



FOR IMMEDIATE RELEASE

September 15, 2006
For further information:
Michelle Swantek
(208) 888-5667

**LOCAL WELLNESS EXPERT AND HEROES
FOCUS ON RECREATION AND LEISURE
AT GOVERNOR'S SUMMIT ON AGING**

MERIDIAN, Idaho — Touchmark at Meadow Lake Village's Life Enrichment/Wellness Coordinator Michelle Swantek mediated a panel discussion on recreation and leisure at the recent Governor's Summit on Aging. She and the panelists, Syd Tate, Ross Ruchti and Joe Watson, focused on the role of recreation in the lives of older adults and the options available to lifelong learning.

“A recent issue of the ‘Journal on Active Aging’ reported that one in five older adults wants to live to be 100; only one percent see age as a barrier to achieving their goals; 87 percent want better physical health and 72 percent spend more time on hobbies and interests,” says Swantek. “Today’s older adults may have retired from their full-time jobs, but they are not retiring from life.”

Tate, a local businessman and supporter of Idaho Senior Olympic Games, helped design the Centennial Trail after hiking a large portion in 1986. Ruchti, a retired college professor, promotes continuing education as a volunteer with the Elderhostel organization and classes with New Knowledge Adventures at Idaho State University to senior communities. Watson works as a manager for the Idaho Athletic Club in Caldwell during morning hours and participates in many community fitness activities.

Touchmark residents are involved in learning, growing and reaching for their dreams through the dynamic Life Enrichment/Wellness program. The program is nationally certified by Touchmark

- more -

Vice President of Wellness & Programs Marge Coalman, EdD, and is specialized by the local coordinator. The program encourages — and supports — residents to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, residents take “ownership” of their own goals and well-being.

Touchmark at Meadow Lake Village is a retirement resort offering cottages, approximately 35 acres of retail and commercial services, a nine-hole, Par 3 golf course, a lake, miles of walking paths and a robust Life Enrichment/Wellness program. The growing campus will add the Sun Valley Lodge this fall and the Grand Lodge in winter 2007.

- 30 -