



## Thoughts for the new year



*Message from*  
**Tom Biel**  
—Executive Vice  
President, Touchmark

I would like to share fascinating facts outlined by John Andrist, Publisher Emeritus, of *The Journal*. John is a well-traveled man, a friendly (former) neighbor, and now a North Dakota state senator.

“There was a lot of ballyhoo weeks ago when the US population reached 300 million. According to the statisticians, we crossed the 200,000 mark in 1967, so it’s taken us about 40 years to hit 300 million. And the same statisticians figure we will double that growth rate in the next 40 years. Population growth presents a real dilemma. Because of sharply lower birth rates, most of our growth is going to come from immigration. Without it, we will not have an adequate work force, and we will not be able to sustain a social security system that just keeps getting more costly as we find ways to extend our lives and our retirement years. So how much is too much? The US has 80 persons per square mile right now. Bangladesh has 2,600, Japan 876, India 869, Britain 635, and Germany 598. Bet you are surprised to know China has only 353 on a land mass smaller than the US.”

Another insightful quote from Mr. Andrist: “Faith is a struggle, love can elude us, but hope never ends.” I hope you have an adventurous and great new year!

## New year ... new you

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

In a world of quick fixes and New Year’s resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths,

weaknesses, and preferences. The message of the media that there is a universal solution for achieving improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized “prescription” is essential.

**“If we all  
ran at the  
same pace,  
we’d always  
be in each  
other’s way.”**

—Gary Stanley,  
*author*

As 2007 arrives, it is a good idea to do a personal inventory of one’s highest priorities and evaluate what choices and resources are

needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance

regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.

- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Touchmark, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Coordinator of Life Enrichment/Wellness Beth-Ann Wesley. Make the new year your best year.

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## A warm thank you from a friend

“To the residents and staff at Touchmark:

“By now you have most likely learned that our father, Bud Ness, passed away ...

“We would like to personally thank each and every one of you, staff and residents, for making Bud’s time at Touchmark so wonderful. The kindness and friendship that we found at Touchmark truly touched our hearts. Our special thanks to Jim and Beryl Goddard and Don and Charlotte Miller for their incredible compassion and support during some very tough times. Thank you to each member of the staff who was always there to help and support him. We will be forever grateful.

“In loving memory of our father, Arthur “Bud” Ness,

Steve and Leslee Ness  
Stuart and Laurie Ness  
Sue and Larry Marceaux”

## Upcoming events

**Monday, January 8, 2 pm**—January birthday and anniversary celebration. River Lodge Great Room.

**Thursday, January 11, 8:30 am**—Men’s Out to Breakfast at the Original Pancake House.

**Wednesday, January 17, 9 am**—Touchmark ski day at Mt. Bachelor.

**Thursday, January 18, 7 pm**—Movie night: *The Worlds Fastest Indian*. River Lodge Great Room.

**Friday, January 19, 10:30 am**—Umpqua Bank’s Club Carefree Travel 50 Presentation.

**Wednesday, January 24, 8:30 am**—Women’s Out to Breakfast at Original Pancake House.

## Interested in living here?

by **Mattie Swanson**  
—Sales Manager

Almost all of the new Cliff Lodge (South and Commons) residents moved into the building just in time for the holidays. There are still five wonderful lodge homes remaining in this wing of the building, including a fourth-floor penthouse. The North Wing of the Cliff Lodge is still under construction with completion scheduled for July 2007, and there are a number of wonderful lodge homes available, many with eastern river views.

The Terrace Lodge is also under construction with a completion date scheduled for June 2007. This magnificent lodge will contain a restaurant, bank, theater, library—just to name a few amenities! Terrace also has a variety of floor plans and views still available.

Contact the Sales office at 541-383-1414 or 888-231-1113 for more information. There is still time to obtain a beautiful new home in our wonderful resort retirement community right on the Deschutes River!

This month’s winner of the e-mail drawing is a local Bend couple just starting to look at retirement communities.

## Want to ride a bike?



Touchmark resident Bill McDonald enthusiastically rides the new Giant Revive LX, which was one of two bikes presented to residents by Executive Vice President Tom Biel during the Cliff Lodge Resident Welcome Reception in December.



