

NEWS RELEASE



MEADOW LAKE
VILLAGE®

Touchmark at Meadow Lake Village

FOR IMMEDIATE RELEASE

September 16, 2008
For further information:
Michelle Swantek
(208) 888-2277

Touchmark celebrates Active Aging Week **Public invited to participate in fun, healthy activities**

MERIDIAN, Idaho – In honor of Active Aging Week, Touchmark at Meadow Lake Village invites people to participate in a variety of wellness activities **Thursday, Sept. 25 from 9 a.m. to 3 p.m.**

There is no charge for the events, which will be held at 4037 E. Clocktower Lane in Meridian.

People can attend informative presentations by local professionals, such as:

- The Aging Eye
- Hearing and Balance
- Fall Awareness
- Parkinson's disease
- Elder Law (veteran's benefits)
- Identity theft, and more

The public can participate in fun classes, some of which are part of Touchmark's award-winning Life Enrichment/Wellness program:

- Posture and Balance
- Golf clinic by Boise State University women's golf team
- Line Dancing

The day's events will include door prizes and a healthy, complimentary lunch. For more information, people can call (208) 888-2277.

“We designed this event to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Touchmark Life Enrichment/Wellness Director Michelle

- more -

Swantek. “It’s clear that the key to living longer — and better — is to stay active. Several recent studies have shown there’s a strong relationship between physical activity and mental acuity, and other research links social connectedness to healthy aging.”

A recent article in *The Journal on Active Aging* supports this connection. Touchmark Vice President of Wellness & Programs Marge Coalman, Ed.D., writes in the July/August issue that “individuals engaged in the greater good of all ... are experiencing a better quality of life as they age.”

Her article, titled “Enrich the lives of older adults through civic engagement,” highlights the benefits of social involvement, provides several examples and offers tips to supporting civic engagement work. “Along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead fuller, more satisfying lives.” The full article can be seen at MeadowLakeVillage.com/common/pdf/civic-engagement-enrich-lives.pdf.

Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

At more than 100 acres, Touchmark at Meadow Lake Village is a retirement community that includes the Grand Lodge, Sun Valley Lodge, the Meadows at Meadow Lake Village, future lodge buildings as well as single and duplex homes. The site also includes retail and commercial services, a nine-hole, par three irons golf course, lake and walking paths. In 2008, Touchmark received an award from the Health Promotion Institute for Let Your Spirit Soar, a component of the Life Enrichment/Wellness program.