



Celebrating continued growth

Even with the economy still sluggish, Touchmark continued to grow in 2010. We welcomed a number of new residents and their families to our community, and we believe the community will be completely filled in 2011.

Last year, residents practiced and performed a fun theatrical production in honor of Touchmark's 30th anniversary. It's an honor to be part of a larger family that has a long history of excellence, and it is particularly a pleasure to work with the dedicated team at Touchmark and serve the many residents and families. I know that residents feel the same way, as Meadow Lake Village scored among the

highest in resident satisfaction company wide. Team members also ranked among the highest in employee satisfaction.

It's a pleasure to work with team members and serve residents who create this vibrant community. Come and visit. We'd love to introduce you to the Touchmark family and lifestyle!



Matthew Hoskin
Executive Director

Do you Kindle?

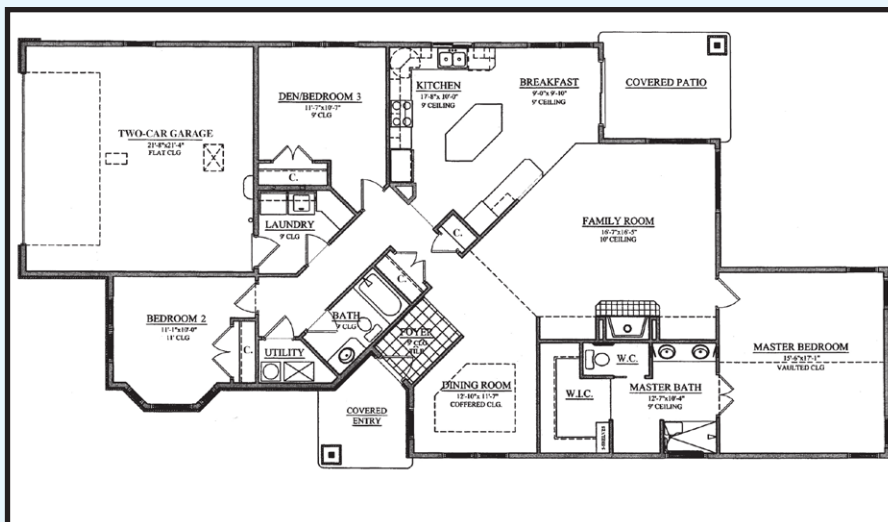
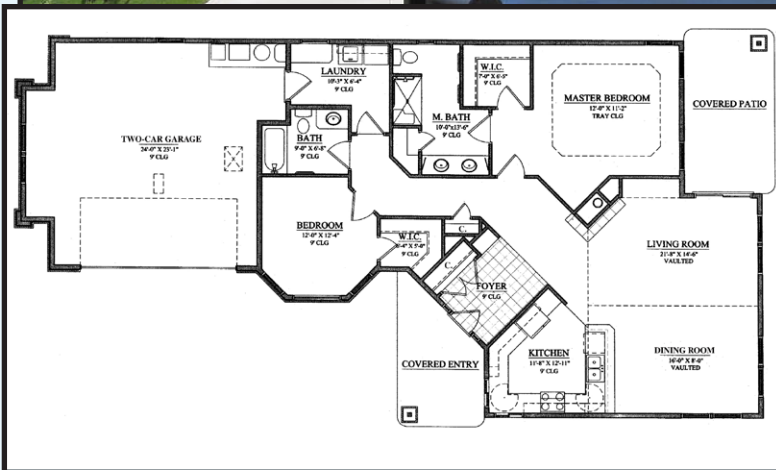


Norm Garlington (standing, in green shirt) walks a group of 16 residents through the features and functions of the Kindle Wireless Reading Device. Norm has used a Kindle for several years and purchased one for his wife at Christmas. Savvy with electronics, Norm wanted to share his knowledge of the device with other residents and started the Kindle Club with the help of Life Enrichment/Wellness Director Michelle Swantek. "The Kindle Club was a huge success!" says Michelle. "This club has opened up conversation about other electronics and instructions on their use, like cameras and MP3 players."

Ring in the new year in a new home



Form and function were carefully considered in the design of this 1,605-square-foot Lincoln cottage home. Stainless-steel appliances, a large laundry room, Corian countertops, closet organizers, gas fireplace, and pull-out shelving in the kitchen add the “wow” factor you’ve been looking for. The two-car garage offers extra storage space and a place to park your car out of the elements.



This Hamilton cottage offers two bedrooms, a den, and two bathrooms with 1,973 square feet. It is located on a private lot. You’ll love the spacious island in the kitchen, dual sinks in the master bathroom, upgraded built-in cabinetry, and desk area in the great room. Cozy up to the gas fireplace now, and look forward to warm spring days on the wrap-around patio. This home also has a two-car garage.

Community education classes kick off at Touchmark

Exercise your body—and your mind—with these community education classes:

- Beginning Tai Chi: Tuesdays and Thursdays at 4:15 pm
- Writing your own life story: Thursdays at 1 pm
- Zumba Gold®: Mondays and Wednesdays at 2:15 pm
- FallProof: Mondays at 3:15 pm

All classes are held on the Meadow Lake Village campus. To register or learn more, talk with Life Enrichment/Wellness Director Michelle Swantek. ■

You said it!

“I’ve been taking tai chi for almost a year. During this year, my health, balance, and stress levels have greatly improved. The benefits of tai chi are immeasurable. I’d greatly encourage anyone to try.”

Cathie Larribeau

—Resident

“Tai chi has been a great class for balance, strength, and coordination. The teacher is extraordinary—patient and

skilled. It’s a good chance to stretch and try something new.”

Sue Norton

—Resident

Imagine—and Live—the Possibilities!



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

“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.” — Dale Carnegie

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.

To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to students who need extra help, hospitals, organizations serving meals, and other charitable causes.

There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to willing learners. All of these came from imagining—and living—the possibilities.

This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact Life Enrichment/Wellness Director Michelle Swantek. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

Residents research roots

Over 25 residents joined together recently on a quest to learn more about their families' histories. The quest continues every month with the regular meetings of the new Genealogy Group at Touchmark.

A recent meeting brought a representative of the Idaho State Archive Library to Touchmark. She spoke to the residents about how they can research their families' histories using the resources at the library, which is located in Boise. A field trip to the library is scheduled for the last Thursday of each month at 11 am. Residents will tour the library and learn how to use the research resources. To learn more about the Genealogy Group, contact a member of the Life Enrichment/Wellness team. ■

Coming Events

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

Tuesday, Jan. 25, 3 pm

Military Coffee Klatch with a speaker from the Warhawk Air Museum. Shoshone Game Room.

Thursday, Jan. 27, 11 am

Meridian Historical Talk. St. Louise Chapel.

Friday, Jan. 28, 2:30 pm

Birthday and Anniversary Celebration. Shoshone Game Room.

Brain Builders



Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. meet: _____
4. born: _____
5. demon: _____
6. fork: _____
7. reef: _____
8. soul: _____
9. ego: _____
10. baton: _____
11. hat: _____
12. ride: _____

Answers: milk, butter, meat, corn, lemon, pork, beef, soup, egg, bacon, ham, and rice.

Just for laughs!

Hilarious Newspaper Headlines

1. Police Begin Campaign to Run Down Jaywalkers
2. Stolen Painting Found by Tree
3. Two Sisters Reunited after 18 Years in Checkout Counter
4. If Strike Isn't Settled Quickly, It May Last a While

From www.basicjokes.com