



# Neighbors by chance, musicians by choice

Many years ago, Cal Bowen and George Thomason were united by music. They first met when George was 18 years old playing guitar in a club. Over the years they played together on numerous occasions before losing touch—until reuniting at Touchmark.

## An early start

Cal knew from a young age that playing music made him—and others—happy. At 10, Cal wanted to join the school band, but his family did not have the money to purchase a trumpet. Not one to let a roadblock stop him, he borrowed \$7 from his bachelor uncle and purchased a used trumpet at a pawn shop—and so began his lifelong love of music.

As Cal fostered this love of music, his mother was one of his biggest cheerleaders. She would listen to his “squeaking and squawking” each day after school as he honed his skills, ultimately landing him the first-chair position in band. He has since played the trumpet,



Cal Bowen (left) and George Thomason take a photo with the band “roadies,” Life Enrichment/Wellness team members (from left) Michelle Swantek, Ann Upchurch, and Lila Fladwood.

trombone, and bugle for 72 years, and cherishes the friendships he has developed in the music world. (cont.)

# Brains in training



Rob Winningham, PhD, presents *Train Your Brain: How We Can Maintain or Even Improve Our Memory Abilities*. Dr. Winningham has worked with Touchmark to help train and certify Life Enrichment/Wellness team members as Geriatric Wellness instructors, and his presentation at Meadow Lake Village was the culmination of Touchmark’s Active Aging Week activities. Throughout the week-long celebration of healthy living, residents participated in a variety of exercise and wellness seminars and classes, including Zumba®, yoga, stress management, and tai chi. Also pictured (from left) are Ellen Wheaton, Suzy Dyvad, Pat Fujii, and Norma Stock.

(cont.) When perfect strangers can come together and each play a part of a melody to create a really beautiful song, “it is the best feeling one can have,” he says.

Over the years Cal has played in just about every band in the Treasure Valley. His favorite band to play with has been the El Korah Shrine Band. Other “musical feathers” in Cal’s cap include many years as part of the pit orchestra for Boise Music Week and the formation of the Idaho Power Choralelectrics, a 30-member choral group made up of Idaho Power employees and their spouses.

When Cal and his wife, Shirley, began looking at Meadow Lake Village as their possible home last year, they did not know that George Thomason lived here. The two men had not seen one another in over 20 years, but their long musical history allowed them to reconnect as if a day hadn’t gone by.

### Strumming through life

George’s musical career began before he was 6, singing in church with his father and siblings. Just two years later, he and his brother were playing guitar on weekly radio shows on KCID in Caldwell, Idaho.

When George was 13, he was stricken with polio, causing serious paralysis of his left leg. Thankfully, the disease did not affect his arms or hands, and he continued to advance as a guitar player. One day, his high-school principal slapped him on his shoulder and admonished him, “Get off that guitar, George. Go back to being an A student. You’ll never make a living playing the guitar.”

George proved him wrong. In fact, he began making money as a guitar player at the age of 14, when he had his first “gig” at the Mountain Home Air Base Officers’ Club. From there, his connection to musicians in and around Boise continued to influence his playing and performing, and George, in

spite of that school principal’s admonition, began to “make a living playing the guitar.”

Married and a father of five by the time he was 22, George worked various day jobs, while gigging at night, struggling to meet the needs of his growing family. A friend suggested he return to school under a vocational rehabilitation program that supported disabled students in higher education. Surviving polio qualified him for this program, and George completed his bachelor’s degree in music at Boise State University (BSU).

A year later, the music department at BSU contacted George and offered him a teaching position in their new guitar program. George accepted and happily taught all fretted instruments as well as piano and music theory for the next 28 years, completing his master’s degree in music while teaching. “The best part of teaching was watching my students grow and succeed,” says George. He stays in touch with many of his students today, going to their performances when he can and seeing them “make a living playing the guitar.” Several of his former students perform at Touchmark and enjoy reconnecting with their professor.

In the spring of 2009, George suffered a serious stroke that left him unable to play his favorite instrument. He moved into Touchmark at Meadow Lake Village and began a challenging course of recovery. When his longtime friend and fellow (cont.)



**George Thomason (left) and Cal Bowen perform at Touchmark. The two share a lifelong passion of music, and they love sharing that joy with others.**

(cont.) musician Cal Bowen moved to Touchmark shortly after him, George was determined to play the guitar. Cal encouraged George to join the Shrine Gold Rush Band, which often plays for residents and staff. George soon regained enough function in his arm to play the bass in the band.

While the years separated them, their shared love of music—and common address in Meridian—have reunited Cal Bowen and George Thomason. ■

## Music, music, everywhere

Touchmark at Meadow Lake Village is pleased to offer a wide variety of programs for all music lovers who live at Touchmark:

- **Boise Tuesday Musicale**—Touchmark is a member of Boise Tuesday Musicale, which provides high-quality concerts featuring local artists.
- **Casual Classics with Boise Philharmonic**—Late-morning concerts featuring highlights of the evening shows. Maestro Robert Franz interacts with the audience during the casual performances.
- **Meridian Symphony Orchestra**—Quality orchestral music.
- **Musical guests**, including the Shrine Gold Rush

Band and Jason and Michele Detwiler from Opera Idaho

Please speak with a Life Enrichment/Wellness team member if interested in seeing more opera events on the calendar. ■

## Celebrating health and wellness



A group from Touchmark recently participated in the St. Luke's Women's Fitness Celebration 5K Run/Walk/Stroll.

