



In celebration of the spirit

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We're constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”

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—Jon Kabat-Zinn, PhD, *Wherever You Go, There You Are*

leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve

that balance are outlined in all great spiritual texts:

- Be fully present in the moment.
- Invite joy.
- Create your future.
- Surround yourself with those who love and support your dreams and hopes.
- Eliminate the unnecessary and unimportant.
- Choose hope.
- Breathe!

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Touchmark provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley at ext. 1005.

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Lodge opens!

Cliff Lodge South wing and commons are up and running, and people are unpacked and enjoying the Touchmark lifestyle—just in time for the holidays.

The North Wing and the Terrace Lodge have now been released to the public. A variety of floor plans, views, and service packages are available. There is still time to reserve your lovely new Touchmark home before Phase II is sold out.

Start the new year with a new lodge home along the river

with Touchmark. Call Mattie or Scott at 541-383-1414 or 888-231-1113.

This month's e-mail drawing winner is a local couple who also obtained a priority reservation.

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Celebrating the spirit of veterans

by Beth-Ann Wesley
—Life Enrichment/Wellness Coordinator

In a recent interview with resident Harold "Hal" Holden, I was overcome with a new perspective of and appreciation for the gift of freedom our veterans have bestowed upon us. Hal is a Marine to the core. He was willing to fight for our country as a true patriot. Read and enjoy this interesting story from Hal's Marine Corp experience.

"My service to our country as a Marine began in March 1939. I served in Cuba, Camp LeJeune, and then six of us were picked to transfer to Quantico, where I became a member of the 1st Marine Raider Battalion. They told us it was suicide and not to expect to come back. It was hit and run. We were going day and night. You had to learn how to strip a pistol, a rifle, BAR, a submachine gun—everything—then put it back together and do it at night. We ran obstacle courses, and every night I said, 'I don't know if I can take much more of this.'

"I served with D company in Quantico, which was designated Rear Echelon of the 1st Marine Raider Battalion. We boarded trains in Quantico and headed for San Diego. After a few days at the Marine Corps Recruit Depot San Diego, we went aboard our converted destroyers and headed for the South Pacific. We sailed by way of American Samoa, where we picked up the Forward Echelon.

"We knew something was coming up when we awoke and found ourselves in the middle of a whole fleet. They broke out a map of Tulagi, and each squad leader had to make an overlay. On August 7, 1942 we landed on Blue Beach on Tulagi, in the Solomon Islands, in the dark. I was the third guy off the boat. We were about to commence our first offensive land operation in the Second World War, and I was on the frontlines.

"We went up the center of the island so we could see both sides. There were only about six dwellings on this very

small island. It was a beautiful island with white coral paths so you could see your way in the dark. There was fierce and deadly fighting against the Japanese. We secured the island in three-and-a-half days, but somewhere along the lines I lost my dog tag.

"Sixty-two years later a family picnicking on the island of Tulagi, who was quite interested in the history of the island, met with an islander who had found the dog tag years earlier. He gave it to one of the picnickers, John Innes, a gentleman from Australia. After returning from his trip, John contacted his American friends to see if I was still alive. They searched the records for me and found that I lived in Oceanside, California. I was flabbergasted and so happy. I couldn't explain how I lost my dog tag. I had noticed it missing while taking a bath in the river while on Guadalcanal.

"John Innes was so happy to find that I was alive, he phoned me from Guadalcanal to thank me for all we did out there in the Pacific."

Not only did Hal take part in Tulagi but also the Raid on Florida Island, Guadalcanal, Battle of the Ridge, New Georgia, Tasomboka, and the first and second of the Matanika River.

Hal is still just as strong, brave, and true as he was those many years ago. We are very happy to have Hal and his lovely wife, Roseland, here at our Touchmark community, and we are proud of your service to our country. Thank you.



Resident Harold "Hal" Holden holds his military photo and dog tag, which was lost for almost 60 years.

