



Nutrition—important for brain and body

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let’s focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

1. Shop the perimeter of the grocery store

2. Start the day with as many fresh fruits and grains as possible: juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It’s a lot easier to get the nine required half-cup daily servings if you start early in the day.

3. Drink at least seven glasses of water every day to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren’t as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it’s not an old wife’s tale, after all.

5. Combine exercise—aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Touchmark we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

An enriching lifestyle

by **Mattie Swanson**
—Sales Manager

We have just released our Phase II offerings: the North Wing of the Cliff Lodge and the Terrace Lodge! The Cliff Lodge North Wing has 31 wonderful lodge homes, many with spectacular views of the river, canyon, and buttes to the east.

The Terrace Lodge has 59 lodge homes with three different payment options, including a fee-simple offering and a comprehensive service package. The Terrace Lodge will complete our Bend campus and give all residents access to the Four Seasons restaurant, Umpqua bank branch, performing arts center, art gallery, conference rooms, library, craft and shop areas, barber-beauty salon, convenience store, and more.

The Sales staff are now in the process of calling priority reservation holders and then will release any remaining lodge homes to the public. Retirement living just doesn't get any better than this magnificent community right on the Deschutes River.

Now is your chance to join our community. Give Mattie or Scott a call at 541-383-1414 or 888-231-1113.

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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 October is a poem highlighting the fall harvest or life wisdom.



Annis Oetinger

Fall poems

by **Annis Oetinger**
—Resident

The Wind

The Wind talks to me.
He rushes around the corner of my house
Screaming, whining, muttering,
grumbling,
Berating me.

Scolding.
I listen, but I don't answer.
Sometimes he brings his friend, Rain, who keeps up
A steady drumbeat to accompany Wind's complaining.
They make a good pair.
In summer, Wind sends his little sister.
She whispers and coos and waves the leaves at me.
Or even giggles.
She goes south for the winter, leaving Big Wind to howl
Around the corner of my house whistling at me.
Inviting me.
Why don't I come out to join him?
I think about it, but no.
He uses bad language, is quirky, cranky, unreliable, so
I don't answer, but I listen.

September Song

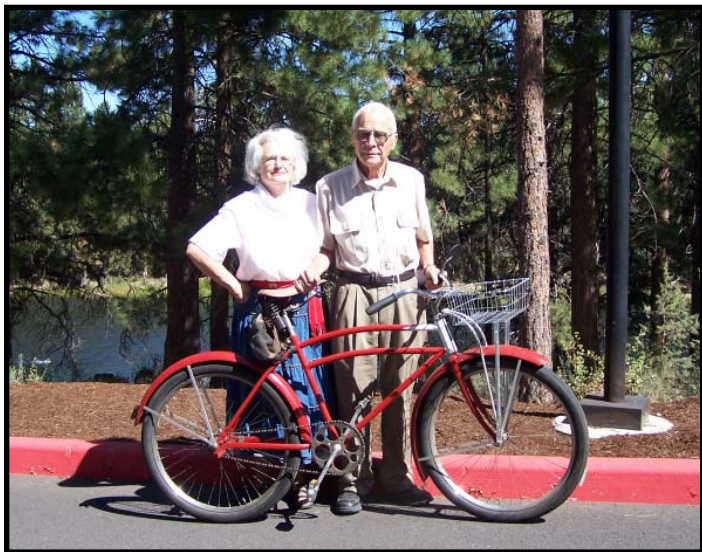
Fog in the morning, then sunshine,
Less heat in the sun than July.
The breeze that twirls the leaves on the aspens
Is sometimes warm, left over from summer,
Then there's a chilly foretelling of the winter to come.
Quiet days to savor, fewer cars, bicycles, people.
Vacation is over, school has started.
The buck, who comes to drink from my birdbath,
Has lost the velvet on his antlers
The fawns are now half as big as Momma,
their spots are fading.
Rabbitbush is turning gold, taking the light
from the sun,
As it sinks lower in the sky.
White clouds feather across the blue sky, white like snow.
Beautiful days of September, linger long in this place.

Summer's Gone

Push the days back, back into summer.
Winter is coming before I am ready.
Bring back the warmth, the sunshine and blue sky,
The days with a face toward tomorrow.
Too soon the cold and dark will be here.
Forever.

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

Welcome new residents to Touchmark



June and Walt Ford have lived in Bend for 45 years. Walt, who was a doctor in a family practice for 32 years, was born in Colorado. June was born in Nebraska. Here they are pictured with a Fleetwood Sentinel bicycle, which was a Christmas gift to Walt in 1938.



Margie Sherman recently moved to Touchmark from Boston, Massachusetts, via North Carolina. She has a daughter and two grandchildren who live in Bend and a son and two grandchildren who live in California. Margie likes movies, internet mind games, sudoku, reading, and walking.

1967—Ralls family trip to East Africa

by Annis Oetinger
—Resident

Times have changed. Take airplane travel, for instance. In relating the family trip to East Africa, resident Mary Ralls mentioned that her husband had a revolver with him on the

plane. A crew member took it from him and put it in the cockpit. At the end of the flight, the plane captain returned it to him. Can you imagine doing that today?

It's hard to think now of taking a trip like Mary, her husband, and daughter experienced. Daughter Roberta was a stewardess for Pan American Airline, which gave her family the opportunity to travel at a very inexpensive rate. When they arrived in Nairobi, Kenya, husband Ray rented a Land Rover and procured a tent, three cots, and bedding. They planned to drive wherever they wished around the area for a month. At that time, the streets of Nairobi were all dirt, and Mary remembers seeing giraffes walking in town. Very few people in the country spoke English. Nairobi was still a small town.

