



# Celebrating health and well-being



Six weeks of training paid off for Meadow Lake Village's representatives in the 2009 St. Luke's Women's Fitness Celebration in Boise. Touchmark's team of residents and staff trained and participated in this annual event. Over 10,000 women ran, walked, or strolled in the one-mile or 5K event while being cheered on by tuxedo-clad men on "Tuxedo Row." All participants over the age of 70 were honored with a special medal of recognition for their accomplishments. Later, in honor of Active Aging Week, the celebration of health and well-being continued with Touchmark's annual Knowledge College. Educational sessions covered topics such as computer basics, nutrition, finding the right shoes for optimal balance, and digital photography.

## Cozy up to the Touchmark lifestyle



This beautiful Roosevelt home is the home of “twos”—two bedrooms, two bathrooms, an attached two-car garage, and just over 2,000 square feet! You’ll find upgrades galore throughout this lovely cottage, including elegant cabinetry, a gas fireplace, and a covered patio with roll-down shades for extra privacy. On crisp fall days you can step out onto your patio to enjoy the view of the rose garden and waterfall. The chore of laundry is even a bit enjoyable in the large laundry room with folding counter and sink. Call or stop by today and start living the good life at Touchmark.



Who says you can't have it all? This spacious Cottonwood apartment boasts floor-to-ceiling windows with a breathtaking view of the Owyhee Mountain range. On crisp fall days, step out onto one of your two private balconies to enjoy the view and a breath of fresh air. You'll have plenty of elbow room in this 2,281-square-foot home, offering two bedrooms, two and a half bathrooms, and an additional room that can be used as a den, library, or hobby room. The two-sided gas fireplace fills the entire home with a cozy ambience. The tile countertops and large laundry room are the finishing touches on this exquisite home.

## Fall ... a time for change



**Marge Coalman, EdD**

Vice President of Wellness & Programs,  
Touchmark

*“Happiness is not something you postpone for the future; it is something you design for the present.”*

—Jim Rohn, author, *The Art of Successful Living*

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn (*cont.*)

(cont.) years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to *thrive* not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one’s goals and resources. Here are a few questions designed to help evaluate your situation.

**How strong am I?** Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

**How happy am I with my relationships with friends, neighbors, and family?** When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

**Do I have trusted advisors?** Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

**What else can I do to support a healthy aging process?** Sharing your life wisdom and skills is vital to *your* well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach

out for those opportunities.

At Touchmark, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Michelle Swantek. ■

## It’s flu season

—Winona Phelps, RN  
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov)

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it’s helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least (cont.)

(cont.) 24 hours after fever is gone without the use of medications before you return to work or socialize with others.

- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

## Celebrate good times



Hawaii? Or Meadow Lake Village? They were one and the same at the September Luau. Chef James created a delicious Hawaiian meal, including a traditional roast pig. The Siva Mia Polynesian Dancers entertained the crowd with the native dances of each performer's home island, including Tonga, Fiji, Samoa, and Hawaii. A spectacular fire dance performance was a fitting finale for the impressive celebration.

## Touchmark chef delights judges with culinary creations

Congratulations Chef Yvonne Anderson for her fourth-place overall finish at the Eagle Rib Cook-Off and SpudFest. Chef Yvonne's impressive entries ranked higher than many restaurant submissions. Her entry came in seventh place, and her delicious brisket took fourth place in the four-day event. Touchmark is fortunate to have such recognized, accomplished chefs sharing their culinary skills with residents and team members. ■

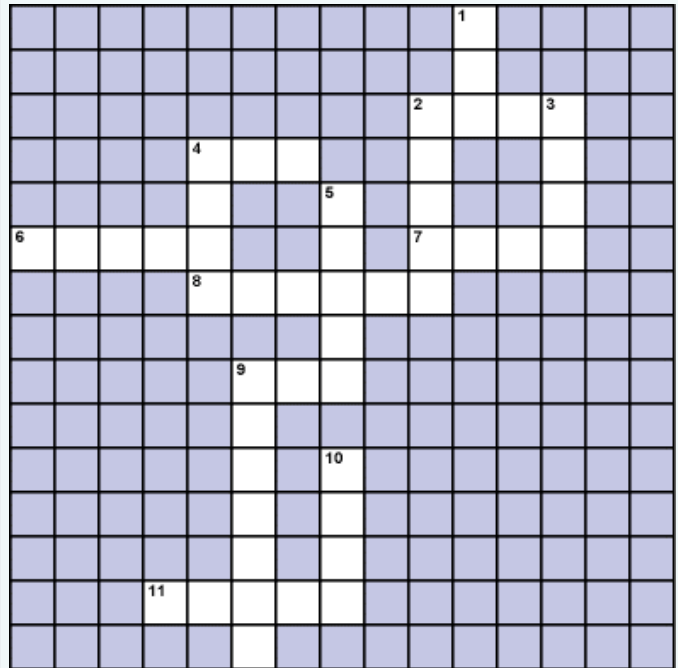
## Coming Events

**Thursdays, Oct. 15, 22, and 29, 9:30 am**  
Writing Class.

**Saturday, Oct. 17, 9:30 am**  
Marsing Wine Tour. Please sign up.  
Cost: \$20.

**Wednesday, Oct. 21, 5:15 pm**  
Oktoberfest. Get into the oompah spirit at this traditional German celebration. Dinner will be served at 5:15 pm and musical entertainment will follow at 6:45 pm.

## Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

### Across

- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

### Down

- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

**Answers**  
Across: 2. Read; 4. Buy; 6. Close; 7. Hour;  
8. Weight; 9. Ant; 11. Their.  
Down: 1. See; 2. Right; 3. Deer; 4. Blew;  
5. Night; 9. Allowed; 10. Four.