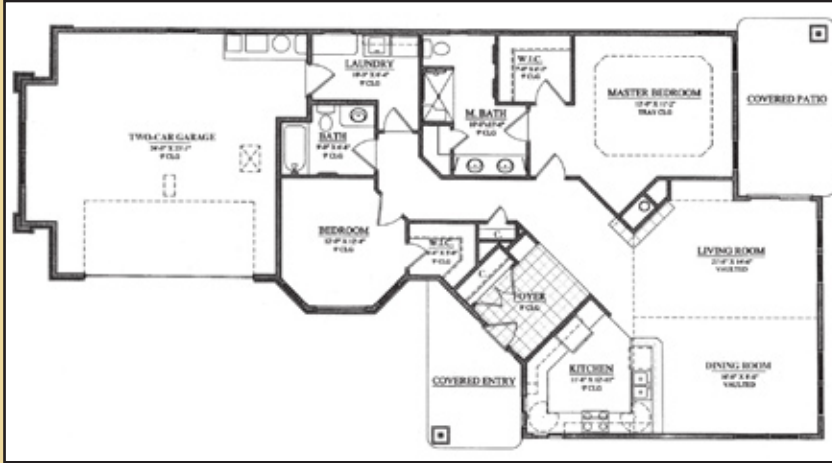


# Counting more than 3,500 wrenches



The largest organized farm implement wrench collection in the world is housed in a former tractor shed located in Marsing, Idaho. Residents recently viewed the 3,500-piece collection at the Wrench Museum. Wrenches are displayed in alphabetical order by company. It also is home to the world's largest sugar sack collection. PT Rathbone owns the collection and is the author of *The History of Old Time Farm Implement Companies and the Wrenches They Issued*.

## Ring in the new year in your new home!



When the weather outside is frightful, you'll be delightfully comfortable next to the cozy gas fireplace in this Lincoln cottage home. This 1,582-square-foot, two-bedroom, two-bathroom home is an entertainer's dream. A large living area, formal dining room, seating in the kitchen, and a covered patio provide plenty of space for comfortable entertaining. There's pull-out shelving in the kitchen and pantry, Corian® countertops, central vacuum system, stainless steel appliances, slate entry, and plentiful storage.



Leave behind worries about frozen pipes and shoveling snow as you live the good life at Touchmark. This Cleveland cottage home offers two bedrooms, two bathrooms, and 1,147 square feet of living space. Sit on your covered patio while listening to the soothing sounds of the community water feature or watch the snowflakes fall outside your window as you cozy up by the gas fireplace. There's also pull-out shelving in the kitchen and pantry, a breakfast nook, tiled entry, and closet organizers.

## Coming Events

**Monday, Dec. 14,  
6:45 pm**

Boise Choristers perform at the Grand Lodge. No charge.

**Wednesday, Dec. 16,  
5:15 to 8 pm**

Chef's Choice Dinner and Resident Christmas & Holiday Party. Musical entertainment by the Boise Philharmonic Quintet. White elephant gift exchange to follow.

**Saturday, Dec. 19, 7 pm**

Tour the many spectacular local light displays from the comfort of the Touchmark bus. No charge.

**Monday, Dec. 28, 7 pm**

Winter Garden Aglow at the Boise Botanical Gardens. Cost: \$6 per person.

## Nurturing our spiritual selves



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

*“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”*

*—Thorson and Cook, 1980, National Interfaith Coalition on Aging*

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don't quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual connection. Overall, they also report

better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Touchmark at Meadow Lake Village encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment/Wellness Director Michelle Swantek. ■

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## Health and wellness education at Touchmark

### Fall Recovery

Becky Dallum, Touchmark's new fitness specialist, taught a very successful six-week Fall Recovery class. Each participant learned how to fall safely, crawl and lift themselves from the floor as well as several upper-body strengthening exercises. Participants said the information was extremely useful, and they have peace of mind knowing how to get up after a fall.

*“I have a deteriorating back situation and had concerns I would not be able to get up should I fall to the ground. Fall Recovery classes have taught me progressive steps to enable me to roll, move across the room and get up after a fall. Although a fall is still frightening, I have the confidence now that I would be able to get up and summon help, if needed. I feel less dependent and more secure.”*

*June Bolender*  
—Resident

### Diabetes education class coming soon!

In cooperation with Byram Healthcare, Touchmark is offering six classes with topics pertinent to those with diabetes. The classes will begin Monday, January 11, at 11 am, followed by a complimentary lunch in the dining room. The last class will be February 15. The first 30 participants to register can attend the classes at no charge. ■

## Hail to the veterans!



Touchmark's Veterans Day celebration honored the brave men and women who have served and are serving the country. The event began with a flag ceremony, presented by Meridian Post 113 of the American Legion. The Christine Donnell School of the Arts choir entertained the crowd with patriotic songs. This performance was the first for the newly formed grade-school choir. The veterans received thanks and recognition for their service with cards made by the children as well as commemorative buttons made by resident volunteers. That evening, five veterans from Touchmark attended a memorial service at the state's veterans' home.

## What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo to the left and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!