



Record growth marks 2009

Looking over the past year, I see a growing community, and I'm thankful for the many people who now call Touchmark at Meadow Lake Village home. We experienced almost a 20-percent increase in overall campus occupancy this past year. It is a pleasure to serve residents, their families, and the broader Treasure Valley community. For example, we enjoyed hosting the 2009 Idaho Wine Competition, featuring 110 bottles of wine representing 22 Idaho vineyards.

The year included culinary highlights, as well. In early May, Touchmark Executive Chef James Grimes made a guest appearance on *Dining Out in the Northwest*

on KTRV-TV. During the summer, Chef Yvonne Anderson placed fourth overall finish at the Eagle Rib Cook-Off and SpudFest.

As we greet 2010, may you and yours enjoy a year of friendship and growth.



Matthew Hoskin
Executive Director

Fall Reduction and Awareness Week Jan. 18 - 22

The Centers for Disease Control and Prevention has noted that each year, one in three adults 65 and older falls.

As part of the award-winning Touchmark Fall Reduction and Awareness Program, Meadow Lake Village invites residents and family members to take part in events, presentations, screenings, and exercise classes.

On **Tuesday, Jan. 19** at 6:30 pm, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, will present *Partners in Fall Reduction!* for residents living in the Meadows at Meadow Lake and their families. Marge will offer the presentation again for the broader Touchmark community **Thursday, Jan. 21** at 6:30 pm.

“The essence of Touchmark’s program is the partnership created with people to enhance balance and mobility and support independence—thus reducing the risk of falls,” says Marge.

At Touchmark, Marge is responsible for developing and implementing programs that enrich people’s lives through customized physical, intellectual, and spiritual activities. Additionally, she provides support and oversight for Touchmark’s Assisted Living and Memory Care programs as well as the Health & Fitness Clubs and Centers.

(cont.)



During a wellness event, Life Enrichment/Wellness Director Michelle Swantek (foreground) leads a demo Posture & Balance class. The upcoming Fall Reduction and Awareness Week will feature a similar demo class.

(cont.) Marge received her doctorate in Education from Oregon Health Sciences University and holds a master's degree in Education from Portland State University. Her bachelor's degree is in Physical Therapy from the University of Washington.

A guest professor for Oregon State University, Portland State University, and the Oregon Gerontological Association, Marge is sought internationally as

a conference speaker. She also is a contributing journalist to the International Council on Active Aging (ICAA) as well as a course developer and master trainer for the Oregon Health Care Association. In 2009, she was appointed to the ICAA Advisory Board. ■

Schedule for Meadows at Meadow Lake Village

Monday, Jan. 18

11 am: Seated Pilates

Tuesday, Jan. 19

- 10:30 am: Home Safety Presentation
- 11 am: Balance and Posture demo class
- 6:30 pm: Family presentation: *Partners in Fall Reduction!* presented by Touchmark Vice President of Wellness & Programs Marge Coalman, EdD

Wednesday, Jan. 20

- 11 am: Seated Tai Chi

Thursday, Jan. 21

- 10:30 am: Dietitian Presentation
- 11 am: Balance and Posture demo class

Friday, Jan. 22

- 9 to 11 am: Shoe Fit with Shu's Running Company

At 3 pm each day, there will be an interactive balance activity.

Six-week balance class

Residents who live in the Meadows at Meadow Lake Village are invited to participate in a six-week balance class, which will be held two times a week. The 45-minute class will focus on balance, flexibility, posture, strength, and coordination. The cost is \$60 per person for the 12 classes. To learn more or sign up, call Touchmark fitness specialist Becky Dallum at 208-319-5336.

Schedule for broader Touchmark community

Monday, Jan. 18

- 9 to 11 am: Balance Assessments
- 3 pm: Pilates demo class

Tuesday, Jan. 19

- 11 am: Home Safety Presentation
- 3 pm: Bocce Ball for Balance

Wednesday, Jan. 20

- 9 am: Fall Recover demo class
- 10 am: Tai Chi demo
- 11 am: Home Health and Home Care Presentation
- 3 pm: Wii Bowling

Wednesday, Jan. 20 ~ 6:45 pm Carlo Bonelli and The Entertainers Line Dancing with Sue Hebison

Join us for an evening of entertainment and enjoy music. Sue Hebison and her line-dancing team will teach dancing moves. Dancing is great for balance, and line dancing is easy to follow. Come have some fun!

