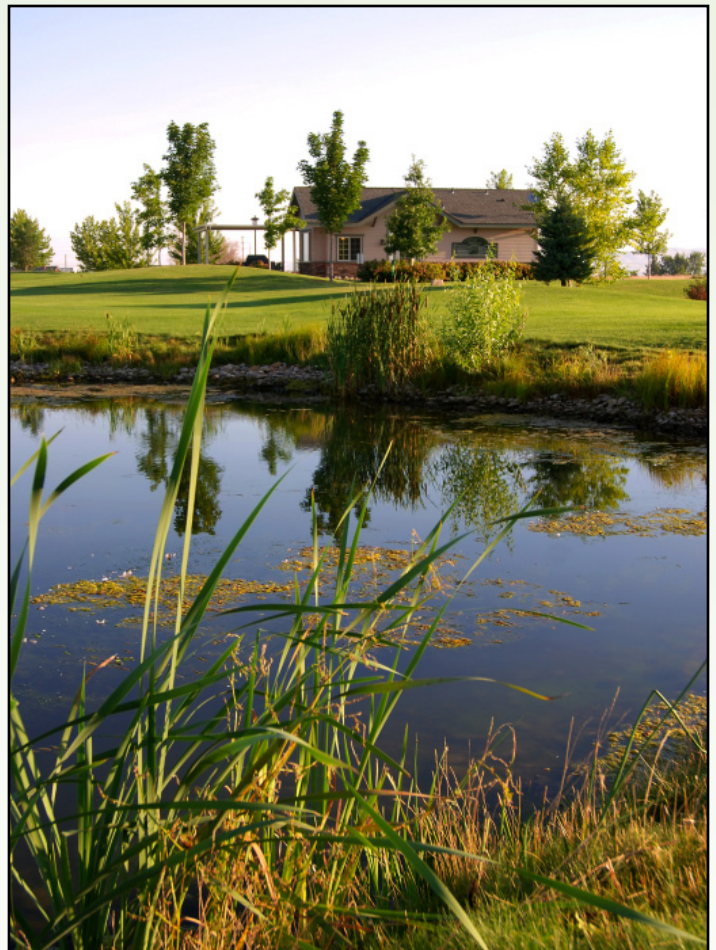




# Residents, dust off the clubs. Golf course opens!



As spring descends upon the Treasure Valley, you can expect to hear the chirping of birds, along with the chipping of golf balls. As of early April, golf season is officially open for Touchmark residents. Touchmark's nine-hole, par 3 irons golf course is appropriate for all skill levels, especially those working on their short game. Stop by the front desk if you would like to check out clubs. Are you interested in forming a golf club? Talk with Life Enrichment/Wellness Director Michelle Swantek.

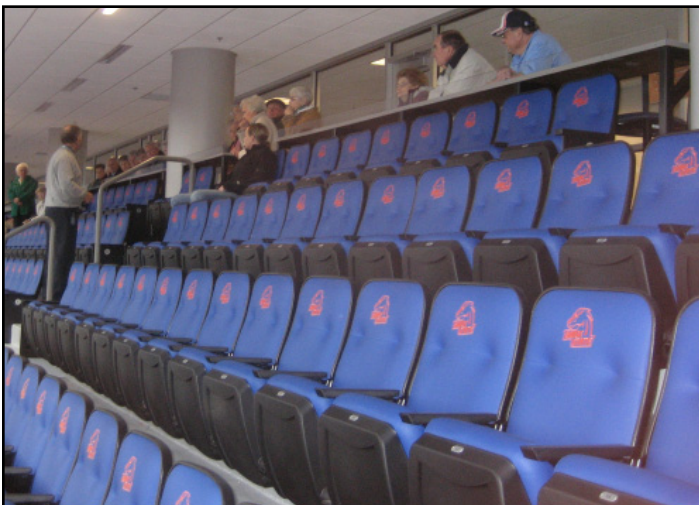
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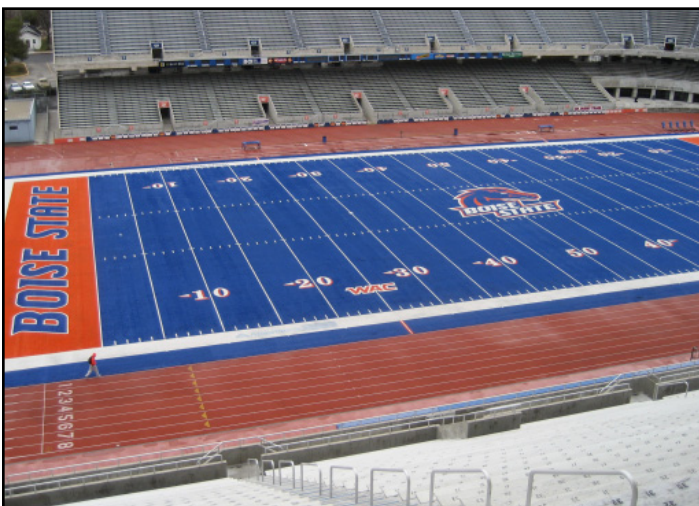
## The fun and learning never end

What do Broncos and birds have in common? They were part of Touchmark's lifelong learning program last month. The Life Enrichment/Wellness program, which promotes ongoing learning, provides residents with regular opportunities to enjoy new experiences and expand their knowledge.

*(cont.)*

*(cont.)*

Resident Rusty Rostock, who is a lifetime member of the Bronco Athletic Association at Boise State University, coordinated a lunch and tour of the new luxury sky boxes at Bronco Stadium. Everyone was impressed with the new facilities and the panoramic view of the city skyline.



A visit to The World Center for Birds of Prey capped off the month of learning and discovery. Longtime center volunteer and resident Jack Osgood arranged for his neighbors and friends to tour the center, which rehabilitates birds of prey from all over the world. The following week, center volunteers brought the birds to the Grand Lodge and allowed residents a rare up-close and educational look at the winged visitors.

## You said it!

*“What I like about living at Touchmark at Meadow Lake Village ...*

*~ I like my cozy apartment, especially the fireplace.*

*~ I like the friendly, concerned people who live here.*

*~ I especially like the exercise classes Sit and Be Fit and Balance and Posture.*

*~ And Brain Buzz is another great class to take; especially as we get older, it is important to exercise our brains.”*



— **Maggie J. Woodrum,**  
Resident

## Come home to Touchmark!



Now this is retirement living at its finest! Call today to schedule a tour of this Madison home. The 1,788-square-foot, three bedroom, two bathroom home boasts upgraded fixtures, hardwood floors, Corian® countertops, and a den. And with our limited time Special Savings Program offer, there has never been a better time to call Touchmark home. Discover for yourself why, "It's a great day at Touchmark!"

## Humor helps



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

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not

only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

**"Humor is mankind's greatest blessing."**

—*Mark Twain, author*

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active Aging (*Is Laughter Really the Best*

*Medicine*—November/December 2005). But a consistent sense of humor is less well-understood by the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life's road and coming through with the ability to face the day (and tomorrow) with a smile.

Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not "starry-eyed optimists" out of touch with the hardships and stresses of life. They are realists who are able to maintain their perspective when others experience fear or depression.

At Touchmark, there are many opportunities to share humor and optimism. For information on how to participate in the Life Enrichment/Wellness program planning and implementation, contact Michelle Swantek, director. ■

## Remembering the past



A group from Touchmark tours the Idaho Anne Frank Human Rights Memorial, a \$1.8 million educational park built in 1995 by the Idaho Human Rights Education Center. The park stands as a reminder to past tragedies and an encouragement to uphold common decency and respect.



### Coming Events

**Saturday, April 25, 9 am to 6 pm**  
Snake River bus tour with Mario Delisio. \$30 per person.

**Thursday, April 30, 2 pm**  
Idaho Gardens with Master Gardeners from University of Idaho Extension office.

## Brain a buzz ...

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

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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.**

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

**Answers to the puzzle**

## Classes mix generations



**The College of Idaho student Adjoa Anim-Appiah shares some computer tips and tricks with a resident during the recent Touchmark computer classes.**