



Keep your brain and body active ... Brain expert to present during Touchmark's Active Aging Week



Touchmark invites residents and the public to celebrate whole-person wellness:

Monday, Sept. 26, 1 and 2 pm: Learn about the advantages of exercise and brain function, and put it into practice with country dancing and line dancing.

Tuesday, Sept. 27:

- 1 pm: Gather helpful stress management tips during this presentation.
- 2 pm: Take time to relax during a yoga class.

Wednesday, Sept. 28, 1 pm: Join the Zumba Party. Learn the basics of this popular dance fitness class, which fuses Latin rhythms and easy-to-follow moves.

Thursday, Sept. 29:

- 1 pm: Learn about brain health and good nutrition.
- 2 pm: Take part in a tai chi class.

Friday, Sept. 30, 10 am: Join keynote speaker Rob Winningham, PhD, for *Train Your Brain: How We Can Maintain or Even Improve Our Memory Abilities*. Rob is the author of *Train Your Brain* and is the Psychology Division chair and professor at Western Oregon University. He has worked with Touchmark to help train and certify Life Enrichment/Wellness team members as Geriatric Wellness instructors. After the presentation, enjoy lunch at noon. RSVP for lunch by Sept. 26 by calling 208-888-2277 or online at MeadowLakeVillage.com.

Register for the above events at MeadowLakeVillage.com. There's no charge, and all are welcome. ■

Imagine the possibilities

This 1,733-square-foot Roosevelt cottage home, located at 500 S. Werner, offers two bedrooms, two bathrooms, and amenities galore. As the nights get longer and cooler, you'll appreciate the cozy gas fireplace. The Corian® countertops and pullout shelving give the kitchen style and function. You'll have plenty of storage space with plentiful closets and storage areas, closet organizers, a walk-in closet in the master bedroom, and an oversized two-car garage boasting a separate room with sinks and cabinets. Enjoy the easy walk to the Grand Lodge from your home; reasonably priced at \$262,000.



They're active *their way*

As Touchmark at Meadow Lake Village joins the international community in celebrating Active Aging Week, residents Chad Bolender and Pat Fujii recently participated and placed in the Idaho Senior Games.

Friendly competition is his “racquet”

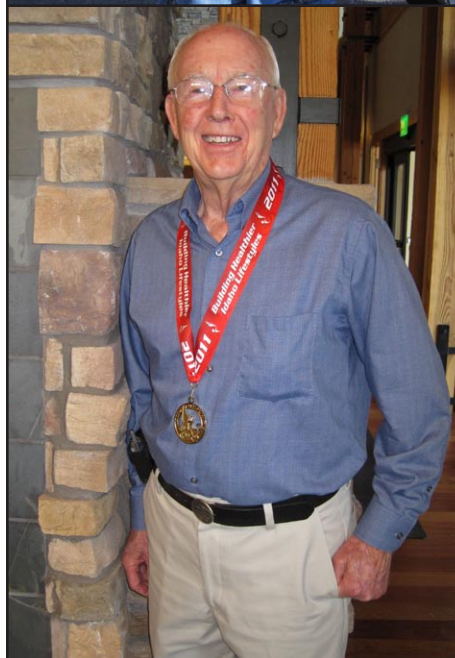
After 25 years of playing handball, Chad Bolender realized the sport was really beating up his hands. Instead of giving up competitive exercise altogether, Chad switched sports and tried his hand at racquetball—and has been playing for the past 15 years. In fact, he prefers racquetball to his former sport of choice, finding the pace of the game to be much better for him at this point in his life.

Chad plays doubles at least three times each week at a local athletic club. When he and his wife June moved to Touchmark in 2008, his participation in the Idaho Senior Games led to a gold medal finish in his age group. The next year he earned a silver medal, but had to sit out the 2010 Games due to a knee injury. Through diligent physical therapy and careful rehabilitation, Chad was back in force at the 2011 Games, bringing home the gold in his age group.

“Whatever your sport, I encourage everyone to participate in the Games,” says Chad, who is dedicated to helping increase the number of racquetball players involved in the 2012 Games and working with local clubs to spread the word. Competitors in the 2012 Games can qualify to compete at the national level in 2013.

So many games, so little time

About 12 years ago, Pat Fujii’s children purchased a membership at the West YMCA for her birthday. In between her countless volunteering opportunities, Pat started and has maintained her exercise program. In 2000, the YMCA encouraged Pat to participate in the Senior Games, and she hasn’t looked back since. In fact, she has expanded her participation in competitive fitness games to other races throughout the year. Her



Residents Chad Bolender and Pat Fujii show their medals after recently participating in the Idaho Senior Games.

goal? “To stay as fit and healthy as I can through good nutrition and exercise.”

You can spot Pat at the YMCA Christmas Run, the Prison Break Run, Barber to Boise, the St. Luke’s Women’s Fitness Celebration, and Idaho Great Potato Race.

At the most recent Idaho Senior Games, Pat participated in the 5K run, basketball free throw, standing broad jump, running long jump, and the 50-, 100-, 200-, and 400-meter runs. “My favorite race is the 100-meter run,” she says. “I have come to realize that


(cont.)

(cont.) I am a sprinter and do not have the stamina to run long distances. In the 5K races, I run, jog, and walk.”

Pat enjoys the competition at the games and has made some good friends among the athletes, volunteers, and organizers. “Everyone is so helpful and especially encouraging as we compete,” she says.

“I would like to encourage anyone, no matter what age, to start some type of exercise,” says Pat. “Start slowly, select an interest and try it, even in a chair, if needed, and progress from there. You will make friends who are in the same boat you are! ■

Brain Builders



In one minute, think of as many possible uses for a dime.

Coming Events

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

Saturday, Sept. 24, 6 pm
Bronco Football.

Sunday, Sept. 25 through Friday, Sept. 30
Active Aging Week. See page one for more information.

Thursday, Sept. 29, 10 am
Golf scramble.

Just for laughs!

Answers from students on music exams

1. A virtuoso is a musician with real high morals.
2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
3. A harp is a nude piano.
4. Refrain means don't do it. A refrain in music is the part you'd better not try to sing.

Bring on the chili!



The competition is fierce at the recent Chili Cookoff! A panel of five discerning residents sample team members' chili creations. Participants included Touchmark chefs James Grimes, Adam Hall, Jake Sandberg, Rils Rivera, Housekeeping Manager Gloria Luna, Meadows Health Services Director Lisa Fay, and Maintenance team member Ryan Keef. Rils Rivera was the winner. Country duo Danny Boy and Harpo provided musical entertainment.