Thursday, Jan. 21

- 11 am: Dietitian Presentation
- 3 pm: Gentle Yoga
- 6:30 pm: Family presentation: *Partners in Fall Reduction!* presented by Touchmark Vice President of Wellness & Programs Marge Coalman, EdD

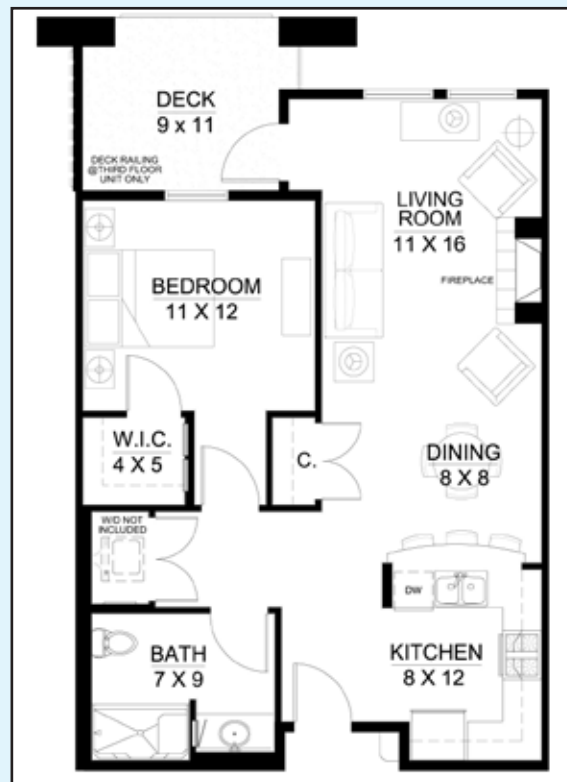
Friday, Jan. 22

- 9 to 11 am: Shoe Fit with Shu's Running Company
- 11 am: Poker Walk and Balance Games

There's "snow" place like home!



Pull into the driveway of this Cleveland cottage home, and you'll know you've arrived home. This 1,147-square-foot cottage home offers two bedrooms, two bathrooms, a two-car garage, and closet organizers. And that driveway? The Touchmark team will keep it free from snow so you can come and go as you please. The cold winter weather doesn't lead to hibernation at Touchmark. The national award-winning Life Enrichment/Wellness program provides plenty of year-round opportunities. Call or stop by today and experience the Touchmark lifestyle.



Two Pine lodge homes are now available. With one located on the first floor of the Sun Valley Lodge, and the other on the third floor, your only decision is whether you would like a view of Touchmark's beautiful water feature or of the mountains. Both homes feature upgraded appliances and countertops, fireplaces, and emergency call systems. With 790 square feet of living space, both of these homes offer one bedroom and one bathroom and are available for rent or lease.

Coming Events

Thursday, Jan. 14, 6:30 pm

Dilemmas with Dinner at the Stage Coach Theatre. Cost: \$12.

Monday, Jan. 18 through Friday, Jan. 22

Fall Reduction and Awareness Week. See pages one and two for details.

Saturday, Jan. 23, 11 am

The Boise Philharmonic's *Casual Classic Series—A Salute to Opera Idaho*. Morrison Center. Cost: \$10.

Wednesday, Jan. 27, 2 pm

Bigelow Tea Walking Tour.

Thursday, Jan. 28, 1 pm

Writing class. Selkirk Activities Room.

Thursday, Jan. 28, 7 pm

Poker. The Lemhi Room.

strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, "If it is going to be, it's up to me!" No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Michelle Swantek. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

20in10: What's on your list today?



