



Modern art at the Boise Watershed



A lot of work goes into that refreshing glass of ice water you enjoy on a summer afternoon. Residents learn how water-treatment technology produces clean drinking water during a recent tour of the Boise Watershed, which offers interactive exhibits and features public artwork, including EnviroGuard Pipe Tree (pictured) by Irene Deeley.

National "Morning" Out

Tuesday, August 3 ~ 7:30 - 11:30 am



In honor of National Night Out, Touchmark is hosting a National "Morning" Out celebration. National Night Out offers communities around the nation a chance to build relationships and take a stand against crime and drugs. The mayor and representatives from the fire and police departments will join the community for a delicious pancake breakfast and fun activities.

- Car parade and golf cart parade
- Dunk tank
- Pet parade
- Games: ring toss, putting, corn toss, horseshoes
- Police K-9 demonstration
- All are welcome

Call **208-888-2277** for more information.

Active Aging Week ~ September 20 to 26

Be active your way. It's the theme for this year's annual health promotion event, which was created by The International Council on Active Aging. The Life Enrichment/Wellness team is preparing an exciting schedule of events.

- ~ **Monday, Sept. 20:** Fall Recovery demonstration class.
- ~ **Tuesday, Sept. 21:** Chocoholics rejoice! Learn all about chocolate, from its history to health benefits. Executive Chef James Grimes will do a cooking demonstration.
- ~ **Wednesday, Sept. 22:** Golf scramble with instructor Margie Andrews.
- ~ **Thursday:** Fall Knowledge College classes and seminars.
- ~ **Friday:** The Armchair Traveler goes to Hawaii. Final prize drawings for Active Aging Week.

Look for more details in the next month's newsletter and the Life Enrichment/Wellness calendar.



All that and more



This 1,878-square-foot Truman cottage offers three bedrooms, two bathrooms, an extended wraparound covered patio, Corian® countertops, and a two-car garage. Convenience and function abound, from the folding counter in the laundry room, to the closet organizers, central vacuum, and kitchen island with pull-out shelving. Call today for your personal presentation.



Becky Dallum is first in state to receive Fallproof™ certification



Becky Dallum

Becky Dallum, fitness specialist with Touchmark at Meadow Lake Village, is the first person in Idaho to complete the Fallproof Balance and Mobility Specialist Instructor Certificate Program.

Offered by the Center for Successful Aging at California State University, Fullerton, the program is designed to promote the teaching of improved mobility in older adults. According to the Centers of Disease Control and Prevention, one in three Americans 65 and older falls each year — and 30 percent of them require medical treatment.

Because balance and mobility disorders are a growing health problem nationally, Touchmark offers residents its nationally recognized Touchmark Fall Awareness and Prevention Program. Becky teaches several classes designed to improve people's balance and reduce the chances of falling.

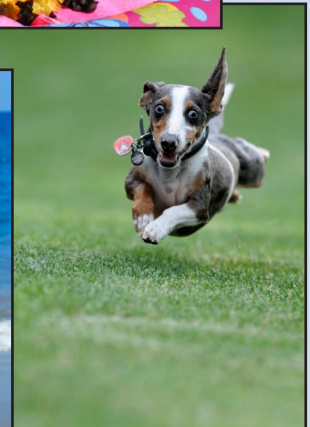
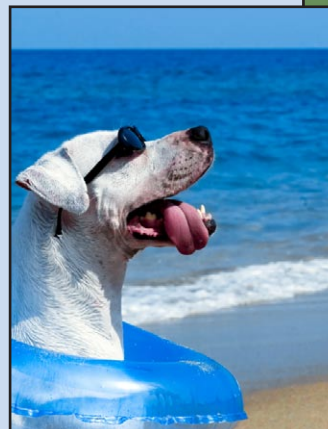
Becky holds a Bachelor of Science in Exercise and Sports Science from Oregon State University. Additionally, she is a certified senior personal trainer and certified Pilates instructor. She specializes in working with older adults experiencing medical challenges, such as Parkinson's disease and other balance problems. ■

Meridian in top 10

A *Family Circle* survey ranks Meridian as one of the 10 best US towns for families. Towns listed in the top ten offer “affordable housing, good neighbors, green spaces, strong public school systems, and giving spirits.” For more information and to see the full list, visit www.familycircle.com/family-fun/money/10-best-towns-for-families-2010/. ■

Just for laughs!

