



The lasting effect of gratitude

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

“To affect the quality of the day, that is the highest of arts.”

—*Thoreau, Walden*

We’ve all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are

larger benefits, and historians as well as researchers have proven the value to both the giver and the recipient.

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad during the Civil War, the nationalist efforts of compassionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals with personalities that are largely defined as unselfish, caring, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare

better and live “well” longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Touchmark’s Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley for information on how to participate.

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Experience the Touchmark lifestyle

by Mattie Swanson

—Sales Manager

Sales are now in full swing for Phase II—the North Wing of the Cliff Lodge and the Terrace Lodge. Both of these magnificent lodges will be available mid-2007. Construction is also being completed on the South Wing of the Cliff Lodge with residents preparing to move in this month! We are 80% sold out in the South Wing with just six remaining.

With the release of Phase II we have a wide variety of floor plans, views, and service packages available to fit nearly every lifestyle need. This is a great opportunity to secure a lovely home in our final release of independent living. Call me or Scott in the Sales Office at 541-383-1414 or 888-231-1113.

This month's e-mail drawing winner is a couple from Palm Desert, who were spending their summer in Bend and came by to tour Central Oregon's premier resort retirement community.

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Learn Sudoku at Touchmark!

by Beth-Ann Wesley
—Life Enrichment/Wellness Coordinator

Sudoku, the Rubik's Cube of the 21st century, is upon us. Originating from eighth-century China, it migrated through India, Arabia, Spain, Europe, Japan, and, in 1979, it came to the United States, with alterations and enhancements along the way. This interesting puzzle is creating addicts throughout the world—especially in Great Britain and Japan. Known alternately as “Latin Squares” or “Magic Squares,” we now know it as the standard game of 81 squares arrayed in nine blocks of nine squares with nine vertical columns and nine horizontal rows, each requiring the numbers one through nine.

The game is accessible to all in its various levels of difficulty, and one need not be mathematically adept, or even inclined; but, boy, can it make your brain ache, your pulse race, and knuckles whiten as you grip your pen in exaspera-



Resident Don Miller is conducting tutorial sessions on the challenging game Sudoku. While not an expert, he is adept enough to guide us through the fundamentals and suggest techniques to engage with, and eventually conquer, this pesky puzzle. Watch the calendar book in the library for forthcoming information sessions.

tion or, finally, ecstasy! The creator of a particular puzzle will have filled in several of the squares to set you on your way. The rest is up to your ability to employ simple logic.

Give me a call to learn about the tutorial sessions at Touchmark or check out the daily Sudoku puzzle in the Bend Bulletin (also online at www.uclick.com/client/bbt/sudoc/).

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Welcome new team members to Touchmark



Margaret Ann Stoner joins Touchmark's Housekeeping team. She has lived in Bend for eight years and has previously lived in Arizona and California. Margaret Ann has been married to her husband, David, for six years. She likes fishing, camping, crafts, and movies.



Byron Nelson joins Touchmark's Building Services team. Born in Ohio, he moved west and has lived in Bend, on and off, for 30 years. He and his wife, Sherrie, have been married for 28 years. They have one daughter and son-in-law, who live in Colorado. Byron's hobby is photography.

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Register for flu shots

by Kathryn Hollis-Buchanan
—Home Services Administrator

Touchmark Home Services will be offering flu shots during the first and second weeks of November. Exact dates will depend upon shipment arrival, but we will post notification as soon as the shipment is received.

Cost is \$15. Medicare will cover the administration fees, so there will be no billing involved. Please sign up in the Home Services department.

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 November is a story and photo focusing on Thanksgiving and/or sharing.

Christmas in the war years

by Paul Krafft

—Resident at a Touchmark community in Appleton, Wisconsin

I can never forget the turbulent war experience of 1943 and 1944, and I'm grateful to have survived. My orders had me report to Tank Destroyer Brigade 190 on the Eastern Front before Christmas. The train from Nurnberg in Bavaria was packed, and I had to squeeze into a small washroom, where I ate my mother's good Christmas goose. The final log of my trip was by truck, together with my buddy, Fritz.

We were assigned bunkers for our four-man tank crews, and I decided that we should have a little Christmas tree. I was outside in search of the tree when suddenly I heard Russian soldiers calling from their position, "Go back, you are in a mine field!"

Fritz had a friend in my tank and asked me if I would switch. Two days later Fritz's tank did not come back; all four soldiers got killed.

The daily battles got heavier, and I found myself and another tank on each side of a huge haystack. Suddenly a Russian sharpshooter with an antitank gun fired at our other tank and killed the driver. I was asked to drive their tank with the dead soldier back, but before I could climb in it, somebody decided he could drive, and I was left behind. But I made it back, escaping from a well-camouflaged Russian position.

On February 2, we received orders to defend Graudenz. A new commander did not give me permission to fire, afraid I might hit friendly troops. We got a direct hit by a Russian T-34 tank. Our loader got killed, and the 78mm tank cannon fell on my side. I could not get up. I knew that the ensuing fire would ignite our ammunition any moment. The enemy fired again and the cannon moved just enough to let me crawl out of my position. My uniform was burning now, and the soldiers rolled me in the snow, pulled me up to their tank, which quickly backed up and took us away.

At a first-aid station, I had my head, face, wrist, and hand bandaged before I was sent by train to Danzig, a few hours away. I heard two English or Canadian prisoners of war speaking English while they tried to feed me some soup. My two new friends labeled my ID badge, "Bullet wound head," and got me on board the last train out of Danzig on the Baltic Sea. We arrived in Hamburg three days later, and I was transferred to the University Hospital.

After more action in Berlin, Prague, and Austria, I came home in May '45, escaping twice from being an American prisoner. I thank God every day for his guidance and goodness.

For December, please submit a poem and/or photo that "celebrates life." Deadline for this issue is November 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

Upcoming events

Monday, November 6, 10 am—*Thinking Allowed II* discussion group, presented by the Osher Lifelong Learning Institute. Fall's theme is ethics, and this discussion will focus on the ethics of language.

Monday, November 13 and 27, 3 to 4 pm—Blood Pressure Clinic in room 229 of the River Lodge.

Monday, November 20, 10 am—*Thinking Allowed II* discussion group on *Medical breakthroughs: New frontier to live forever. Should we?*

Wednesday, November 22, 2 pm—Thanksgiving High Tea with Beth-Ann in the Great Room.

Wednesday, November 29, 7 pm—Touchmark Thespians' Final Scene Play Performance at the Tower Theater. All are invited to attend.

Welcome Director of Professional Services Gail Gibson

Touchmark Home Services welcomes Gail Gibson as the director of Professional Services. Gail comes with abundant experience and an entrepreneurial spirit, which

will fit in great with the current team. Gail has home health background as well as some assisted living experience, which will benefit Touchmark in many ways. Please welcome her!

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Touchmark team member flies high



Touchmark employee Cody Parsons, age 14, catches some air at the BMX Oregon State Finals in Eugene. Cody won his division! Cody's father, Mick Parsons, also a Touchmark employee, runs the Smith Rock BMX track in his "spare time."

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Residents celebrate Halloween and Oktoberfest



Left to right: Emmy Lou Owen, Jean Crowell, and Maude Nilsen dressed appropriately for the annual Touchmark Halloween social.



Burns and Evelyn Srigley joined the fun. Burns is wearing a George Washington mask, an appropriate outfit for the election season.



Left to right: Howie Poulson, Otto Vondrak, and Ed Fay socialize before the Oktoberfest dinner, which was organized and prepared by Bob Wells.

