



Resident-led groups promote lifelong learning

Over the past year few years, residents have worked with team members to create resident-led groups that focus on popular interests and hobbies. Here are three popular ones:

Discovering one's history

Launched at the first of the year, a genealogy group has focused on tips to explore one's ancestry. Participants have enjoyed learning from several guest speakers as well as touring the Idaho State Archives Library, where they learned you can research your family history with the help of specialists. In September, Certified Genealogical Records Specialist Gene Williams, who has taught at Boise State University, will share how to begin researching a family history.

Performing for the community

Last September, residents formed a theater group and are currently working on their third production, scheduled for this fall. Residents are also participating in the Touchmark Choir. About 25 people attended the first meeting, and the group's first performance was a sing-along with about 60 people participating. Recently, the group performed You Must've Been a Beautiful Baby at resident Mabel Hudson's 100th birthday.

Reading—electronic style



This past January, a Kindle (ebook) club took off. Resident Norm Garlington suggested to Life Enrichment/Wellness Director Michelle Swantek that he could lead an introductory class and help people learn how to use these electronic readers. Sixteen people participated in the first meeting, and the group has continued. One participant shared that he has finished more books in the past six months than he has read since retiring several years earlier.

Creativity and community intertwined at Touchmark



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

Is there a limit to the amount of creativity anyone has in their DNA? Opportunity, environment, support, and feedback are certainly vital in nurturing the creative aspect of anyone, and the potential seems limitless across the lifespan for expressing oneself. Individually and collectively, the creativity of people who reside in Touchmark communities results in the Touchmark Full Life Wellness & Life Enrichment Program™, in place at all Touchmark communities.

This award-winning program supports all areas of whole-person wellness through specific programming areas based on resident's interests, talents, skills, and

*"Creativity is our greatest legacy."
— Gene Cohen, MD, PhD*

(cont.) creativity. The wellness dimensions that comprise each person—physical, social, emotional, vocational, intellectual, and spiritual—interact with the environmental dimension through activities and offerings provided at each community.

The opportunities are not limited to the categories defined in the program description. They are enhanced by Touchmark team members and the dynamic and

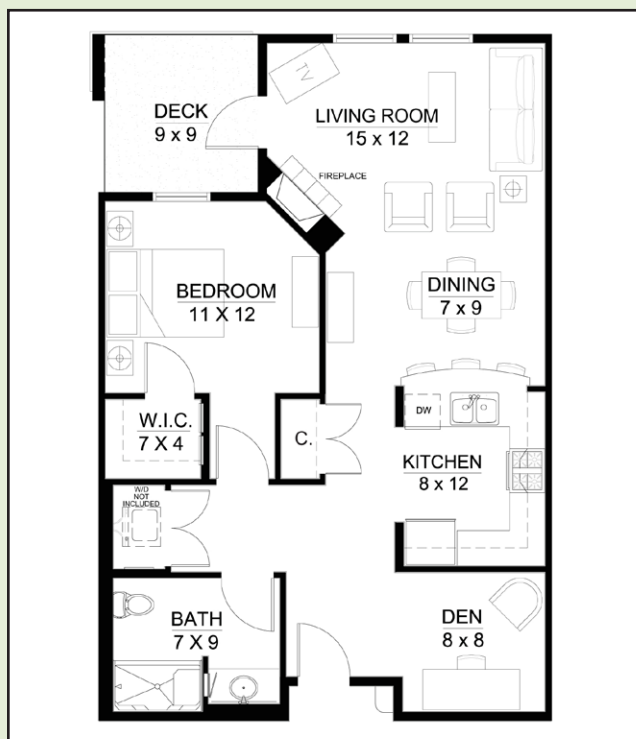
creative residents who contribute and participate in the day-to-day activities and events. The role of Touchmark team members is to support and facilitate a variety of offerings and encourage involvement from each resident. Residents engage in the programs of their choice and are provided opportunities to explore new interests and experiences.

