

Taking in history at the Warhawk Air Museum

A group of residents from the Meadows at Meadow Lake Village recently visited the Warhawk Air Museum in Nampa, Idaho. One of two monthly surprise outings, this trip offered people a chance to view a museum full of memorabilia and read stories from Idaho residents who served in World War II. ■

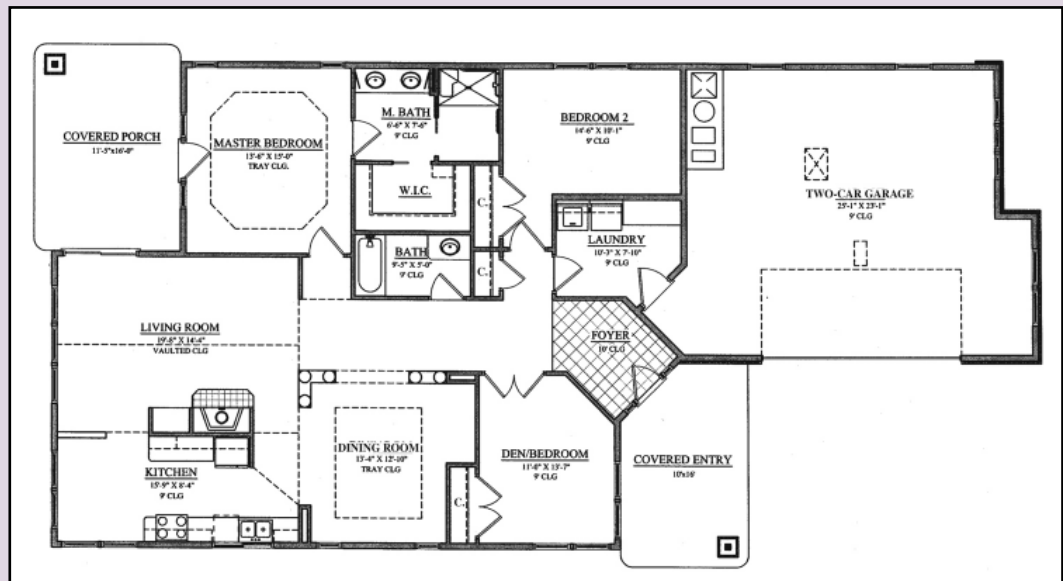


Welcome home!



There is ample room for everyday living, entertaining, or enjoying your favorite hobbies in the spacious Larch lodge floor plan. This 1,436-square-foot home features two bedrooms, a den, and three bathrooms, within steps of neighbors, friends, and all the amenities Touchmark has to offer.

Sit back and enjoy the lovely view of the golf course from this 1,788-square-foot Madison floor plan home. Relax in spacious comfort with two bedrooms, a den, and two bathrooms. Corian® countertops and wood floors provide a luxurious touch to this cottage home. Call today and experience the Touchmark lifestyle!



Celebrate activity —step into spring



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

May is Exercise is Medicine™ month, and the American College of Sports Medicine (www.exerciseismedicine.org) and the World Health Organization Move for Health campaign www.who.int/dietphysicalactivity/ have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

“Birth certificates do not come with expiration dates.”

—Walter M. Bortz II, MD, *healthy aging expert and author, Dare to be 100*

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease,

and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

Coming Events

**Thursday, May 14,
4:30 pm**

Dinner Out at Vietnamese Restaurant. Please bring money for dinner.

Friday, May 15, 6:30 pm

Star Spangled Sousa! Pops Concert, featuring the music of John Philip Sousa.

**Monday, May 25,
10:30 am to noon**

Memorial Day Ceremony at the State of Idaho's Veterans Cemetery, located adjacent to Dry Creek Cemetery. This extraordinary service finishes with a flyover from the Air Force. Transportation provided by Touchmark. No charge.

Friday, May 29, 1:30 pm

Wittenberger Planetarium at the Collage of Idaho. Stargazers will love this event. See the planets and stars and learn about astronomy from professor Amy Truksa. Transportation provided. Cost: \$6.

Look at what—and who—is new in fitness!

Touchmark at Meadow Lake Village is pleased to introduce two new team members who can help you reach your health and fitness goals.

Marni Henderson is an American Council on Exercise certified Group Fitness instructor. Marni loves working with older adults and joins the Touchmark staff with over 15 years in the fitness industry. Marni is the area coordinator for SilverSneakers fitness program.

Ann Upchurch joins the Touchmark team as a fitness specialist. Ann has owned two Curves franchises and served as a Curves corporate trainer for five years. She is available for personal training, assessments, and equipment instruction and will assist the Life Enrichment/Wellness team.

Ann also will teach the new **Cardio Circuit class** every Tuesday and Thursday at 10 am in the Fitness Room. Stop by to meet Ann and learn how to use Touchmark's fitness equipment in a circuit format for a fun, interesting workout. ■

Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

<u>Example:</u> ASK _____	N _____
A _____	O _____
B _____	P _____
C _____	Q _____
D _____	R _____
E _____	S _____
F _____	T _____
G _____	U _____
H _____	V _____
I _____	W _____
J _____	X _____
K _____	Y _____
L _____	Z _____
M _____	

Touchmark hosts 2009 Idaho Wine Competition



Who needs the Napa Valley? The Treasure Valley has its share of delicious wines. With Touchmark at Meadow Lake Village being such a convenient and welcoming community gathering place, it was no surprise that the 2009 Idaho Wine Competition chose Touchmark as its venue. The competition featured 110 bottles of wine representing 22 Idaho vineyards. Nine judges critiqued the chardonnay, cabernet, syrah, merlot, dessert wine, and port entrants for recognition as gold, silver, or bronze medal winners in their respective categories. Thomas Pellechia (right), author of numerous books about wine, traveled from New York to judge the competition and stayed in one of Touchmark's comfortable guest rooms. Touchmark Executive Chef James Grimes (left) and his team provided an impressive luncheon and snacks for the festivities. For more information about the competition, visit tvws.blogspot.com.

New retirement counselor joins Touchmark



Megan O'Halloran Plantenga

Megan O'Halloran Plantenga has joined the Touchmark community and will be helping people in Sales.

Prior to joining Touchmark, Megan worked as a campus manager/associate/general manager at Valley View Retirement Community in Boise. She served as Sales & Marketing director at Valley View Retirement, as well.

Megan also has experience working as a Medical Records/Business Office assistant and Customer Service representative.

Megan has studied International Business at Boise State University and studied at the French/Basque Studies Program through the University of Pau, France. She is a Licensed Residential Care Director. ■

Culinary show features Touchmark executive chef

Touchmark Executive Chef James Grimes made a guest appearance on *Dining Out in the Northwest* on KTRV-TV in early May.

Part of the *Chefs of the Treasure Valley* series, the show provides local chefs with the opportunity to

showcase their talents and present tasty recipes. Chef James shared an old-family-style recipe of chicken breast with sauerkraut and sparkling wine.

Dining Out in the Northwest is sponsored by Food Services

of America® and hosted by Jeni Williams. Chef James attended the College of the Desert, School of Culinary Arts in Palm Desert, California, and later worked under the direction of French and Italian chefs at restaurants in southern California. ■