



Community gathers for Fall Reduction and Awareness Week



As part of the award-winning Touchmark Fall Reduction and Awareness Program, residents and family members took part in events, presentations, screenings, and exercise classes. Touchmark Fitness Specialist Becky Dallum (above, front) leads a Fall Recovery class. Matt Aebi (right, in purple shirt) from ETM EdgeTech Medical, provides a complimentary NeuroCom® balance assessment for resident Hubert Helling while Life Enrichment/Wellness Director Michelle Swantek assists.



Sue Hebison (front, in blue shirt) and her line-dancing team taught dancing moves, which can help improve balance and agility. Carlo Bonelli and The Entertainers (above) provided the music for the dance-filled evening.



Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Ocnomowoc,
Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Touchmark, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

Hearts a beatin' and minds a buzzin'

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research." If you'd like to learn more about Touchmark's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

Try these fitness offerings

Touchmark offers personal training and a variety of fitness classes, including tai chi, Posture & Balance, and Sit & Be Fit. Zumba Gold® will come to Touchmark in March. To learn more about times, cost, or to sign up, talk with Touchmark fitness specialist Becky Dallum. ■

Brain Builders



Word Mine Activity

Inside the phrase “You’re my hero” are several words, using two or more letters. Two examples are below. Find as many as you can.

You’re my hero

emery

hey

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

	eye	ye	home
turnor	myrh	humor	homer
turn	more	our	or
her	merry	hour	you
moor	moor	oh	hey
rhyme	hurry	rye	here

Answers (other answers may be possible):

In honor of American Heart Month and Valentine’s Day, may this month’s humor feature warm your heart and entice you to eat more fruits and veggies.

A Food Valentine

Cabbage always has a heart;
 Green beans string along.
 You’re such a Tomato,
 Will you Peas to me belong?
 You’ve been the Apple of my eye,
 You know how much I care;
 So Lettuce get together,
 We’d make a perfect Pear.

Now, something’s sure to Turnip,
 To prove you can’t be Beet;
 So, if you Carrot all for me
 Let’s let our tulips meet.

Don’t Squash my hopes and dreams now,
 Bee my Honey, dear;
 Or tears will fill Potato’s eyes,
 While Sweet Corn lends an ear.

I’ll Cauliflower shop and say
 Your dreams are Parsley mine.
 I’ll work and share my Celery,
 So be my valentine.

www.basicjokes.com



Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Every Monday through Saturday, 5 pm
 Social hour in the Shoshone Room.

Thursdays, 10:30 am
 Tune up your memory. St. Louise Chapel.

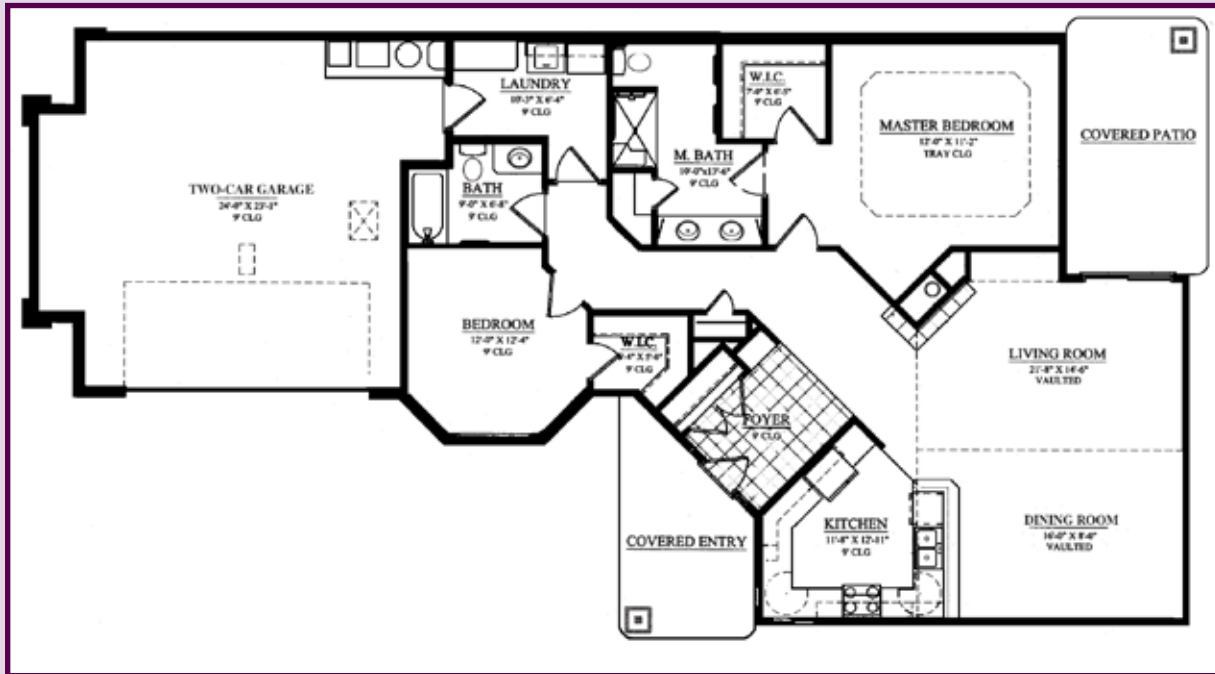
Wednesday, Feb. 24, 11 am

Tour Boise State University’s Stueckle Sky Center. Lunch to follow tour.

Friday, Feb. 26, 10 am

Build-a-Bear outing and lunch at Olive Garden.

This is the life!



Located on a large private lot in a cul-de-sac, this Adams cottage offers 1,754 square feet, two bedrooms, and two bathrooms. Natural light pours into the sunroom while the garage offers additional storage. Enjoy the comfort of a corner gas fireplace and the convenience of a pull-down ironing board and sink and cabinets in the laundry room. The home features a central vacuum, closet organizers, and pull-out shelving in kitchen cabinetry. Leasing is an option. Call to learn more.

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to renew your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.