



## Touchmark continues to grow

### Skywalk christening celebration and more

In July, Touchmark had a multifaceted celebration with the resident volunteer appreciation party, the skywalk christening, and a tasty barbecue lunch for residents and Cliff Lodge buyers. The skywalk represents the growth of the expanding campus.



Residents, staff, and friends join the summer celebrations.



This 160-foot walkway is now in place at Touchmark, connecting the fourth floor of the River Lodge to a pathway leading to the Cliff and Terrace lodges.

### Welcome new staff member



**Welcome Wade McKee**

Wade McKee joins Touchmark's Building Services team. Born in San Luis Obispo, California, Wade moved to Bend 12 years ago and worked for Kirby Nagelhout Construction Company before joining the Air Force for a two-year stint and then the National Guard for another two years. Wade and his wife, Kim, stay very busy with their 3-year-old son, Sam.

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## Longevity and learning

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood's and Madison Avenue's stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling evidence about the abilities and gains associated with the aging process. Dr. Carstensen notes, "Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve."

A number of experts are redefining aging by focusing on

lifespan development not decline. Brain research shows that although some areas do diminish, others—notably general knowledge, vocabulary, and emotional-psychological regulation—improve over the years. If the goal is to

**“Brain research has dispelled the presumption that humans undergo a steady decline.”**

—*Laura Carstensen, PhD, director of the Stanford University Center on Longevity Life-Span Development Laboratory*

teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem, that calls for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are un-

able to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Touchmark, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

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**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 September is “my favorite book.”*

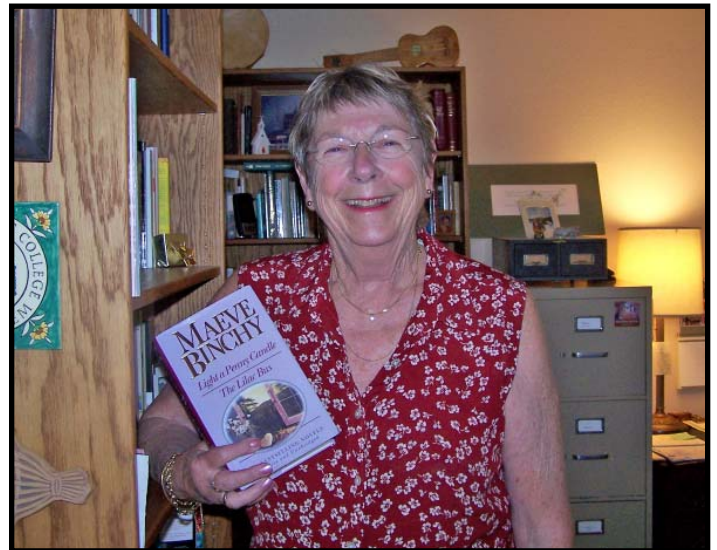
**My favorite author**

*by Jan Moore*  
—Resident

I love to read. A friend of mine once asked what genre of

book I like to read: mystery, western, or romance. I thought and thought what my favorite might be, but I couldn’t think of a “favorite genre.” I don’t know if I have a favorite book. What is important to me is that a story is told well; it’s an engaging story where characters are developed; and the language is intelligent. I even like words I might not understand or know the meaning to, because it stretches my mind.

So, I can’t say that I have a favorite book. I do, though, have a favorite author, and it has more to do partly with her personality as well as the books she writes: Maeve Binchy. I have every book she has ever written because she tells a story; her books are all set in Ireland; and I love all things Irish. She has wonderful characters in all her stories and uses young and old relationships, friends, and sometimes romance. She brings it all together, and she writes well. She stimulates my imagination. It makes me wonder “what do these people look like?”



**Resident Jan Moore loves to dig into a good book: especially a book by her favorite author Maeve Bunchy.**

I am really into book groups—here at Touchmark and one through the American Association of University Women. Part of the reason why I enjoy the book groups is because they force me to read books I would never choose myself. Sometimes I don’t like or understand the book, but when I get together with others to talk about the book that’s when I start to understand things that are foreign to me. It’s important to keep your mind active and to keep an open mind about things that are different from you or that you don’t know much about.

I heard that Maeve Binchy wasn't going to write books anymore, so when I was sitting at the Redmond Airport reading the newspaper and the woman right across from me was reading a Maeve Binchy book, I noticed the title and saw it was a new title. I asked the woman, "Is this brand new?" She said, "Yes." I said, "I just love Maeve Binchy," and she replied, "I'm almost done, if I finish reading this before it's time to depart, I'll give it to you." She did, and I read it and then wrote a letter to Maeve Bunchy to thank her for writing such great books and tell her how much I enjoyed her writing. Then I received a little handwritten note, which stated she was glad I liked the book. We wrote again, and I found that even famous people are real. Someday, I hope to meet her for a cup of tea in Ireland.

## Share your books—and benefit others

"Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print."

—Barbara W. Tuchman,  
historian and author

Support programs for seniors throughout the Bend area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley at 541-383-1414. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

## Home Services update

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

### New services

For residents interested in on-site anticoagulation monitoring, Touchmark Home Services is proud to announce the availability of this new service. With a physician's order and agreement to manage therapy, we are able to perform the fingerstick on site and communicate the results to the managing physician all from the comfort of your own home.