## Just for laughs!

Enjoy a sample from AFI's top 100 movie quotes.

"Toto, I've got a feeling we're not in Kansas anymore."  
*The Wizard of Oz*

"Here's looking at you, kid."  
*Casablanca*

"Bond. James Bond."  
*Dr. No*

"You're gonna need a bigger boat."  
*Jaws*

"If you build it, he will come."  
*Field of Dreams*

"It's alive! It's alive!"  
*Frankenstein*

from <http://www.afi.com/100years/quotes.aspx>

## Island time!



The Siva Maia Polynesian Dancers entertain the crowd during Touchmark's recent luau, with little Siva Maia, 4, stealing the show. The Boise Ukulele Group provided musical entertainment for the fun gathering.



## Expand your time



Touchmark at Meadow Lake Village offers a variety of lifestyle options, all with convenient access to amenities and services, many of which are located in the Sun Valley Lodge (pictured above).

### The Fir

This lodge home offers 729 square feet, one bedroom, one bathroom, and a lovely patio. You'll appreciate the convenience of a washer and dryer in your home, housekeeping, and two meals daily in the Grand Teton Dining Room. The electric fireplace, spectacular view of the mountains and water feature, scheduled transportation, concierge service, and enriching Full Life Wellness and Life Enrichment Program™ will make you feel like you're on a year-round vacation. This home is available now for \$3,270 per month.

### The Juniper

You'll have plenty of elbow room in this roomy 1,279-square-foot Juniper lodge home. This home offers two bedrooms, two bathrooms, and amenities and services galore. Step out onto your balcony for a view of the foothills or cozy up next to the electric fireplace. Leave the cooking to Touchmark's talented chefs as you enjoy two meals daily in the Grand Teton Dining Room. This home can be yours for \$3,950 per month. Call or stop by today for a personal presentation.

## Coming Events

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

**Tuesday, Oct. 11, 11:15 am**

Boise Tuesday Musicale.

**Wednesday, Oct. 19, 5:15 pm**

Oktoberfest Celebration.

**Thursday, Oct. 20, 3 pm**

New Resident Reception. Game Room.

**Wednesday, Oct. 26, 10 am**

Woman of Steel Gallery tour. Garden City.

**Thursday, Oct. 27, 1 to 3 pm**

Card making. Game Room.

## October highlights well-being



**Marge Coalman, EdD**

Vice President of Wellness & Programs,  
Touchmark

It is interesting to note that October has two significant wellness days that complement each other: World Mental Health Day (October 10) and Make A Difference Day (October 22). These make a good pairing, as both are forces for self-empowerment. Recognizing the importance of mental health in a person's well-being as well as the positive impact of volunteering—both mentally and physically—can be important keys to your overall health.

Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior. The relationship between volunteering and overall health benefits has been well-studied. In one of the larger, most recent studies done by United Healthcare and Volunteer Match (2/2010), the

(cont.)

(cont.) following data were gathered from more than 4,500 American adult volunteers:

- 68 percent agree that “volunteering has made me feel physically healthier.”
- 89 percent agree that “volunteering has improved my sense of well-being.”
- 92 percent agree that “volunteering enriches my sense of purpose in life.”

Complete results of the survey can be viewed at [www.DoGoodLiveWell.org/OurCommitment.html](http://www.DoGoodLiveWell.org/OurCommitment.html)

The most compelling data for Touchmark is to talk with those who have personal experiences with volunteering. Across Touchmark communities, there

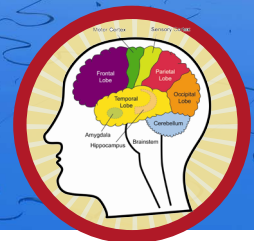
**“Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior.”**

are hundreds of residents, team members, family members, and community partners who

volunteer their time, talents, and resources to a variety of causes that improve the quality of life for others—both on the campus and in the community at large. They experience enhanced well-being through their chosen volunteer opportunities. They also report feeling they receive even more benefits than the recipients.

Opportunities for giving back are not limited to one Saturday in October. The Touchmark Full Life program is diverse and invites each of you to participate in altruistic endeavors that enrich people’s lives. To find out about existing opportunities or bring suggestions and ideas for outreach experiences, talk to a member our Full Life team. Your perspective, recommendations, and participation are important. ■

# Brain Builders



Fill in the blank to read the whole quote.

1. W\_\_ t\_\_rn \_\_ot o\_\_der \_\_ith  
y\_\_ \_\_rs, b\_\_ \_\_ ne\_\_er e\_\_ery d\_\_ \_\_.  
~ Emily Dickinson

2. Gi\_\_ \_\_ a m\_\_ n a \_\_ish a\_\_d y\_\_u  
f\_\_ \_\_d h\_\_ \_\_ fo\_\_ a d\_\_ \_\_.

T\_\_ \_\_ch a \_\_an to fi\_\_ \_\_ an\_\_ y\_\_  
\_\_ fe\_\_ \_\_ h\_\_ \_\_ f\_\_ r a life\_\_ \_\_me.  
~ Chinese Proverb

~ Chinese Proverb

2. Give a man a fish and you feed him for a day.  
Teach a man to fish and you feed him for a lifetime.

1. We turn not older with years, but newer every  
day. ~ Emily Dickinson

Answers: