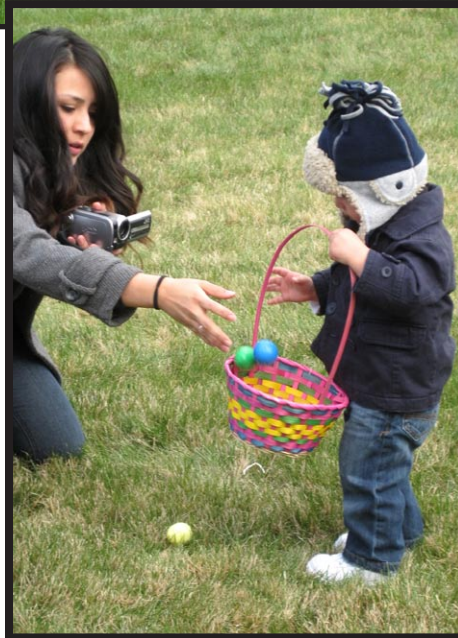




Eggs-travaganza!



Around 75 residents and family members hopped and jumped their way to the Touchmark second annual Easter Egg Hunt. The Easter bunny visited and joined the children for the games, including sack races, the bunny hop, egg-spoon races, and playing with the parachute. Can you spot the Easter bunny?

(cont.)

(cont.)



Moments of Pride —in the future



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

“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.” —Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe

The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing non-

profit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

Coming Events

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

Friday, April 16, 3 pm
Bonjour! The Armchair Traveler goes to France. Coeur d’Alene Room.

Saturday, April 17, 11 am
Boise Art Glass tour and lunch at Leku Ona Basque Restaurant.

Tuesday, April 20, 8 am to 3 pm
Foot Clinic in the Meadows at Meadow Lake Village.

Wednesday, April 21, 5:15 pm
Chef’s Choice Buffet. Music by The Entertainers at 6:45 pm.

Saturday, April 24, 10 am
Floral class with Debra.

Friday, April 30, 2:30 pm
Birthday celebration. Shoshone Game Room.

Spring into the good life!



Change your address to 863 South Hallenbeck Lane. This beautiful Lincoln cottage home offers two bedrooms and two bathrooms. Located near the Rose Garden and water feature, this 1,605-square-foot home boasts a great room, covered patio, stainless steel appliances, and a two-car garage. Call or stop by today for a personal presentation of your new home.

Join a new fitness class

Put a little “spring” in your step with these new fitness classes!

Zumba Gold®

Mondays and Wednesdays at 2:15 pm

Pilates/Yoga

Mondays and Wednesdays at 3:15 pm

Fall Recovery

Tuesdays at 9:30 am

Intermediate Tai Chi

Tuesdays and Thursdays at 2:15 pm

Entry-level Tai Chi

Tuesdays and Thursdays at 3:15 pm

All of these classes are held in the Coeur d’Alene Room. ■



Jeff Vik leads a full class of entry-level tai chi. Following the teacher, participants perform a series of graceful, slow postures and movements that can help reduce stress, promote deep breathing, and improve muscle flexibility. The class was one of several offered during the recent session of Community Education at Meadow Lake Village. Other popular classes included yoga, Fall Recovery, photography, and writing.

Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

- | | |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____ |
| 2. MILL: __ milk__ | 11. EGO: _____ |
| 3. BATTER: _____ | 12. BATON: _____ |
| 4. HEAT: _____ | 13. HAT: _____ |
| 5. MEET: _____ | 14. RIDE: _____ |
| 6. BORN: _____ | 15. STEAL: _____ |
| 7. DEMON: _____ | 16. DISH: _____ |
| 8. FORK: _____ | 17. TUNE: _____ |
| 9. REEF: _____ | 18. OATH: _____ |

- ANSWERS
- | | | | |
|-----------|----------|-----------|-----------|
| 1. bread | 5. meat | 9. beef | 14. rice |
| 2. milk | 6. corn | 10. soup | 15. steak |
| 3. butter | 7. lemon | 11. egg | 16. fish |
| 4. beat | 8. pork | 12. bacon | 17. tuna |
| 13. ham | 18. oats | | |

A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



- “Stick ‘em up! This a robbery.”
~ Resident Marion VanDinter
- “Two naughty raccoons minus the dunce cap.”
~ Resident Eve Broussard
- “Hallelujah.”
~ Resident Nancy McLaughlin
- “What’s the big deal. We didn’t mean to do it.”
~ Resident Larry VanZummeren
- “Thank you ladies and gentlemen, and for our next number ... ”
~ Resident Clare Peters

2010 in

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.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.