

Frenzy of fun and festivals

Touchmark has been taking advantage of its close proximity to fun events, local festivals, and endless opportunities to connect with the broader community. The organized efforts of the Resident Committee and Touchmark staff have resulted in fun adventures ... here are some highlights.

Emmett Cherry Festival



In addition to preparing delicious meals for the Touchmark community, Chef Yvonne Anderson (above, right) also caters events. Yvonne can often be seen at local festivals, promoting her business and selling samples of the delicious food. Her booth at this year's Emmett Cherry Festival offered southern-style turkey legs, red beans, and cornbread. A group of residents took a break from buying and sampling local cherries and sat down for a special lunch at Chef Yvonne's booth. Yvonne is pictured with her mother, Flo.

National Oldtime Fiddlers' Contest and Festival®

With the "Fiddling Capital of the World" just over an hour away from Touchmark, residents jumped at the opportunity to hear the best of the best as they competed in the National Oldtime Fiddlers' Contest in Weiser, Idaho. The contest and accompanying festival have been held for nearly 50 years in the town of 5,200, which hosts participants and onlookers from near and far for the week-long celebration of fiddling.

2009 Meridian Dairy Days

Touchmark joined with Washington Trust Bank last month to sponsor the Meridian Symphony Orchestra Concert in the Park performance, Songs of America. The performance was part of the Meridian Dairy Days festival, which celebrates Meridian's dairy heritage. The 80-year-old festival provided an opportunity for Touchmark to connect with and contribute to the broader community during a time of great pride in Meridian's history

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Eagle Food and Wine Festival

Anyone who has tasted Chef James Grimes's cooking knows that he is one of the culinary greats of the area. People will have a chance to sample his tasty cuisine at the third-annual Eagle Food and Wine Festival August 21 and 22. Chef James was one of 15 Treasure Valley chefs selected to participate in the festival and will have his own tent to prepare and share samples of either roast sirloin with an au poix sauce or beef burgundy tips. He will serve his selection with tarragon potatoes and stuffed pattypan squash. Festival attendees can purchase a ticket to enjoy an appetizer-sized portion of each chef's culinary creations, paired with a wine selection chosen by Treasure Valley wineries. ■

Citizenship—a call to action



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

“Be the change you want to see in the world.”

—Mahatma Gandhi

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades.

Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Touchmark, we welcome and nurture diverse opinions and practical solutions to complex challenges.

To participate in intellectual and stimulating discussions, contact Michelle Swantek, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

Giving a helping paw

The Meridian Police Department K-9 team is made up of officers and dogs working together to ensure the safety of the citizens of Meridian. All of the dogs on the K-9 team are certified in narcotics detection and patrol skills. When the police department needed to raise \$8,500 to purchase a new police dog, the Touchmark community sprang into action and donated close to \$900.

The community also had a garage sale to raise money for future Touchmark volunteer efforts. The sale made around \$2,000. ■

The perfect place for your welcome mat



Step outside onto one of two private patios to see lovely views, including a spectacular view of the Owyhee Mountain Range. This 2,281-square-foot Cottonwood lodge home features two bedrooms, two-and-a-half bathrooms, stainless steel appliances, tile countertops, an office, and two master bedrooms. The spacious kitchen opens to the living room and dining room, allowing for seamless entertaining and comfortable everyday living. Call today!



The charm and special touches found throughout this Kennedy home make this the perfect home for worry-free living. Located on a quiet cul-de-sac, this 2,165-square-foot home features Corian® countertops, built-in shelving in the living room, and a formal dining room. With three bedrooms, two bathrooms, and a solarium, you can relax in the spacious comfort while enjoying all the amenities Touchmark has to offer.

Receiving national award

Touchmark's sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark's Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting TouchmarkBend.com/news.

Call Touchmark Home Health & Home Care



Do you have health concerns that require some assistance? Has your doctor prescribed physical or occupational therapy? Are you caring for a loved one and could use some help?

“I oversee a team of caring health professionals who delight in getting to know people and meeting their needs,” says Touchmark Home Health & Home Care Director of Professional Services Janice Elliott. “It’s my job to coordinate the care needs with people’s doctors, and I value the trust folks place in me and Touchmark’s top-quality staff.”

Call Janice at 208-884-3308 and let her know how she can help you.

Ice cream celebration



Summer presents the perfect season for savoring the cool, sweet treat. Over 40 guests and residents from the Meadows at Meadow Lake Village gathered to enjoy strawberry and vanilla ice cream, which staff made from scratch.

Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

- | | |
|--------------|---------------|
| beet _____ | one _____ |
| hoarse _____ | heal _____ |
| prince _____ | they're _____ |
| plain _____ | bored _____ |
| foul _____ | you _____ |
| pale _____ | for _____ |
| nose _____ | cruise _____ |
| sent _____ | hi _____ |
| whale _____ | |

Enjoying Baile' Folkloric



A local group presented a traditional Mexican folk dance. The tiny dancers (pictured right) stole everyone's hearts and made smiles appear. After the formal presentation, the dancers invited residents and guests to join the dancing.

Coming Events

Wednesday, July 15,
6:45 pm
Liberty Quartet.

Saturday, July 18,
11:15 am
Snake River Stampede.

Saturday, July 25,
11 am to 2 pm
Music at the Village.
Barbecue and music by
local musicians.

Wednesday, July 29,
4:30 pm
Dinner Out.

