

Fashion of bygone days and today



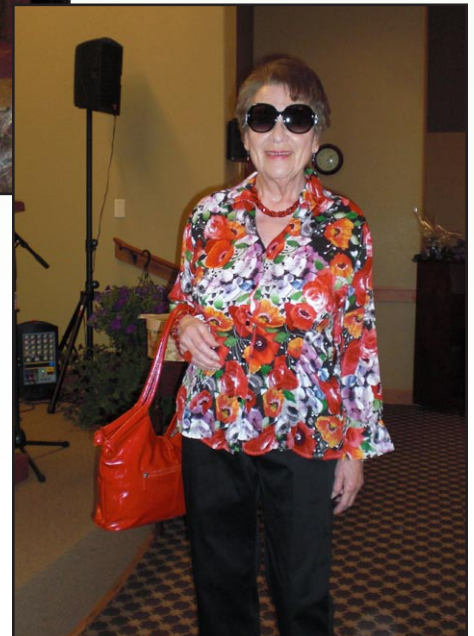
Gina White presented her unique and educational Victorian Style Show. Starting with their undergarments, Gina and her nieces Gracie (far left) and Elizabeth Walters put on one layer of clothing at a time and explained each layer of the 1884 style. The event included a modern-day fashion show with pieces from Classy Casuals.



Dottie Ring



Bev Swanson



Rose McGraw

The grass is greener at Touchmark!



The Washington at 518 S Werner Lane offers 1,346 square feet, two bedrooms, and two bathrooms. There's a two-car garage and gas fireplace. The home is listed at \$235,000. Call to learn more about this exceptional offer.

National training sharpens skills, promotes exchange of ideas

During April, Life Enrichment/Wellness teams and fitness specialists from around North America gathered in Portland, Oregon, for yearly training. Life Enrichment/Wellness Director Michelle Swantek and Life Enrichment/Wellness Assistant Anne Upchurch (fourth from the right) attended the four days of presentations and workshops. They shared how to enhance lifelong learning and work with community partners during the group presentations. Tom Rutlin (in front, wearing white hat)—often referred to as the “father” of Nordic walking—led an Exerstrider Leader Training Certification Workshop for fitness specialists. Tom is recognized internationally for his pioneering work in fitness walking that uses specially designed poles to augment the health benefits of walking. Touchmark team member Becky Dallum (fifth from the right) also attended the Exerstrider workshop. Later in the training, Chuck Adams and John Rochford of Plus50 Inc., gave the keynote presentation for the Life Enrichment/Wellness teams on *Rediscovering Your Passions and Pursuing Purpose In Your Life*.



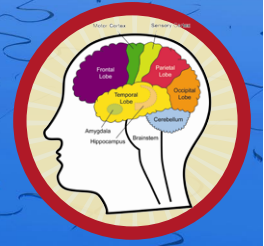
2010 in

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.

- Write a poem.
- Count your blessings.
- Make a cup of tea.
- Take a picture.
- Take a bubble bath.
- Brush your teeth for at least two full minutes.
- Let someone cut in front of you in a line.
- Clean out your refrigerator.
- Park at the far side of the lot and walk to the store.
- Write a note to someone special.

Brain Builders



List possible uses for old cereal boxes. Be as creative as possible.

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Unexpected consequences



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

“Some kids are so busy they have no time to play. Others have no place to play and no one to play with. Some kids spend so much time front of TV and computer screens that they forget how to play.” — Anonymous, wall mounting in children’s art exhibit area, Museum of Glass, Tacoma, Washington

School budgets continue to be cut. Physical education and recess already are long gone in many elementary schools in North America, and art and music services

are being trimmed. It seems that test scores are the only measure many school districts are paying attention to in the quest for high-tech geniuses.

Imagine having the opportunity to nurture relationships and physical activity, creativity, communication, and learning in today’s children.

Touchmark understands the need to address childhood obesity; to nurture communication (without the aid of computers and text messaging) in children and young adults; and to foster caring relationships with trusted older adults. The intergenerational programming at each Touchmark community is designed to influence all of these areas and provide lasting moments of pride and fun for participants.

As research results continue to be shared, we realize that we are raising a generation of individuals *(cont.)*

(cont.) who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact Life Enrichment/Wellness Director Michelle Swantek. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

Touchmark Home Health & Home Care now takes TrueBlue insurance.

Have questions? Call 208-884-3308.

Just for laughs!

Technical Terminology

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.

One co-worker said the programming we had ordered was delayed, because the vendor was suffering from a “severe nonlinear waterfowl issue.”

Curious, the team leader raised his eyebrows and asked, “What exactly is that?”

The programmer replied, “They don’t have all their ducks in a row.”

This month’s feature is from MyCleanHumor.org.

Idaho Statesman highlights Touchmark

In a feature front-page article with three color photos, the paper discusses the various options available to older adults living in the Treasure Valley. Touchmark resident Earle Peterson shared his thoughts, saying, “This hands down was the nicest place’ he saw when looking for a retirement home”

To read the article, visit www.idahostatesman.com and search for Touchmark. ■

Coming Events

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

Mondays, 4:15 pm

Balance & Posture. Multipurpose Room.

Tuesdays and Thursdays, 3:15 pm

Tai chi. Multipurpose Room.

Thursdays, 7 pm

Poker. Game Room.

Mondays through Saturdays, 5 pm

Social hour. Game Room.

Join the online community. Touchmark is now on Facebook!

facebook