COCC offers fall prevention program

Central Oregon Community College presents a new program designed to improve balance and mobility and reduce the risk of falls. Preassessments and postevaluations will be given to identify individual needs and to demonstrate progress.

Certificated Fallproof Instructor Pat Caliendo, who has completed specialized training at California State University, Fullerton, will teach the class, which starts Monday, January 22 and runs until Monday, April 2. The program is every Monday and Wednesday from 9:30 to 10:30 am in Touchmark Cliff Lodge's fitness room.

The cost is \$59, and registration begins Monday, December 4. For more information, call 541- 383-7270 or visit www.cocc.edu.



Many veterans chose to walk the route, which was packed full of folks from the Bend community who waved and cheered them on: "Hats off to all of you for serving your country."

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Touchmark celebrates Veteran's Day



Touchmark's only WAVE (Women Accepted for Volunteer Emergency Service) Ceil Hermann proudly joined the festivities.



Touchmark veterans enjoy warm coffee and donuts just before participating in the Veteran's Day parade.

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Touring sun-soaked Tuscany

by Annis Oetinger
—Resident

A villa in sunny Italy—sounds like a way nearly anyone would like to spend some leisure time, and two River Lodge residents did just that. Emmy Lou Owen and Jean Crowell spent two weeks this past fall at the Villa Nava near the small town of San Giustino Valdarno in Tuscany. They agree it was a delightful experience.

Jean's daughter, Carmel, and husband Rusty wanted to celebrate their 25th anniversary in style. An English friend, Jennifer, and her mother, Denise, made the arrangements for the villa. Since the place could sleep as many as ten, Carmel invited her mother to join them. And Jean suggested Emmy Lou might like to go, too. "It didn't take me any time at all to decide to join the party," says Emmy Lou.

The two friends flew from Portland to Frankfurt to Florence, while the rest of the group traveled from London. Jennifer had arranged for a taxi to meet Jean and Emmy Lou in Florence and take them to the villa. The taxi driver assured his passengers that he could find it. Jean and Emmy Lou relaxed and enjoyed the scenery until they realized they had seen the same little town twice. It took the driver a couple of stops to ask for directions before he finally deposited his passengers at the right place.

The caretaker, Gabriela, met the new tenants and showed them through the house, which was huge. It had wings and rooms added onto the original building, so everything was on different levels, and it was not easy to navigate. Gabriela showed the women how to run the appliances in the kitchen and assorted other "conveniences." Since she spoke very little English, and Jean and Emmy Lou didn't speak Italian, most of her instructions were for naught. She presented her guests with a bottle of the villa's own wine and left them to await the rest of their party. Jean and Emmy Lou settled down in the kitchen with their wine. By this time, it was late afternoon, and the others were expected in a couple of hours.

Time wore on, and darkness came. Just two dim lamps lighted the kitchen. Jean and Emmy Lou were so uncertain about the layout of the rooms in the dark that they just stayed in the kitchen. Emmy Lou described the house as a great setting for a Gothic thriller—sort of spooky. Hours passed. The gift wine bottle was emptied before the rest of their group finally arrived at midnight. For some unknown reason, their flight from London had landed at Bologna instead of Florence. Two cars needed to be rented, and they then needed to find their way in the dark with Italian directions. Jean and Emmy Lou were very much relieved to welcome the other four and then to really make themselves at home in the villa.

All went well after their first night of misadventures. The six fell into a pattern of going sightseeing every other day and staying home on the alternate days to enjoy the nice pool and the local sights. They took the train to Florence to visit famous places. Other days, they drove to various

villages, towns, and cities. Their stops included Siena; Arezzo, an old walled city; Fiesole, Castellini, where Jean remembers eating a great lunch; and Campoldi, a monastery, where monks made medicines in their pharmacy. At one village they drank two bottles of wine while they waited for the local shops to open after the afternoon rest time. "We liked the villages best," agree Jean and Emmy Lou. Lovely warm weather blessed their entire stay.