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

"Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor." — *Brian Tracy, author and speaker*

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more "things." In fact, it is almost an obsession for some ... How many gadgets,

2010
in
20 Tips to Wellness You Can Do in 10 Minutes™

Winter wonderment

Around 75 people gather for holiday party

Even a Boise State University football game couldn't keep people away from Touchmark's St. Nicholas Day party! Residents, their grandchildren, and even great-grandchildren stopped by for an afternoon of fun and games with Santa and Mrs. Claus (Chandler Coury and Beverly Swanson). Attendees spent the afternoon participating in parachute games, a candy walk, cookie decorating, and crafts. "This event has become a holiday favorite," says Life Enrichment/Wellness Director Michelle Swantek. "Almost 80 people attended!"

Food boxes help those in need



Team members and residents packed 33 food boxes, which were delivered to older adults in need and a local food pantry.

Enjoying a melodic month of merriment



With 12 musical gatherings, residents were able to get into the holiday spirit and brush up on music history at the same time. Music historian Eric Collett offers monthly music history lessons at Touchmark. Other opportunities in December included outings to The Boise Philharmonic, The Meridian Symphony Orchestra, the Boise Tuesday Musicales, and The Living Christmas Tree. Several local music groups visited Touchmark for live performances, including a school orchestra, a fifth-grade hand bell group from Chaparral Elementary, and even some kindergarten angels. A trio of musicians (Amy, Rolando, and Phil) is pictured top, and members of a quartet from the Boise Philharmonic also are shown.

Lifestyle changes: an invitation from our qualified team

“Use it or lose it is not just a catch phrase. It is the well-researched theory behind permanent lifestyle change that results in improved health and well-being.”

—Colin Milner, Founder and CEO, International Council on Active Aging

Change is hard for most of us. Behavioral specialists cite different techniques to help create a new habit or—conversely—abandon or change an established one. Often, they tout the need to do something new 20 times or more before it becomes ingrained in our psyche and muscle memory. This requires commitment ... and usually support from an individual or group also committed to your positive-change program.

The value of support is especially well-studied in regard to physical activity, nutrition, and stress reduction—all important to an individual’s well-being. Ordinarily, coaching and counseling are essential tools when making life changes that require discipline. A professional can offer specific techniques tailored to each person’s uniqueness.

Elsewhere in this newsletter you will read about the 20in10 campaign that is part of Touchmark’s 30th anniversary celebration. All of the tips for good, whole-person health and wellness can be done in 10 minutes or less, and they are building blocks for awareness and lifestyle change. These tips, however, are just the beginning of the journey for anyone who wants to make permanent change and create wellness goals for the new year.

Our team is ready to help each person create a personal plan of wellness. This plan will result in reaching achievable, positive goals based on specific outcomes that can improve the quality of life and result in permanent change.

To learn more about the “Lifestyles” class that will be offered to all new fitness class participants in January and any returning participants, contact Michelle Swantek. We know you can do it, and we can definitely help. ■

A sampling of captions



Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here’s a sample of some. Enjoy the creativity and fun!

“Trying for a hole in ten.”

~ Resident Stella Mae O’Connell, Vancouver, Washington

“Hah! Bet you didn’t even notice my shoes are different colors!”

~ Resident Gail Kristensen, Sioux Falls, South Dakota

“One mixed up dude!”

~ Resident Eve Brousard, Appleton, Wisconsin

“FORE!”

~ Resident Frank Battershill, Edmonton, Alberta

“Arnie Palmer could do it!”

~ Resident Daniel Reitan, Fargo, North Dakota

Recovery is “nothing short of amazing”

In March of last year, Ted Ellis knew that something wasn't right.

“I have a good friend—a retired doctor. We met once a week for coffee ... and one morning I came in and had lost all my energy,” Ted says. “Nothing tasted good. I was lightheaded, dizzy from time to time, and my energy was down to nothing. My friend said, ‘I think you should check in at the hospital,’ so I did. They checked my oxygen level, and it was very, very low.”

It has been a long several months. But through a combination of Ted's dedication and hard work, the support of his family, and the helping hands of the Touchmark team, Ted's recovery since that day is, as he says, “nothing short of amazing.”

First to help: Touchmark Home Health & Home Care

Upon his discharge from the hospital, Ted's doctor recommended home health care to aid in his recuperation. After extensive research, his family selected Touchmark Home Health & Home Care.

“During that time, we were providing 24-hour care,” says Tracy Sevy, Touchmark Home Care supervisor. “Mr. Ellis was back from his hospital stay and was pretty weak. We walked Winston (Ted's Boston terrier) and helped

Ted with bathing, medication, light housekeeping, and fixing healthy meals so he could work on getting his energy back.”

Kellie Overall, RN, helped to provide the care and agrees with Tracy. “As far as Touchmark's Home Health & Home Care services, Ted had everything—skilled nursing services, physical therapy, and Home Care all were involved in his recuperation.”

Moving to Meadow Lake Village

After a week of working with Ted and seeing some improvement, Tracy talked to him about the possibility of moving to Touchmark and using the assisted living services offered by the community. “I thought it would be beneficial for him to be in a bit more of a controlled environment,” Tracy says. “He agreed to give it a try. He knew some people living here, which made the transition easier. It can be hard for people when they get sick to admit that they can't do all the things they used to do on their own, and he was struggling with that. He really loves his family and wanted to make the best choices for his family and his health. I admire the decisions he made to better himself.”

Ted's family has been a constant, important force in his recovery. “His granddaughter really admires him and has a lot of love for him. I don't blame her—I wish he was my grandpa! He is a neat man with a lot of integrity, worth, and honesty.”

The team members working with



Ted Ellis

Ted at Touchmark at Meadow Lake Village have been just as impressed with him. “Oh, my gosh; Mr. Ted is just amazing, probably one of the most uplifting men I've met in a long time,” says Health Services Director Lisa Fay. “Even in his worst moments of health, he still had a smile on his face and a positive attitude. He is a true inspiration in the community. His will to live is very strong, and his positive outlook day after day is really what made him healthier. He's a genuinely kind-hearted, thoughtful man. His little dog Winston is also a highlight of the community!”

“He has done very well,” says Kathy Vernholm, who works in administration. “When you're motivated to get better, you do better. Even when he was very sick he was always concerned about his family and wanted what was best for them. He has transitioned well and is a huge asset to the community.”

An amazing recovery

Perhaps the person most (*cont.*)

(cont.) excited about Ted's improving health is Ted himself. "I've gotten so much better every week," he says. "Touchmark staff worked with me on my oxygen levels, and all my vitals are really good, so I've been getting better all the time. Now I walk Winston a lot myself. I drive my car now. They don't have to come in and help me with my shower. I'm looking forward to every day—every day is great here.

"I've had quite a recovery," he adds. "I was in pretty rough shape, but now I'm just about totally back to normal ... I'm very lucky."

A lifetime of accomplishment

Upon retiring from a long and distinguished career in the banking industry, Ted realized he wasn't quite ready to stop working. He ran for and was elected mayor of Garden City, holding that office for 12 years. "I had no political aspirations, but they talked me into it," he shrugs.

During his tenure as mayor, Ted was instrumental in revitalizing the city. "Garden City had a lot of struggles. It was incorporated strictly for gambling," he explains, adding that "a lot of crime and drugs can come with that."

He highlights his accomplishments: "We did a lot. A Boys and Girls Club was badly needed in the community, and we built it—and now there are over 4,000 children using the facility. I was very proud of what we accomplished: We built a library, a city hall, the Boys and Girls Club, a learning lab, and Head Start program—all with no debt."

Looking forward to tomorrow

What started out as a temporary, respite stay at Touchmark has become more permanent. "The care is great and got me back on my feet," says Ted. "I've been so happy here; I decided to stick around for a while. A golf course, good food, and lots of activities ... I'm probably staying here more for the food and attention than anything. My eating habits at home were not all that great ... I enjoy visiting at dinnertime and have made quite a few good friends here."

Ted remains focused on his health and recovery, and he is happy to have regained his independence. "I don't have to rely on anyone now. I think I could go home, but the food here is one of the main reasons I've stayed! I like the housekeeping offered here, the help with laundry. Plus, they walk my dog whenever I'd like them to ... and so on."

And, he adds, "My daughters are very happy I'm here."

Indeed, in just six months, Ted's recovery was truly "amazing." ■

Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

Answers:

1. Yesterday, Today, and Tomorrow

2. The woman was a photographer. She shot a

picture of her husband, developed it, and hung

it up to dry

3. Charcoal