



Celebrate active aging!

Join Touchmark in a celebration of a healthy lifestyle. Scheduled events will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

Thursday, Sept. 24 ~ 9 am to 3 pm

Classes for Touchmark’s second-annual Knowledge College will include:

- Lessons on Internet basics
- If the Shoe Fits (proper shoes for proper balance)
- The Artist in You
- Tune Up Your Memory
- Nutrition that Works

Friday, Sept. 25 ~ 9 am

Men’s Fun Run. Join your friends and neighbors for a one-mile or 5K walk, run, or stroll, organized by the women of Touchmark at Meadow Lake Village.

Saturday, Sept. 26 ~ 8 am to noon

Ladies, this is your chance to get out and get active. A team of residents, family members, staff, and bank employees will participate in the 2009 St. Luke’s Women’s Fitness Celebration in Boise with a one-mile or 5K run, walk, or stroll. All participants over 70 years of age receive special recognition at this event.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■



Recent events



There’s a new sheriff in town ... Touchmark Founder and CEO Werner G. Nistler, Jr. stopped by Touchmark for a community hoedown and got into the spirit by dressing the part of the “law.” He is pictured with Touchmark Retirement Counselor, Broker Rhonda Conlan (second from right) and her parents. People feasted on a delectable prime rib dinner prepared by Chef James and listened to music by the Bill McKeeth Bluegrass Band.

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The Flashback Party whipped up memories and good times as residents and staff donned outfits of yesteryear. Some people wore wedding attire while other ladies danced in special outfits that their mothers had passed along to them.

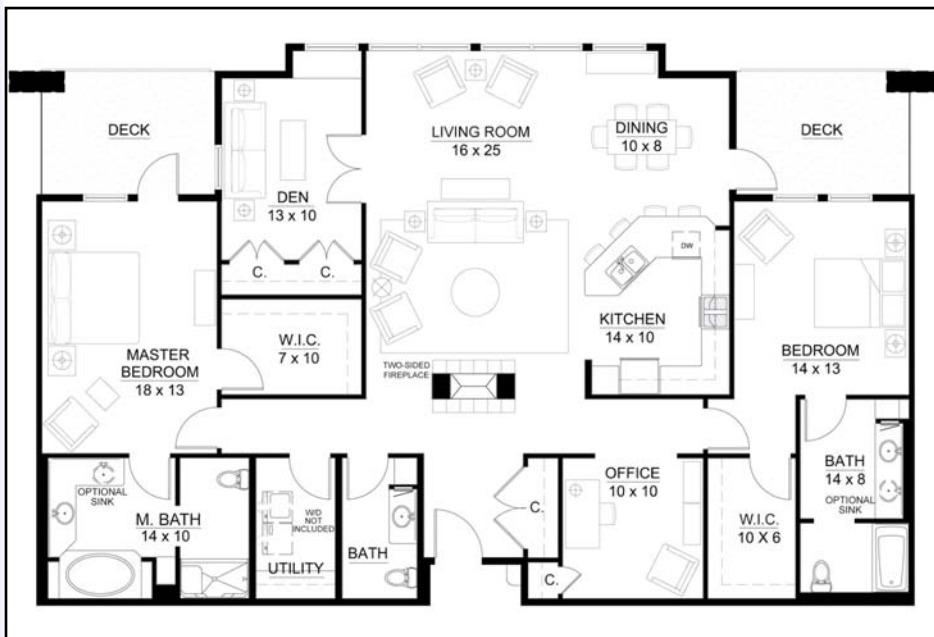


One ribbon is good, but two are twice as nice! Resident Dorothy Davick entered two of her tole painting items in the Western Idaho Fair and won both a first- and second-place ribbon. Look for Dorothy's award-winning entries in the lobby.

Picture yourself at Touchmark!



This 2,021-square-foot, two-bedroom, two-bathroom Roosevelt home offers plenty of storage space for your treasured items. With upgraded cabinets and fixtures, a gas fireplace, roomy office, and large patio, you can experience spacious comfort with all the amenities Touchmark has to offer. As lovely outside as it is inside, this home is located near the rose garden and water feature. Call today and get settled into your new home before winter sneaks up on the Treasure Valley.



A fabulous view of the Owyhee Mountains through floor-to-ceiling windows welcomes you as you walk into this Cottonwood lodge home. This spacious 2,281-square-foot home offers two bedrooms—both master suites—and two and a half bathrooms. Cozy up by the two-sided fireplace or step out onto one of the two private balconies to enjoy the soothing sounds of the water feature. Call today for a personal presentation.

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.

Proactive aging



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

“Today, gerontologists are discovering that age in years doesn’t necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.” —*Baltimore Longitudinal Study of Aging*

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual’s environment, a belief that it is too late to

change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Touchmark’s Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Touchmark at Meadow Lake Village’s event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

Coming Events

Friday, Sept. 18, 7 pm

It's football season! Cheer on the Boise State University Broncos as they battle the Fresno State University Bulldogs. Coeur d'Alene Multipurpose Room.

Thursday, Sept. 24, Friday, Sept. 25, and Saturday, Sept. 26

Active Aging Week. See the article on page one for more information.

Saturday, Sept. 26, 5 pm

The Broncos are back on the football field as Boise State University faces the Bowling Green Falcons. Coeur d'Alene Multipurpose Room.