The younger members of the group took over the cooking, which suited Jean and Emmy Lou just fine. A couple of nights, Rusty barbecued steaks. Even though he didn't speak Italian, he didn't seem to have any problem communicating to the butcher what he wanted. Most meals were eaten outside under a canopy beside the pool. Vegetables sometimes came from the villa garden, fresh figs from their tree, and more wine from the villa vineyard.

Sounds idyllic, doesn't it? Perhaps anyone's dreams of a villa in Italy could come true. Just ask Jean or Emmy Lou.

Upcoming events

Wednesday, December 6, 10 am—River Lodge tree trimming and decorating party.

Wednesday, December 6, 4 pm—Cliff Lodge resident welcoming party. Great Room.

Wednesday, December 13, 10 am—Ladies Holiday Cookie Exchange Party. Great Room.

Thursday, December 21, 3:30 pm—Resident and staff food box preparation and holiday party. Great Room.

Sunday, December 31, 7 pm—Fancy Pants Social and Appetizer Night to celebrate New Year's Eve. Great Room.

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 December is a poem and/or photo that "celebrates life."

The Morning Of Christmas

by Eleanor Butz

—Resident at a Touchmark community in Sioux Falls, South Dakota

‘Twas the morning of Christmas and all through
the house
How we were stirring, no thought of a mouse.
The suitcase of clothes had been packed with much care
For the wee little bundle who soon would appear.
The laundry was finished and hung on the hooks
The icebox was filled with good food for new cooks.
And Pa in his coat and I in my wrap
Had just settled down for a long, cold trip.
When all of a sudden there arose such a clatter
I looked from the car to see what was the matter.
A little more slowly we drove down the road
We hoped we would make it, a piston we’d scored.
The dawn breaking now on the new fallen snow
Showed gray skies—it was quiet below.
Then to our grateful eyes did appear
The lights and the door of the hospital in Pierre.
With my careful driver and the nurse in sight,
I knew in a moment that all would be right.
More rapid than comets the nurses now came,
Some whispering, some asking about baby’s name.
Was it David or Daniel or Robert or Clarence
Or Katherine or Janet or Mary or Florence?

There’s more to the story, how he came here below,
But why should I tell it, you mothers all know.
And then I awoke and heard the good news:
IT’S A BOY! A name we must choose.
I looked at his features, his head turning ‘round,
“He looks so like you, how does David Earl sound?”
His eyes, how they twinkled, his dimples, how merry
His cheeks were like roses, his nose like a cherry.
His droll little mouth was drawn up like a bow,
And the fuzz on his head was as white as the snow.
He was so red and so wrinkled an elf,
That I laughed when I saw him in spite of myself.
When his clothes were all on him, my, he looked sweet,
All dressed up in white from his head to his feet.
A wink of his eye when he twisted his head,

Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work.
He guzzled his dinner, then turned with a jerk,
And laying his finger aside of his nose,
In nurse’s arms, sleeping, to the nursery he goes.
He was placed in his bed with deftness and care
And I lay and wondered and wished he were near.
But I heard him exclaim in his own little way,
“Merry Christmas to All”— WHAT A MEMORABLE
DAY!

For January, please submit a heartfelt, reminiscent story or “new year, new you” resolutions. Deadline for this issue is December 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

Welcome new staff members



Jay Smith joins Touchmark’s Resident Services/Security team. Born and raised in California, Jay moved to Bend from Pennsylvania. He has a strong gymnastics background, including coaching and being nationally ranked himself. Jay likes skiing, hunting, and water sports.



Ken Fasel joins the Touchmark Building Services team. Born and raised in California, Ken is new to Bend and brings lots of building services experience. He and his wife, Sheri, have two sons. Ken likes fishing, camping, and riding his Harley Davidson.



Linda Rumsey joins the Housekeeping team. Linda was born in Bend but has lived in various places since her father was in the military. She enjoys reading, hiking, playing tennis, cooking, and spending time with her dog and two cats.