Enjoy the Dog Days of Summer ...



Going Green: the 7th dimension of whole-person wellness



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

"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both."

— T.S. Elliot

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet, playwright, and a man ahead of his time—is truer today than it was in his generation. Harmony with nature and conservation of natural resources are on the agenda of organizations around the world.

In North America, we are fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

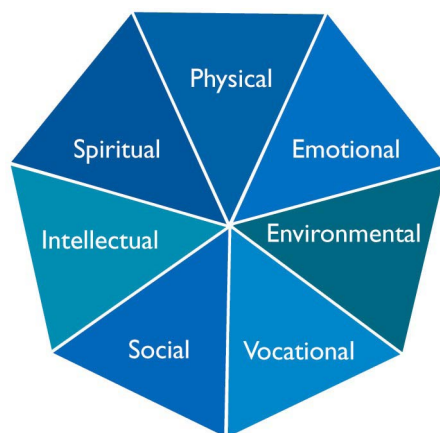
A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with

preserving the environment for your enjoyment—and generations to come?

Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live and work in the communities. It's truly the residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

These individuals garden, recycle, use scheduled transportation instead of single-car transport, add green energy options to their homes, and participate in neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its "Going Green" initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join



the efforts of residents and team members at Touchmark, contact Life Enrichment/Wellness Director Michelle Swantek. ■

Come participate

For more information about these events, talk with a member of the Life Enrichment/Wellness team.

Couples Fall-Recovery Class ~ Thursdays from 2 – 3 pm

Would you know what to do if your spouse had a fall? Touchmark wants to help you be prepared. This class, open to couples only, has two parts:

Learn what to do—and what to avoid—if your spouse has a fall, including how to get him/her to safety, call for help, and possibly help your loved one get up from a fall.

A fitness specialist will visit your home to discuss possible fall risks and teach you how to safely get up from a fall in your home environment.

Community Education

These classes resume in September, with the six-week Exerstrider course kicking off after Labor Day.

Fitness Challenge Celebration

The Touchmark Fitness Challenge participants have "walked" to all 11 Touchmark communities throughout the United States and Canada. That's cause for celebration! Join the fun August 10 at 2 pm. ■

Coming Events

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

Saturday, Aug. 7, 10 am

Bus departs for Hagerman, Idaho. After a picnic lunch, set sail on a scenic Thousand Springs Tour. Cost: \$22 per person. Take your own picnic lunch or order one from the Touchmark kitchen (one punch or \$10).

Saturday, Aug. 14, 5 pm

Glenns Ferry Opera Theatre presents *Run to the Round*

House Nellie, He Can't Corner You There! Enjoy dinner and stay for the show. Cost: \$27 per person for transportation, dinner, and the show.

Saturday, Aug. 21, 12:30 pm

Snake River Winery Tour. Climb on the bus and enjoy an afternoon of fine wine and touring. Wineries on the tour include Ste. Chapelle Winery, Koenig Distillery & Winery, and Bitner Vineyards. Cost: \$15 for transportation and tasting fees. Bring your own boxed dinner or order one from the Life Enrichment/Wellness team.

Friday, Aug. 27, 9:30 am

Idaho City outing. Tour museums and enjoy lunch at the Gold Mine Eatery & Spirits. Cost: \$5 per person for transportation and museum admission. Lunch on your own.

Armchair Travelers

Every month residents "travel" to a different country without leaving Meadow Lake Village. Light appetizers are served, and a Rick Steves video is played. So far, residents have visited Ireland, France, Italy, Scandinavia, and Greece. Watch the Life Enrichment/Wellness calendar for the next session.

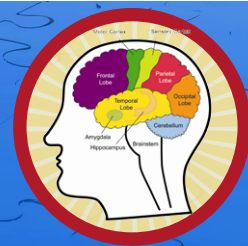
2010

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.

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.

Brain Builders



Think of first names for each letter provided. Fill in the blank using the letter provided as the first letter.

Example: Adam

| | | |
|---------|---------|---------|
| A _____ | J _____ | S _____ |
| B _____ | K _____ | T _____ |
| C _____ | L _____ | U _____ |
| D _____ | M _____ | V _____ |
| E _____ | N _____ | W _____ |
| F _____ | O _____ | X _____ |
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