



Be active your way!

Join Touchmark for fun events that will motivate you to incorporate healthy activities into your daily life.

No charge. For more information, call 208-888-2277.

Monday, Sept. 20

- ~ 9 am: Brain Aerobics.
- ~ 10:15 am: FallProof demo class.

Tuesday, Sept. 21

- ~ 1 pm: Washington Trust Bank presents The Changing Economic Tide. This one-hour question-and-answer session will help you understand the security of your investments in these changing economic times.
- ~ 2:15 pm: Tai Chi demo class.
- ~ 3 pm: Calling all chocolate-lovers! Learn about the delicious history and health benefits of everyone's favorite confection with Kay Johnson of Dream Chocolate, Inc. Touchmark Executive Chef James Grimes will demonstrate cooking with chocolate. Attendees get to taste the samples.

Wednesday, Sept. 22

- ~ 9 am: Golf scramble with PGA Golf Instructor Margie Andrews.
- ~ 5:15 pm: Hawaiian Luau.
- ~ 6:45 pm: Boise Ukulele Group and Siva Maia Hawaiian Dancers perform in the courtyard.

Thursday, Sept. 23

- Fall Knowledge College classes and seminars.
- ~ 9 am: Five Wishes with Susan Graham, Elder Law attorney.
 - ~ 10:15 am: Attend one of two informative presentations, Nutrition: Healthy Dinner Out or Writing Your Own Life Story.
 - ~ 11:30 am: Mind Sense with Karen Dale, CSW, of Harrison's Hope Hospice.
 - ~ 12:30 pm: Lunch.
 - ~ 1:30 pm: Attend one of two informative presentations, Computer Basics or Digital Photography.



Friday, Sept. 24

- ~ 3 pm: The Armchair Traveler jets across the Pacific to the Hawaiian Islands.

Prizes will be given at each event. Attendance at each event will earn you a ticket for a grand prize drawing, Friday at 3 pm.

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. ■

Meridian in top 100

Money lists Meridian at number 62 in its list of America's best small cities. The magazine describes Meridian as family friendly. The town offers nearby ski trails and colleges. To read more, visit <http://money.cnn.com/magazines/moneymag/bplive/2010/snapshots/PL1652120.html>. ■

Discover Touchmark



Located at the end of a long driveway on a private cul-de-sac, this 1,754-square-foot Adams home offers two bedrooms, two bathrooms, and access

to the award-winning Touchmark lifestyle. A private backyard, covered patio, and sunroom are just some of the special features. The Adams offers pull-out shelving in the kitchen, central vacuum, built-in storage in the garage, and a laundry room with a sink and fold-down ironing board. This home is available for purchase or lease. Call today for a personal presentation.

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.

- Work on a puzzle
- Use the dictionary.
- Watch the news.
- Try a new healthy food.
- Read a biography.
- Reorganize a room.
- Compliment five people today.
- Call a friend and talk about something funny.
- Find a quiet place. Close your eyes. Breathe slowly and visualize a calm beautiful scene.
- Eat an apple.

Commit to wellness

Couples Fall Recovery

Couples interested in reducing their fear of falling and learning the proper steps to take after a fall occurs are invited to participate in Touchmark's Couples Fall Recovery class. The three-session class will demonstrate what to do during and after a fall, with each couple receiving an in-home visit from Touchmark Fitness Specialist Becky Dallum. Becky will assess the home environment for fall risks and go through some basic skills for each couple to use in the event of a fall. Cost of the class is \$30 per couple.

Becky's Power Hour



Throughout the month of August, several residents gathered for weekly circuit-training classes. Circuit Training with Becky led participants through a series of exercises on fitness equipment. Participants showed marked improvement in strength and understanding of basic exercises over the course of the month. Want to learn more about fitness classes at Touchmark? Talk with Becky.

Successful aging lived by a mentor



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

“Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives.” — Robert Butler, MD, 1927-2010

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early '70s—before I even knew that I would be interested in a career in the emerging field of “healthy aging.” I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word “aerobics”).

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other “firsts” under his leadership are coining the work “ageism,” creating a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts who presented the keynote at the American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals

(cont.)

