



Celebrating the Art of Theatre

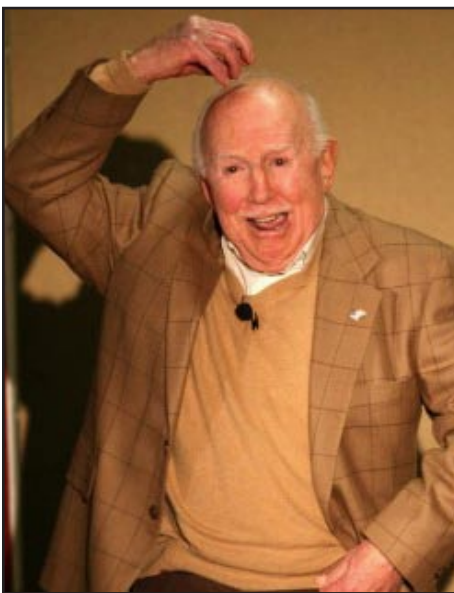
In honor of Touchmark's 30th anniversary, Meadow Lake Village organized its first-ever theatre production. Even with snow falling, more than 100 people traveled through the wintery weather to watch the show. Touchmark team member Joseph Hoskin, a server in the dining room, directed the show. For a full hour, 12 cast members entertained with monologues and plays.

The cast, which included several experienced performers, started rehearsing twice a week in October. A set was designed, including lights and a backstage curtain. Resident Wray Scott, the "techie," monitored the sound for the event.

Cast member Jeanette Burford, who performed the monologue *The Oldest Living Graduation Speaker*, shared how appropriate her part was, as she had gone back to school late

in life and now was fulfilling another big accomplishment—acting.

"Everything fell into place so smoothly. It was truly an amazing event," says Life Enrichment/Wellness Director Michelle Swantek. "Everyone involved thoroughly enjoyed the event. I hear that some people had their nerves running, but it didn't show; everything was wonderful!" ■





There's no place like home for the holidays



Enjoy the Touchmark lifestyle in this 1,605-square-foot Lincoln cottage home. The kitchen includes stainless appliances, Corian® countertops, and pull-out shelving. There's a two-car garage, a great room, and loads of storage. Purchase price is \$247,000. Call 208-888-2277 today for a tour.



Take in brilliant sunsets and scenery of Owyhee Mountain Range from this third-floor lodge home. The Juniper offers 1,279 square feet as well as two bedrooms and two bathrooms. The monthly rental includes all utilities and two meals a day in the Grand Teton Dining Room, exercise classes, fitness center, and access to the award-winning Life Enrichment/Wellness program.

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.

- Chew your food slowly.
- Water the houseplants.
- Sing a holiday song.
- Fix a salad for lunch.
- Do squats while watching TV.
- Read a different newspaper.
- Watch an educational program.
- Write and send a holiday card.
- Work on a Sudoku puzzle.
- Memorize a favorite quote or scripture passage.

Touchmark wins international award!

Touchmark has received the prestigious **Innovator Award** from the International Council on Active Aging (ICAA). The company received this distinction for its **20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes™** program that was launched nearly a year ago.



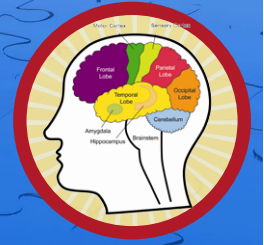
This is the eighth year the ICAA has recognized companies for their creativity and excellence in active aging. Touchmark is one of five companies selected this year.

According to Colin Milner, ICAA's founder and CEO, "With the right opportunities and supportive environments, people of all ages can strive toward better health and well-being, enjoy new challenges, and continue to learn and grow. "Touchmark exemplifies the drive we see in the active-aging industry to provide these opportunities and environments. Through the innovative approach shown in 20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes, Touchmark has engaged older adults with a new opportunity to improve health, wellness, and quality of life. On behalf of ICAA, I congratulate Touchmark on the excellence and creativity of this effort." ■



Executive Vice President Brian Pryor (from left), President Tom Moe, Vice President of Wellness & Programs Marge Coalman, EdD, and Founder and CEO Werner G. Nistler, Jr., pose with the Innovator Award from the International Council on Active Aging.

Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.

3			2	7	8			
		5				9		
		8	9	6	5		3	2
9	6	3		5			7	
	8						1	
	7			4		8	9	5
6	3		4	2	7	1		
		2				4		
			5	1	6			9

© 2010 KrazyDad.com

Answers:

3	9	6	2	7	8	5	4	1
7	2	5	1	3	4	9	8	6
4	1	8	9	6	5	7	3	2
9	6	3	8	5	1	2	7	4
5	8	4	7	9	2	6	1	3
2	7	1	6	4	3	8	9	5
6	3	9	4	2	7	1	5	8
1	5	2	3	8	9	4	6	7
8	4	7	5	1	6	3	2	9

This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Remember to get your flu shot

National Influenza Vaccination Week is December 5 to 11. For more information, visit the Centers for Disease Control and Prevention's website, www.cdc.gov/flu.

The spirit of renewal



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

“May you live every day of your life.”

— *Jonathan Swift, author of Gulliver’s Travels (1726)*

As 2010 ends and the New Year approaches, it’s an ideal time for reflection and renewal. I want to share some of the collective words of wisdom I’ve gathered from the very pragmatic older adults I have interviewed—formally and informally—over the course of this year in Touchmark communities.

Stan: “The most important decision is to wake up to each new day with an attitude of gratitude and to face the day regardless of what it brings. Although my activities and abilities are altered by age, I have a long list of ‘doings’ that I bring to the day and select from. Usually I cannot get them all done, which is a good problem to have!”

Phyllis: “I believe that the ‘good old days’ were filled with moments of joy and fulfillment, but the focus of my day—every day—is to be in the moment. The memories of days gone by, and unknown events of tomorrow will always impact my journey, but I cannot live there. I need to be in the here and now.”

John: “By my age [101], most people will have outlived everyone else that was part of their life in a significant way. New relationships—friends, neighbors, fellow travelers—are the sustenance I need to remediate the sadness of so many losses and goodbyes. I am friends with the past and future but anchored in today.”

Mary: “I honor my body, mind, and spirit with good food, adequate rest, and many moments of giving back to my fellow travelers. Helping others is my greatest mission in this time of my life, and I seek opportunities to support those who can most benefit from my efforts and contributions.”

When I look back over my interview notes and recreate the many encounters, I realize that the universal spirit of renewal is one of the keys to active living every day. The optimism and wisdom of so many elders creates an environment for hope and success. To share your words of support and renewal, contact Life Enrichment/Wellness Director Michelle Swantek. ■

Coming Events

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

Wednesday, Dec. 15, 5:15 pm

Chef’s Choice dinner with entertainment at 6:45 pm.

Thursday, Dec. 16, 9 am

Riverglen Orchestra. Multipurpose room.

Friday, Dec. 17, 3 pm

Armchair Traveler Christmas Special.

Saturday, Dec. 18, 6:30 pm

Boise Master Chorale presents *Handel’s Messiah*.

Friday, Dec. 31, 6:45 pm

Magician and New Year’s Celebration. Multipurpose Room.

Just for laughs!

The Claus Family

St. Nicholas is the main Claus. His wife is a relative Claus. His children are dependent Clauses. Their Dutch uncle is a restrictive Claus. As a group, they’re all renoun Clauses. Santa’s elves are subordinate Clauses.

From www.basicjokes.com

