



Resident council for 2006-2007 selected



Message from
Tom Biel
—Touchmark Executive Vice
President

Resident Council elections were held in May for the four seats on the council that were vacated as the council member terms ended. I want to thank outgoing members Ceil



Touchmark presents its new Resident Council. From left: Dave Ghormley, Bill Royce, Jim Goddard, Emmy Lou Owen, Bob Kahl, and Charlotte Miller. (Don Halligan pictured next column.)

Hermann, Evelyn Srigley, Helen Vandervort, and Dave Thomas for volunteering their time and their leadership.



**2006-2007
Resident
Council
member Don
Halligan.**

As president of the Council and a frequent volunteer, Dave Thomas contributed many helpful hours to our community. It has been a sincere pleasure working with you. The new Resident Council members are Jim Goddard - Chairman; Dave Ghormley - Vice Chairman, Charlotte Miller, and Emmy Lou Owen, who will also serve as the Touchmark Foundation liaisons.

Returning council members are Bill Royce, Bob Kahl, and Don Halligan. It is a privilege to serve with many talented people!

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Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

“The wisdom of the elders has built a life worth living for us all.”

—William Thomas, MD

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem.

As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we will also remember all of the patriots who have served in days gone by.

To participate in the Touchmark celebrations and observances, contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley—and support and honor the birthday of our country.

Imagine yourself living here

by Mattie Swanson
—Sales Manager

Construction activity and sales continue to move at a fast pace! To date, we only have six lodge homes remaining in the Cliff Lodge south and Commons. We are still on schedule to have this portion of the lodge completed by November.

Also, there are currently three resale opportunities available: two are lodge homes in the River Lodge—one with a magnificent river view—and the other is a third-floor penthouse overlooking the waterfalls. The other resale is a single-level home! This is the first home we’ve had come on the market, and it won’t last long.

Anyone interested in these wonderful Touchmark homes should contact the Sales Office immediately. June’s e-mail

drawing winner is a local Bend woman whose parents live in Portland, Oregon, and are looking to relocate—congratulations!

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for July is “Patriotism and Community Service.”

Understanding patriotism from my youth

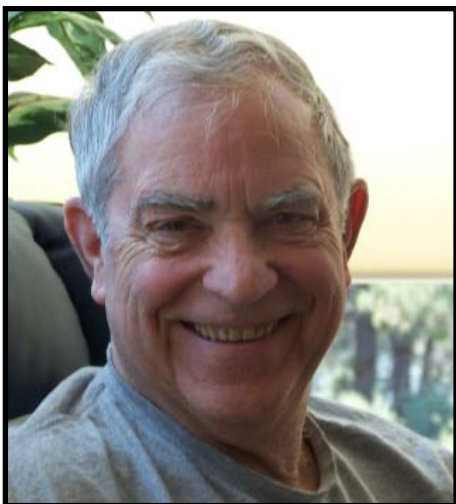
by Don Miller
—Resident

The formative years are so crucial to developing character. That character is composed of, among other things, an understanding, appreciation of, and respect for other people, a sense of community, and an understanding and appreciation regarding the foundation and history of our country, and respect for the symbols representing our great nation—specifically our American flag, our national anthem, and the established institutions of our government and way of life.

If that kind of information is instilled in children at a young age, it will develop personal character and traits that will stay with them for life. I was blessed and fortunate enough to be raised in a family where those standards were well accepted. My grandfather was a soldier in World War I, my cousins and uncles served in World War II, and I served in Vietnam as did so many of my contemporaries. And there was no doubt in my mind that that was something I would have to do or even want to do, because those characteristics were established in me at a very young age; so I joined the military.

Because of an appreciation for the values of this country set by my parents, and their parents before them, I passed them on to my children. I appreciated my country, and a career of service to my country was something I honored. As a result of their exposure, three of my four sons also served in the United States Air Force, and two of them are still serving.

What a wonderful country we live in. Regrettably many do



Don Miller shares his thoughts about patriotism.

where there is a façade of growth and prosperity but around the corner or down the alley abject poverty opens ones eyes. I have seen that in several of those cities. Our children should see the rest of the world so they can witness for themselves the wonderful lives we have here in America.

Patriotism is not just a fancy, idealistic word or characteristic. It is an attitude that results in love and support of one’s country. Indeed patriotism in varying degrees exists in people of all nations. Our patriotism leads many of us to serve our country in varying ways and forums; even to the extent of committing to service in the military. I once read this quote: “A true soldier fights not because he hates what is in front of him, but because he loves what is behind him.”

For August, Touchmark will feature a recipe with a story. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Coordinator Beth-Ann Wesley.

not realize it, nor do they appreciate it. Were they to travel elsewhere so they could compare the lives of others around the world against ours, they would have a greater appreciation for what we have here in America. A trip to Shanghai, Bombay, Bangkok, Cairo, or Tehran,

Tune into Good Morning Central Oregon (Newstalk 1110-KBND) on July 19 and hear Touchmark Home Services share about the differences between home care and home health services.

All Touchmark residents who ordered new services in June had their name placed in a drawing to be held on July 3 for a grand prize of a staff-sponsored barbecue. We will provide the food and cook for that resident sometime during July. Congratulations to Betty Cass for winning May’s free services.

Upcoming events

Friday, July 14, 9 am to 1 pm—Hearty Walking Group at Metolius River, Camp Sherman, and Fish Hatchery.

Friday, July 28, 9 am to 1 pm—Hearty Walkers at Todd Lake (3 Miles).

Every Sunday, 2:30 to 4:30 pm—Free concerts, presented by The Old Mill at Les Schwab Amphitheater.

Summer Sunday concerts

There are a series of free concerts at Les Schwab Amphitheater every Sunday from 2:30 to 4:30 pm. Residents interested in walking to a concert from Touchmark should meet outside of the fitness room at 2:15 pm. Bring something to sit on, some water, and a hat. It’s about a mile and a half to the amphitheater.

For more information, please contact Helen Vandervort at 312-1591.

Tune into Good Morning Central Oregon on July 19

by **Kathrynn Hollis-Buchanan**
—Home Services Administrator

Touchmark Home Services is enjoying continued growth, and we are very appreciative of our Touchmark friends who are supporting us through this exciting time!

Residents savor life-enriching experiences



Touchmark men enjoy the River Lodge deck. Pictured from left to right: Residents Frank Allen, Bob Kahl, Don Miller, Chuck Piersee, Bill McDonald, Jim Goddard, and Assistant Manager/ Sales Scott Neil.



Emmy Lou Owen (driving) and three waving friends, Anna Lea Voorhies, Ceil Hermann, and Jean Crowell, show the rest of us how to live life to its fullest.



Hearty Walkers enjoy Dillon Falls upstream on the Deschutes River during their weekly Friday walk.



Resident Helen Vandervort (left) stands with her longtime friend, National Senior Health & Fitness Day guest speaker, Masters World Cup XC Gold Medalist, and Bend resident Dagmar Eriksson.