(cont.) measure physiology; happiness quotients; productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is “... reaching one’s potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others.” (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact Michelle Swantek, Life Enrichment/Wellness director. ■

Recent events



Residents learn about the native plants and trees that line the Boise River from “Mr. Boise River” himself, John Heimer. John has spent his career studying, educating, and preserving the Boise River. He spoke about the history of water resources in the Treasure Valley while leading residents on a casual walking tour along the riverbank. Participants learned about dams, irrigation, recreational water, and the plants used by Native Americans for natural healing—including poison ivy and poison hemlock.

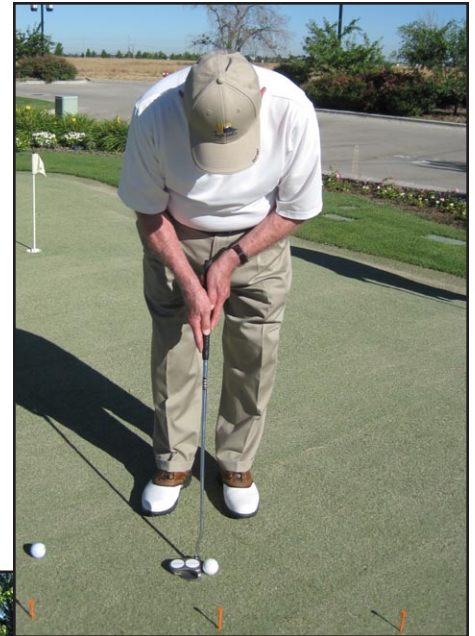


Treasure Valley Storytellers share stories about their experiences with food. Participants gathered around the fireplace, with storytellers opening the floor for residents who wanted to share tales about strange foods they’d encountered while traveling. “Everyone had such a wonderful time sharing,” says Life Enrichment/Wellness Director Michelle Swantek. “We couldn’t have asked for a more positive event!” By popular demand, the storytellers plan to return to Touchmark on the second Wednesday of each month.

(cont.)

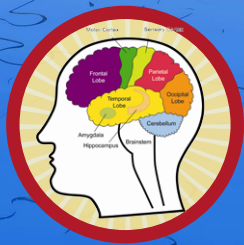
(cont.)

PGA Instructor Margie Andrews teaches residents the basics of putting and chipping. Margie provided classes throughout the summer for those looking to fine-tune their golf skills.



Life Enrichment/Wellness Assistant Courtney Swantek shares stories and photos from her home-building mission trip to Haiti during a recent Armchair Traveler session. The Armchair Traveler program has been very popular, with 40 to 50 residents participating in each session. Residents reminisce about trips they've taken in the past or vicariously go on trips to countries they've never seen.

Brain Builders



Generate verbs! Think of and write down anything that a child does.

For example: play

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

Join the Fiesta!



Help Touchmark Foundation win a \$1,500 donation and more than two hundred, 30-second commercial TV spots featuring staff and residents from Touchmark and Waterford. It's easy!

www.landmarkford.com/fiesta-voting.htm

Please note! Only one vote per day, per location. So please vote from your home computer.

Coming Events

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

Monday, Sept. 6, and Saturdays, Sept. 18 and 25, 6 pm

Boise State University Football Games. Touchmark celebrates with "tailgate" gatherings in the Selkirk Room.

Saturday, Sept. 11, 10 am

Tour the Warhawk Air Museum in Nampa. Cost: \$8.

Tuesday, Sept. 14, 3 pm

Watch a video from

the Bigelow Tea packing facility in Boise. Learn how tea is grown and packaged. Sample tea after the video.

Tuesday, Sept. 14, 5 pm

Dinner out at Macaroni Grill. Bring money for meal.

Wednesday, Sept. 15, 10 am

Tour the Basque Museum and Cultural Center, followed by lunch at the Leku Ona Restaurant and Hotel. Cost: \$3.

Active Aging Week

Sept. 20 to Sept. 24. See front page for details.

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?
Because he was in high school.

Why did the student eat his homework?
The teacher told him it was a piece of cake.

What is the tallest building in any city?
A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.