This collective pool of creativity creates a unique fabric and culture in each community. Quilters,

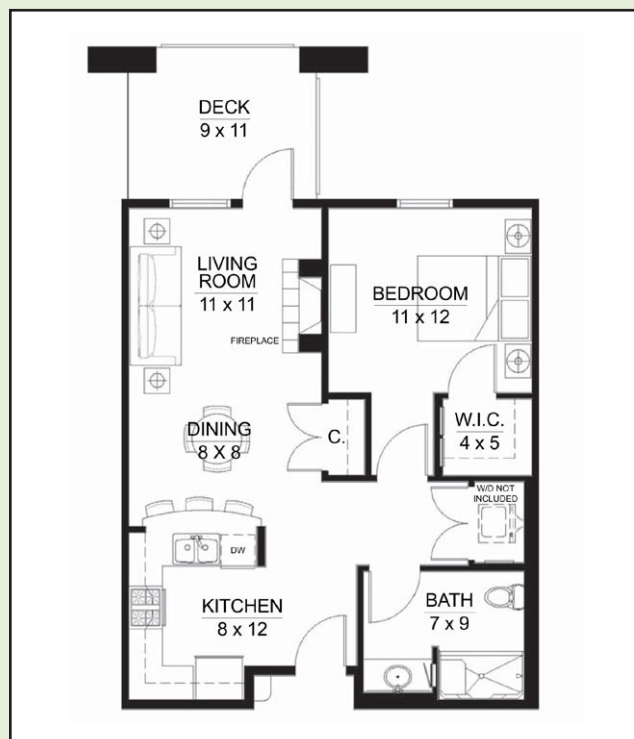
authors, gardeners, artists, athletes, book lovers, singers, and more creative groups than can be listed in this column meet together and encourage and support each other in pursuing interests both old and new.

To participate in planning and activities that support creativity and programming, contact a member of the Full Life™ team. Ideas, talents, skills—and creativity—are welcome! ■

This is it!



The Aspen lodge home offers 904 square feet with one bedroom and one bathroom. The home features an electric fireplace, balcony, full kitchen, washer, and dryer. The monthly rental includes all utilities, housekeeping two times a month, two daily meals in the Grand Teton Dining Room, access to the international Full Life Wellness & Life Enrichment Program™, scheduled transportation, and underground parking. Call today for personal presentation.



Enjoy the convenience of a first-floor location with a great view of the water feature. The Fir lodge home offers a patio, washer and dryer, and electric fireplace. The annual lease includes all utilities, two meals, and access to the international Full Life Wellness & Life Enrichment Program™, scheduled transportation, maintenance, and housekeeping. Call today to learn more.

Coming Events

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

Saturday, Aug. 20, 2 pm

Family ice-cream party on the patio.

Wednesday, Aug. 24, 6:45 pm

Concert with Del Parkinson, performing Gershwin.

Thursday, Aug. 25, 3 pm

New resident reception. Game Room.

Affinity lunch brunch

Each month a different interest group meets for lunch and enjoys lively conversation about a shared hobby or interest. September's theme will be educators. Watch the calendar for more information.

Mark your calendar for Active Aging Week

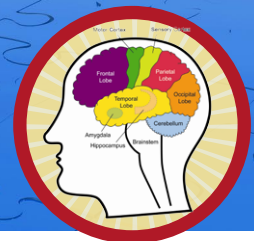
Organized by the International Council on Active Aging, this national health promotion event helps advance active, healthy aging. Touchmark is celebrating with the following activities from Sept. 26 to 30:

- Monday: Exercise and brain function presentation. Country dancing and line dancing class.
- Tuesday: Stress Management presentation and yoga class
- Wednesday: Zumba party
- Thursday: Nutrition and brain health and tai chi classes
- Friday: Keynote address by Associate Professor of Psychology from Western Oregon University and Psychology Division Chair Rob Winningham, PhD. RSVP for the Friday's events at 208-888-2277.

Look in next month's newsletters for details about Touchmark's Active Aging Week celebration.



Brain Builders



In honor of the NFL reaching an agreement, unscramble these football words. *Example: OGLA is goal*

1. AURBQTEKCAR _____
2. LAKHAFBC _____
3. BOFLTOLA _____
4. CEIREREV _____
5. UHDOCNTOW _____
6. NUTP _____
7. CKKI _____
8. MATE _____
9. AGEM _____
10. ASRDY _____

Answers: quarterback, halfback, football, receiver, touchdown, punt, kick, team, game, yards

Recent events



Taking advantage of the lovely summer weather, residents living in the cottages enjoy a block party together.



Residents with a health care background gathered for an Affinity lunch brunch. Each month a different interest group meets for lunch and enjoys lively conversation about a shared hobby or interest. September's theme will be educators. Watch the calendar for more information.



Resident Herb Hetherington and Life Enrichment/Wellness Assistant Ann Upchurch prep a fishing pole together. A group of residents traveled to the Parkcenter Pond in Boise for an afternoon of fun and fishing.