Dave Thomas (riding the new Giant Revive LX), Hilary Kenyon, and her granddaughter, Denali, are the first to ride their bikes across the newly reconstructed Newport Bridge in downtown Bend at the official ribbon-cutting ceremony.

## Thank you to the Welcome Committee

by Beth-Ann Wesley  
—Life Enrichment/Wellness Coordinator

We wish to thank our Welcome Committee for the warm welcome these members extended to the Cliff Lodge residents who recently took ownership of their new homes. Committee members presented welcome baskets of home-baked goodies and Touchmark items to show their hospitality. The Touchmark Welcome Committee members are:

- Charlotte Miller - Resident Council Liaison
- Betty Kahl - Chair
- Betty Royce - Cochair
- Lola Pemberton - Cochair
- Bob Kahl
- Dave and Patti Wilson
- Don and Ruth Halligan
- Don Miller
- Harriet Ennis
- Helen Hawn
- Jim and Beryl Goddard
- Mary Allen
- Sam Seidenverg

Thanks to all of you for making our community such a wonderful place to live and work.

### Traveling to the Portland metro area?

There are now two transportation bus services available for traveling between Bend and Portland. The Central Oregon Breeze offers daily bus service via Mt. Hood. For more details, check their Web site at [www.cobreeze.com](http://www.cobreeze.com). The other provider is new and called Mountain Express, which travels via Salem. Their Web site is [www.bendportland.com/mxl](http://www.bendportland.com/mxl).

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## Health and well-being tips

by Kathryn Hollis-Buchanan  
—Home Services Administrator

Home Services has been busy administering influenza vaccines this year throughout the community and are therefore hoping for a very “well” season. In the spirit of

health, we would like to offer a few tips on how to stay well—naturally.

- According to the USDA and *The New England Journal of Medicine*, the banana can assist in the control of many disorders and symptoms, including abnormal blood pressure, depression, heartburn, ulcers, stress, and yes, even hangovers!

- Eating vegetables daily can also reduce levels of stress, improve your retained vitamin C levels, and guard against heart disease and cancer (as presented in the *American Journal of Clinical Nutrition*).

The American Diabetes Association claims that nearly 17 million Americans have undiagnosed diabetes, which brings me to our next offering. Touchmark Home Services will be doing blood glucose and cholesterol screenings in an upcoming spring health fair. To learn more, give me a call.

Eat healthy this winter, and we'll see where you stand in the spring.

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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 January is a heartfelt, reminiscent story or "new year, new you" resolutions.*

## Longevity

by Dorothy Dee Workman

—Resident at a Touchmark community in Vancouver, Washington

At the age of 73,  
I developed an interest in longevity.  
Then at the age of 74,  
I began to hanker for more, much more.  
Finally, at 75,  
Profound gratitude for being alive.  
At 76, ineffable loss,  
No more spouse, I'm now my own boss.  
Seventy-seven, walking is slow,  
Though generally speaking I'm still on the go.  
No time to waste at 78,  
Doesn't make sense to leave life to fate.

Now 79, 99 the goal,  
I'm captain of my fate, master of my soul.

*For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.*

## Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit [TouchmarkFoundation.org](http://TouchmarkFoundation.org) or call Executive Director Janet Plummer at 800-796-8744.

## Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is "creating intentional community," and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

## Welcome new staff to Resident Services/Security Team



Patrick Reynolds joins the Touchmark staff after having been in the military, which he joined out of high school. He just returned after spending a year in Iraq. He likes to read, write, draw, and play video games. Patrick also likes to play basketball and go fishing.



Touchmark residents and staff decorated the River Lodge for the holidays.



Rusty Diaz has lived in Bend for 13 years and has two sons. They live on an acre with lots of cats, deer, raccoons, and a big dog named Willy. All this keeps her very busy. In her spare time she enjoys gardening, doing crafts, and surfing the Internet.



Once again the women of Touchmark show off their amazing baking skills at the second annual Holiday Cookie Exchange.

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## Holiday highlights to remember

by Beth-Ann Wesley

—Life Enrichment/Wellness Coordinator



Nine Touchmark residents and one staff member participated in Heritage Theater's Senior Scene Night at the Tower Theater in downtown Bend. These thespians studied their lines for weeks before stepping on stage for their performance.

