



Touring the Idaho Press-Tribune



During a recent tour, residents learned up close the ins and outs of producing a newspaper. The newspaper has a history that reaches back to 1883.



Opportunity's knocking



The Roosevelt cottage sits on the largest lot at Touchmark and offers 1,723 square feet with two bedrooms and two bathrooms. Oak wood flooring adds warmth, and plantation shutters in every room open to let in light. The kitchen offers class and function with its Corian® countertops and pull-out shelving in the pantry and cabinets. The home also includes a fireplace, separate laundry room with additional storage, a bay window in the second bedroom, and a two-car garage with additional storage. Tour this Roosevelt home with its great views of the foothills.

Coming Events

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

Wednesday, Feb. 9, 1 pm

Scentsy Tour. Tour this Idaho-based company, located in Touchmark's own "front yard."

Friday, Feb. 11, 6:45 pm

Lessons from Lincoln. A Touchmark family member and Abe Lincoln lookalike entertains with his unique speaking style in celebration of Presidents' Day. Feast on a Presidential Dinner in the dining room, featuring the favorite foods of United States presidents.

Wednesday, Feb. 23, 12:30 pm

Idaho Dance Theater performance.

Friday, Feb. 25, 1 pm

Tour of Idaho State Library.

Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

"I liked it, but I couldn't understand why they were killing each other for 25 cents," she said.

"What do you mean?" he asked.

"Well, everyone kept yelling, 'Get the quarter back!'"

From www.basicjokes.com

Celebrate



Your Heart!

Keep your heart healthy with Touchmark!

In honor of American Heart Month, join us for these February events:

Monday, February 14, 5:15 pm

Valentine's day specials in our dining room will focus on heart healthy choices

Tuesday, February 22, 1 pm

Celebrate with the participants of the six-week walking challenge at the Welcome Home party. Enjoy healthy snacks, and celebrate with Pomegranate Mocktinis!

Celebrate throughout the month!

- Join the popular fitness classes, including Tai Chi, Zumba Gold, CardioFit, Circuit Training, and FallProof;
- Enjoy heart-healthy menu choices in the dining room; and
- Attend informative presentations.

For more details, talk with a member of the Life Enrichment/Wellness team.

To screen or not to screen ... an ethical debate

—Marge Coalman, EdD, Touchmark vice president of Wellness & Programs

Over the past several months, the topic of Alzheimer's disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf. ■

Reflections on nurturing your heart



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

*“Recipe for a happy heart:
2 cups of Love
1 cup of Friendship
1 cup of Gratitude
Add a dash of Laughter
Pour into any Soul”
— Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.

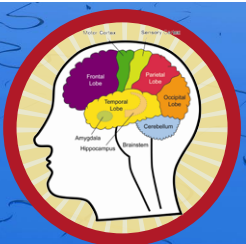
Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even

when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment/Wellness Director Michelle Swantek. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

Brain Builders



Do these math problems as fast as you can.

1) $2 + 3 =$ _____	7) $12 + 2 =$ _____
2) $7 - 2 =$ _____	8) $20 + 9 =$ _____
3) $8 + 4 =$ _____	9) $16 + 11 =$ _____
4) $1 + 9 =$ _____	10) $15 - 10 =$ _____
5) $10 - 4 =$ _____	11) $30 + 30 =$ _____
6) $5 - 0 =$ _____	12) $19 - 5 =$ _____

*Answers: 1) 5 2) 5 3) 12 4) 10 5) 6 6) 5
7) 14 8) 29 9) 27 10) 5 11) 60 12) 14*

Lifelong Learning begins with you!

Touchmark's Life Enrichment/Wellness program encourages—and supports—residents to live happier, healthier lifestyles by becoming personally involved and engaged. Lifelong Learning is one component of the award-winning program.

We offer many opportunities for residents to grow in knowledge of themselves, their community, and the world.

With regularly scheduled speakers, brain-building classes, and community learning opportunities, people can enjoy experiences that expand and enrich their lives.

Book Club

Second Tuesday ~ Each Month ~ 2:30 pm

Join residents for a lively discussion of the monthly book.

Brain Builders

Wednesdays ~ 1 pm

Join this hour of logic, games, and brain-stimulating activity. The curriculum used by Touchmark's Certified Geriatric Wellness instructor was developed by Professor of Psychology from Western Oregon University Robert Winningham, PhD, and is proven to enhance neurological activity in the brain.

Armchair Traveler

Third Friday ~ Each Month

Visit a different destination from the comfort of your chair while learning about the various cultures of the world.

Tuesday Musicale

Second Tuesday ~ Each Month ~ Noon

Touchmark is a member of Tuesday Musicale, which provides high-quality concerts.

Writing Your Own Life Story

Thursdays ~ 1 pm

Writers of all levels are welcome. Each week, the group selects a writing topic. Individuals are invited to share their writing with the group. Class content is based Lois Daniel's book, *How to Write Your Own Life Story*.

Community Opportunities

Computer classes through Boise Schools

Community Education

- www.BoiseLearns.org
- Microsoft Word, Beginning: This introductory two-night class will cover the Microsoft screen details, basic operations, creating/saving/ reopening a file, fonts, and tabs.
- Feb. 8 and 15, 2011. Cost: \$35.
- Sign up for transportation at the activity desk.

Osher Lifelong Learning Institute at Boise State University

- www.BoiseState.edu/osher
- Please see brochure at the activity desk in the Grand Lodge for upcoming classes and lectures.

Thursday Speaker Series

Each Thursday ~ 11 am

- First Thursday: Music History with classical music enthusiast Eric Collett
- Second Thursday: Financial Topics sponsored by Washington Trust Bank
- Third Thursday: Community Education Speaker (Idaho Humanities Council, Boise State University, and other local organizations)