Kenya had compounds for campers at suitable places throughout the country. These were fenced to keep out the wild animals and provided facilities for meals. The gates of the compounds were closed at 7 pm. The first night the Ralls didn't quite make it to a compound, but what luck ensued!

It was getting dark when they crested a hill and saw a ring of lights in the valley below them. It turned out to be the elegant encampment of a great white hunter named Reggie, an Englishman, and his two clients, a doctor and his wife. The doctor was on a hunt for animal trophies with Reggie's assistance. This was lion country, and the ring of lights turned out to be bonfires to keep the lions out of the camp. When the Ralls asked if they could pitch their tent in this camp, Reggie assured them that of course they could. His crew even pitched their tent for them. Meanwhile, Reggie offered them a shower and invited the group to join him and his clients for dinner.

The shower turned out to be a curtain with a bucket overhead, but it washed the road dust away. Dinner was served in a large tent with an oriental rug covering the dirt floor. The serving crew wore safari uniforms with red hats. White linen covered the table, which was set with china, silver, and candles; stereo music played in the background. It would be hard to imagine a more unusual and unexpected way to start a tour of Africa.

The next day the Ralls found almost no traffic on the single-lane dirt roads through the countryside. Off in the distance they saw an immense cloud of dust and decided to investigate. In their trusty Land Rover they drove off the road to the top of a hill and abruptly found themselves in the midst of hundreds of wildebeests so thick they were

unable to move the car. After considerable time watching the animals, they were able to inch their way out of the herd and get on toward the compound where they expected to spend the night. However, the delay meant that the campground was full when they arrived. They were told they could put their tent outside the fence and as close to the gate as possible.

As they put up the tent, they noticed a number of native women cutting the grass in the area. Due to the language barrier, the Ralls couldn't understand what the women were trying to tell them. They found out later. The Cape Buffalo came to eat the grass around their tent during the night. Cape buffalo are huge beasts with enormous horns and a reputation for nasty tempers. Mary spent a very wakeful night listening to the noise of munching and ripping grass, expecting the creatures to get caught in the tent ropes and pull their shelter down around them. The next morning the buffalo were gone.

The Ralls then met some wildlife photographers at breakfast, who said they had been waiting for days to see the wildebeest migration. When Ralls said they had seen the herd, the photographers begged to be shown just where they could find this big event. The Ralls, strangers in a strange land, were now solicited to be guides.

Not every day turned out to be so eventful, but one day Mary and her family met Louis and Mary Leakey, the famous archeologists, at Olduvai Gorge. The Leakeys welcomed them to their work site and showed them exactly where they had recently found a million-year-old skull, the oldest found at that time, of *Homo erectus*.

Of course seeing all the animals of Africa is one of the biggest attractions. "I was so impressed to see them in their natural surroundings that I never again wanted to see them in a zoo," says Mary.

The family drove wherever they wished and never felt any fear or animosity from the local people. Today, like any big city, Nairobi is rife with crime. When the Ralls visited, few thought about caring for the environment, but in recent years Richard Leakey, son of Mary and Louis, has been instrumental in helping Kenya to protect the animals and natural world. Tours now take visitors to the game parks, and safaris are shot with a camera, not a gun. Many things have changed, but the timeless quality of birth, life, and death of the animal world is ever the same.

Welcome Charlie Royster to the Touchmark staff



Charlie joins Touchmark's Building Services team. He grew up in Pacific City, Oregon, and moved to Bend, where he attended Central Oregon Community College for a year. Charlie likes to golf, ski, and play drums.

Upcoming events

Monday, October 16 and 30, 3 to 4 pm—Blood Pressure Clinics in room 229 of the River Lodge.

Friday, October 27, 5 pm—Harvest/Halloween Social Hour & Appetizer Night. Costumes not required, but they are encouraged!

Hiking, biking, and more!

by Beth-Ann Wesley
—Life Enrichment/Wellness Coordinator



A postcard moment from Crater Lake—"We wish you were here."



This photo of Touchmark’s Hearty Walking Gang was taken after the group hiked the Lava Butte Rim, finished the Lava Flow hike, and went on to hike to Benham Falls—four miles total. Way to go!



Our hikes just aren’t the same without our trusted “sweep”—Andy Andrew, who has recently retired after volunteering many years as an outdoor activities and hiking leader/guide with the Bend Metro Parks & Recreation District. He was also a longtime member of the Deschutes County Search & Rescue team. We lift our walking sticks to you, Andy!



Resident Bill McDonald shows us what the Touchmark Cyclists are made of as we stop to enjoy the Upper Deschutes in Sunriver.

It’s time for flu shots

by **Winona Phelps, RN**
—**Medicare Manager, Touchmark**

Touchmark promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

Stay healthy this year— get your flu shot!

The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.
2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu.

Cruising into another adventure



Waterford on South Hill residents Bette Westover (left) and Marie McGough have been friends since they were 5 years old. The two are among a group of Touchmark residents joining Touchmark's Fall Foliage Cruise on the Star Princess, which sets sail from New York October 21.

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Fall 2006 COCC Community Learning catalogues are here

Please help yourself to a catalogue in the library. There are a variety of classes being offered, such as basic computer skills, language, painting, arts, and crafts. 