

Celebrating Moments of Pride: An author's gift

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Touchmark will feature photos and stories that highlight moments of pride for residents and team members.



Donna Presnell with a copy of *The Saturday Evening Post*, which ran her poem *Fortieth-Year Class Reunion*.

Neighbors, friends, and family gathered to celebrate the writing accomplishments of Donna Presnell. A gifted author, Donna's works have been published in everything from local magazines to *The Saturday Evening Post*. Attendees enjoyed ice cream as Ann Upchurch, Life Enrichment/Wellness assistant in the Meadows at Meadow Lake Village, read some of Donna's writings.

"One poem celebrated Donna's mother, and I could barely make it through the reading. It was such a touching tribute," says Ann.

Donna discovered her talent for writing later in life. With the children grown and gone, Donna took a variety of educational classes with a writing class tapping her inner artist. Donna wrote often about her childhood in the Sand Hills region in north-central Nebraska. Her stories retell a childhood with 13 siblings and having to live with extended family members or friends of her parents (sometimes many states away from Nebraska) during the school year, as there were no schools near their isolated home along the Dismal River. Her writings also covered later times in life, like the joy of being a grandparent and a great-grandparent or a class reunion.

Here's a sample of Donna's creativity, which ran in the *Saturday Evening Post*.

Fortieth-Year Class Reunion

By Donna Presnell

It was my class reunion,
And all through the house,
I checked in each mirror

And begged my poor spouse
To say I looked great,
That my chin wasn't double,
And he lied through false teeth,
Just to stay out of trouble.
Said that 'neath my thick glasses,
My eyes hadn't changed,
And I had the same figure,
It was just a mite rearranged.
He said my skin was still silky,
Although looser in drape,
Not so much like smooth satin,
But more like silk crepe.
I swallowed his words
Hook, sinker, and line
And entered the banquet
Feeling just fine.
Somehow I'd expected
My classmates to stay
As young as they were
On that long-ago day
We'd hugged farewell hugs,
But like me, through the years,
They'd added gray to their hair,
Or pounds to their rears.
But as we shared a few memories
And retold some class jokes,
We were 18 in spirit,
Though we looked like our folks.
We turned up hearing aid volumes
And dimmed down the light,
Rolled back 40 years,
And were young for the night. ■

Have fun in the sun at Touchmark



This Truman cottage home at 781 South Spelman Lane offers plenty of room for visitors and hobbies, with easy access to all the community amenities. The 1,894-square-foot home has two bedrooms, two bathrooms, a den, central vacuum, and two-car garage. The patio overlooks the rose garden and is the perfect place for a morning cup of coffee or a relaxing evening with friends.

Recent events



From left: Marion James, Fran Everton, and Gladys Eller planted flowers and decorated pots, which they gave as appreciation gifts to community volunteers. Carol Critell (top photo) also decorated a pot.

2010

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.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.

Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit www.laughteryoga.org.

[Click here to watch the video.](#)

Get fit with Touchmark

Recently, Touchmark's Health and Fitness Center offered classes to help educate residents on the use of equipment in the fitness room. Participants also learned new and innovative exercises to incorporate into their fitness routines. Did you miss the classes? No worries ... ask a fitness specialist, and learn how to safely use the fitness equipment.

Tai chi and Zumba Gold continue to be popular classes. See the Life Enrichment/Wellness calendar for a schedule and join the fun! ■

Coming Events

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

Fridays, July 9 and 30, and Mondays, July 12 and 19, 6:15 pm

Boise Hawks baseball games. Cost: \$10 per person.

Saturday, July 10, 11 am

Historic Downtown Boise Trolley Tour. Cost: \$14 per person.

Thursday, July 15, 6 pm

Great Garden Escape Concert. Idaho Botanical Garden. Cost: \$10 per person.

Saturday, July 17, 10 am

Boise Farmers Market outing.

Friday, July 23, 6 pm

Snake River Stampede. Rodeo semi-finals. Cost: \$25 per person.

Friday, July 23, 3 pm

The Armchair Traveler goes to Greece. Grand Lodge.

Saturday, July 31, 11 am

Boise River Rafting Trip. Cost: \$22 per person.

Brain Builders



Do these math problems as fast as you can.

- | | | |
|-----------------|-------------------|-------------------|
| 1. $8 - 5$ | 9. $32 + 36$ | 17. $11 - 2$ |
| 2. $9 + 26$ | 10. $7 - 2$ | 18. 1×4 |
| 3. $29 - 1$ | 11. 3×10 | 19. $33 + 9$ |
| 4. $9 + 9$ | 12. $12 + 30$ | 20. $22 - 6 + 1$ |
| 5. $27 - 20$ | 13. $18 - 9$ | 21. $16 + 13$ |
| 6. 2×7 | 14. 0×5 | 22. 25×1 |
| 7. 5×5 | 15. $1 + 6 - 2$ | 23. 2×3 |
| 8. $20 - 10$ | 16. $40 - 25$ | 24. $26 + 36$ |

- | | | | |
|-------|--------|--------|--------|
| 6. 14 | 12. 42 | 18. 4 | 24. 62 |
| 5. 7 | 11. 30 | 17. 9 | 23. 6 |
| 4. 18 | 10. 5 | 16. 15 | 22. 25 |
| 3. 28 | 9. 68 | 15. 5 | 21. 29 |
| 2. 35 | 8. 10 | 14. 0 | 20. 17 |
| 1. 3 | 7. 25 | 13. 9 | 19. 42 |

Answers:

I remember when ...



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

So many shared moments of pride and defining events associated with strong emotions start with the phrase, "I remember when ...". As we come to the season of patriotic pride for Americans and Canadians, there is value in remembering historic examples of our countries' abilities to come together for the greater good of all. (cont.)

(cont.) Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England’s Prime Minister Winston Churchill and Canada’s Prime Minister William Lyon Mackenzie King.

Touchmark’s Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out about opportunities at Touchmark, contact Life Enrichment/Wellness Director Michelle Swantek.

You *can* make a difference. ■

**“Learn from yesterday,
live for today, and
hope for tomorrow.
The important thing
is to never stop
questioning.”**

— Albert Einstein

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered “luxuries.” They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

In today’s world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.



Whether it is recycling or packing food boxes, the Touchmark community lives its mission of enriching people’s lives.