This service is private pay, unless performed under the strict guidelines of home health; it may be covered by your secondary insurance coverage. If you have questions about this or any other service, please feel free to call our office at 541-312-7071.

### New faces

You will see several new faces around the community, and we are happy to have Christy Mohr, Cindy Rogerson, and Terry Hogan join our team. Please introduce yourselves and welcome them.

Christy comes to us with retail background and her certified nursing assistant education. Cindy brings assisted living experience, and Terry followed me from Seattle (literally) and has extensive laboratory knowledge and exceptional patient care skills.

They are all valuable additions to an already rock-solid team, and I am pleased to have them join the team.



**Christy Mohr**



**Cindy Rogerson**



**Terry Hogan**

# Active, older adults have much to give to future generations

by **Jim Goddard**

—Former Director of Education, Oregon State University and Touchmark resident

A 30-year span of time defines a generation in the United States.

Today’s generation of active, educated, mature adults, ages 55 years and older, are striving to continue a lifelong style of learning. Members of this group have personally experienced part or all of three generations of educational and technological advancements.

This segment of our population, therefore, becomes an essential resource to be utilized by today’s society with special consideration to the educational field.

It becomes incumbent upon our educational, medical, health services, social, and cultural professions to utilize the expertise and learned experiences of this population segment, and an essential working relationship between all parts of our society should be developed to include the older population. Older adults have not retired from life but are striving to contribute past experiences to help all prepare for the future.

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# Bend Memorial Clinic to open office at Touchmark

by **Kathrynn Hollis-Buchanan**

—Home Services Administrator

Bend Memorial Clinic will be opening an office in our Cliff Lodge this fall. The physician who has been retained for that clinic is Anita Kolisch, MD. We are very excited to work with her and the clinic staff.

The Clinic has been established to offer primary care to Bend residents with Medicare health coverage, who are unable to secure a primary care provider due to their Medicare insurance status. The Clinic’s policy is that it will accept new patients who have not seen an internist in the past two years and/or have recently lost a primary care physician due to retirement and other factors.

Dr. Kolisch will begin seeing patients at the Westside

Clinic until the Cliff Lodge opens, and appointments can be made at the Bend Memorial Clinic central scheduling office by calling 541-382-4900. Insurance coverage and all application information will be verified prior to all scheduled appointments.

Dr. Kolisch was generous to share with me the following biography written in her own words: “I received my undergraduate degree at Rhode Island School of Design in 1985 with a Bachelor of Fine Arts in photography. After several years in the work force, I decided to return to school to pursue a medical career. I graduated from Columbia University College of Physicians and Surgeons in 1993 with an MD and finished an internal medicine residency at Oregon Health Sciences University (OHSU) in 1996.

“After my residency, I stayed at OHSU as a research fellow in the Department of Cardiology, studying Familial Dilated Cardiomyopathy and worked as a staff physician mentoring medical students and residents. In 1998, I went back into primary care as an internist at Kaiser Permanente. During my six years at Kaiser, I managed a panel of approximately 1,300 patients and sat, as the Internal Medicine representative, on the Seniors and People with Disabilities Committee. I piloted a Cooperative Health Care Clinic at Kaiser, which served as a monthly group visit for 15 elderly patients.

“I have four children and live on a farm in Redmond, where my husband makes goat cheese. I enjoy gardening, skiing, and playing with the family.”

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# A home for your lifestyle

by **Mattie Swanson**

—Sales Manager

Summer days are staying long and hot, and so are sales at Touchmark! We are once again at 100-percent occupancy in our single-family homes and the River Lodge, and over 100 priority-reservation holders are awaiting release of the north wing of the Cliff Lodge and the Terrace Lodge. Both will be completed in spring 2007. We will be releasing both of these lodges shortly, so contact Mattie or Scott in the Sales Office at 541-383-1414 to get a priority reservation.

This month’s e-mail drawing winner is a couple from Rolling Meadows, Illinois, who were visiting Bend for the first time.

## Upcoming events

**Monday, September 11, 10 am**—Wellness and Memory Therapy with Joni Goodnight in the Great Room.

**Wednesday, September 20, 9:30 to 11:30 am**—Balance Master with St. Charles Medical Center. This is testing for physical balance. There will be a sign-up sheet for those who are interested in finding out where they stand.



**Residents (from left) Helen Hawn, Don Miller, Andy Andrew, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, and Charlotte Miller enjoy the hike in Davis Canyon at Sparks Lake.**

## New payment options available

To meet the varying financial and lifestyle needs of future residents desiring to live in a Touchmark community, the company now offers the choice of two payment plans for certain homes. The first will give you peace of mind by providing a deposit refund that could equal 100 percent of your initial deposit, subject to certain limitations. The second plan will allow you to participate in the potential increase in value of the home and community. The deposit refund under this plan could exceed your initial deposit, assuming a strong economy, favorable market conditions, etc.

For details about these new plans and their availability, please contact a sales associate.

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## Residents hike Ray Atkeson Memorial Trail



**“We did it.” Taking a breather after hiking the Ray Atkeson Memorial Trail at Sparks Lake.**



**Left to right: Residents Don Miller, Charlotte Miller, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, and Helen Hawn at Devils Lake.**

