



# Experiencing water and wildlife

For the third year in a row, a group from Touchmark floated down the Boise River with professional river guides from Epley's White Water Adventures. During the two-hour trip, residents, friends, and team members floated in three eight-person rafts and enjoyed the scenery along the cool river water.

“There isn’t an age limit for trying something new or daring. Life is meant to be lived—on land and on water,” says Life Enrichment/Wellness Director Michelle Swantek, talking about the much-anticipated summer adventure.

Resident Joe Znaniecki, 84, rafted with his wife, Clara, 83. This was their second time on the Boise River. Last year, as new Touchmark residents, they wanted to experience this popular local recreational attraction. *(cont.)*



(cont.)

“We were new to Boise and had never rafted before. We thoroughly enjoyed it, so we went again. I guess you could say it was a little thrill for us. We had seen the rapids on the Payette and had decided we weren’t quite ready for that, but this was fun.” ■



## Going green—and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local “green” architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer “cleaner, greener” wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), Waterford at Harwood Groves (Fargo, North Dakota), and Waterford at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At Waterford on Saddle Drive (Helena, Montana), there is a concerted

effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to “Go Green” in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Matthew Hoskin. ■

### Share your time and talents

Research continues on the positive impact of “giving back” in regard to the physical and emotional well-being of the volunteer.

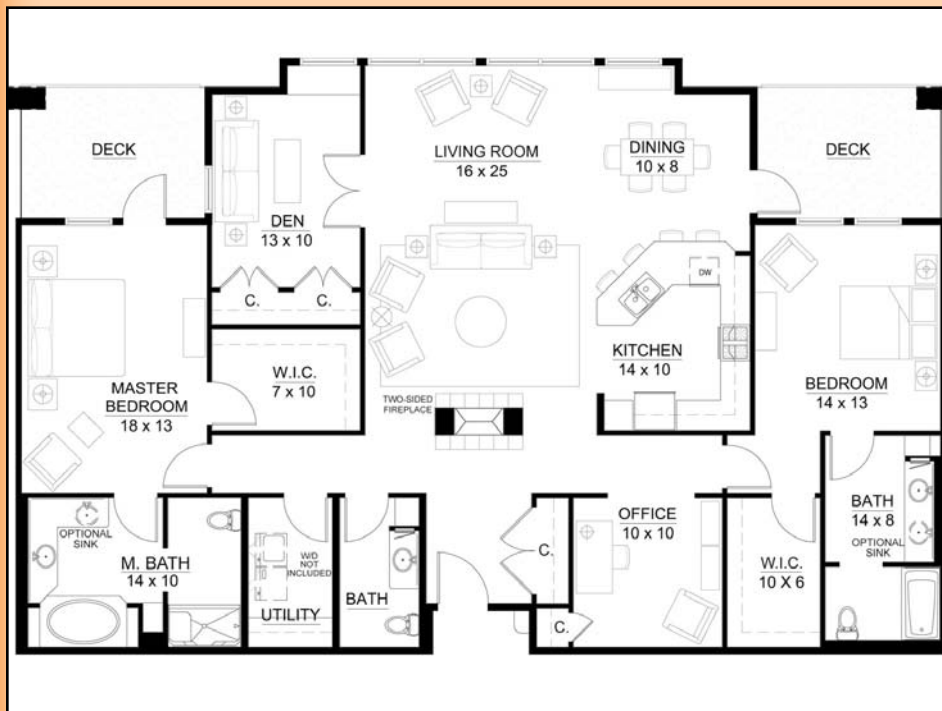
Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

## There's no place like home



Beautiful home? Check. Great location with easy access to Treasure Valley adventures? Check. Worry-free retirement living? Check. This Kennedy home has it all! Located on a quiet cul-de-sac, this well-appointed 2,165-square-foot home features Corian® countertops, a gas fireplace, and built-in shelving. With three bedrooms, two bathrooms, a solarium, and formal dining room, you'll have plenty of space for seamless entertaining and comfortable, independent living. Call today to experience the Touchmark lifestyle.



Two balconies, a breathtaking view of the Owyhee Mountains, and 2,281 square feet of living space just steps away from all the amenities Touchmark has to offer—now that's retirement living at its finest. And it can all be yours in this Cottonwood lodge home. Special touches include stainless steel appliances, tile countertops, and a two-sided fireplace. This home features two bedrooms, two and a half bathrooms, an office, and a den or third bedroom. Discover today why "it's a great day at Touchmark!"

## Summer fun



The Liberty Quartet, a local ensemble known across the nation for their harmonic sounds and patriotic message, entertained residents, family, and friends at the July Chef's Choice dinner. Chef James served up prime rib and crab cakes, followed by a concert that "brought down the house."



Team members and residents enjoy a recent fishing outing to a local pond.



In honor of National Night Out, Touchmark hosted its second-annual National "Morning" Out, complete with a pancake breakfast and a parade of classic cars (carrying Meridian Mayor Tammy de Weerd and veterans who have received the Purple Heart), decorated golf carts, and outfitted dogs. Prizes were awarded for the best classic car, best dressed pet, and best dressed golf cart. The event raised awareness of public services offered by local police and fire departments. Representatives from both departments attended—plus, the Meridian Police gave a K9 demonstration.

## Coming Events

### Friday, August 14, 6 to 8 pm

Music at the Village. Kick off for the Idaho Senior Olympic Games. Enjoy food, music, fun, and ice cream. Touchmark is a sponsor of Music at the Village.

### Wednesday, August 19

Chef's Choice with hoedown. Get in the spirit of an all-American country fair and jam to the sounds of Bill McKeeths bluegrass band. Dinner at 5:15 pm. Concert at 6:45 pm.

### Friday, August 28, 4:30 to 11 pm

Glenn's Ferry Historic Opera Theater Murder Mystery presents *Let Him Sleep 'till His Funeral*. Dinner at Carmela Winery before show. Cost: \$6 for dinner. Please bring money for dinner.



## Save the date!

Celebrate Active Aging Week with Touchmark! Events are planned for September 24, 25, and 26. Watch for more information to come.