



Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of the ancient Greeks to the Psychology departments in today’s universities, the conclusions turned out to be the

“I think we are our memories more than we are the sum total of our experiences.”

—Martin Seligman, psychologist and writer

same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life satisfaction in regard to a life well lived and are a high

index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 *Time* magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight

simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life’s joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**
6. **Invest time and energy in friends and family.**
7. **Take care of your body.**
8. **Develop strategies for coping with stress and hardships.**

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging’s *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Touchmark Life Enrichment/Wellness Coordinator Beth-Ann Wesley for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

Enjoy maintenance-free living

by **Mattie Swanson**
—Sales Manager

Sales for Phase II construction have been steady and promise to increase as warmer weather comes to Central Oregon. We currently have a nice selection of sizes, views, and floor plans available in both the North Wing of the Cliff Lodge and the Terrace Lodge.

Check our Web page for information about Touchmark and floor plans on our new phase—TouchmarkBend.com. Contact the Sales Office at 541-383-1414/888-231-1113 or MCS@Touchmark.com for information, appointments, or even a ski report!

Upcoming event
Wednesday, March 21, 8:15 am—Bus leaves for Women's Out to Breakfast at McKay Cottage.

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 March is a humor and laughter poetry feature.

Humor

by **Lucille Bachman**
—Resident at a Touchmark community in Fargo, North Dakota

- Humor
- The dictionary says
- A Whim to gratify
- The Sense of the Ridiculous
- The Joy of Giving Over
- A Twinkle in the Eyes
- A Child's Laugh
- Grandpa's Chuckle

Life Can Be Sweeter, Fuller, and Gratisfy the Spirit of Every Day Because we can Laugh

- Humor
- What a Wonderful Gift
- Think of Life
- Without a Laugh
- A Funny Picture
- A Clown's Face
- One of Mary's Jokes
- How Dull Life Would Be

- I Sat in the Park on a Bench one day
- And Watched the Faces that Passed by
- And I thought Why This is Funny
- And Then I knew
- The World had Given us a Reason to Laugh
- A Wonderful Sense of Humor

For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 19. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

Welcome new bookkeeper Karen Howrey



Born and raised an Oregonian, Karen has lived in Bend for eight years. She also has lived in Naples, Italy, for two years. She has been married to her husband, Steve, for 30 years, and they have two grown daughters. Karen enjoys camping, riding a tandem bicycle with her husband, and snowmobiling.

Discover the Touchmark lifestyle

by Beth-Ann Wesley
—Life Enrichment/Wellness Coordinator

Hearty Walkers



Hearty Walkers pose along the Deschutes River Trail near the new footbridge on a beautifully warm spring-like day. The group walked three miles that day.

Be fit!



Residents wave during a break in one of the Be Fit classes, which are held in the new Cliff Lodge aerobics room. Twenty residents attend regularly—come join them!

A red-heart day



The High Desert Harmonizers were featured guests for the evening Valentine's social hour—compliments of Don and Charlotte Miller.



Mary Jean Bestwick and her grandson, Jesse Sant, at the Ladies Valentine's Day Tea. As a surprise for the women, Mary Jean hired her grandson's singing group from Bend High School to perform. Jesse gave his grandma big hugs and presented her with chocolates and a white rose.



Left to right: Touchmark Bookkeeper Karen Howrey and residents Ruth Reiserer, Pattie Wilson, Pat Edwards, and Mary Thomas wore red to the Valentine's Day Tea.

Outpatient medical and rehabilitative services available at Touchmark

Beginning in March, Touchmark and Bend-area residents will be able to enjoy the convenience of several health services located on the main level of Touchmark's new Cliff Lodge. In addition to Touchmark Home Services (offering certified home health and licensed home care), Alpine Physical Therapy has opened a second location at Touchmark, and

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“Providing these services in one location underscores Touchmark’s commitment to overall health and wellness,” says Touchmark Executive Vice President Tom Biel. “We’re thrilled to work with Bend Memorial Clinic and Alpine Physical Therapy to offer their services to people throughout Deschutes County.”

People see results with rehabilitation

Alpine Physical Therapy has grown quickly, thanks to many satisfied clients and referrals. Physical Therapist Scott Weber owns the company with Rob Hollander, also a physical therapist. The two met at the University of Wisconsin more than 10 years ago. Independently, they found their way to the West Coast. Several years ago, Scott and his wife, Tania Kneuer, a licensed occupational therapist, moved to Bend for the mountain recreation. Rob, in the meantime, landed in Seattle but moved to Bend to work with Scott and Tania.

“We wanted to create a relaxing, healing environment and provide quality service through strong relationships and specialized services,” says Scott, explaining why they launched Alpine a year ago. “Our new location at Touchmark will focus on improving adult mobility and function, while our Northwest Crossing office will continue to provide manual orthopedic care for people of all ages.”

“Our new location at Touchmark will focus on improving adult mobility and function”

Initially, Rob, Scott, and Tania will provide physical and occupational therapy services as needed at the Touchmark location. Scott says that

within a few months, the office will be open Monday through Friday from 8 am to 5 pm. Appointments at other times also may be scheduled. Speech therapy will be added as well as another full-time therapist specializing in geriatrics.

A physician referral is required by Medicare, but some insurance companies do not require a referral for therapy coverage. Alpine Physical Therapy can accept any therapy referrals. For information or to schedule an appointment, call 541-382-5500.

Medical services for people covered by Medicare

Because the Medicare reimbursement rate for rural areas is significantly less than for urban settings, many Bend-area doctors are no longer able to accept new Medicare-eligible patients. To help address this situation, Touchmark and the Bend Memorial Clinic are working together to provide a community health care clinic to serve Medicare patients throughout Central Oregon.

Anita Kolisch, MD, and her nurse will provide ongoing care for patients three days a week at Touchmark: Mondays, Wednesday, and Fridays, 8:30 am to 3 pm. The two will be joined eventually by a nurse practitioner and scheduler. For now, people may call 541-382-4900 to set up an appointment with Dr. Kolisch.

“It’s most rewarding to work with older patients, who require a lot of care but are incredibly grateful”

Since the clinic was announced last year, more than 300 people have established with Dr. Kolisch as their primary doctor. Currently, she is booking appointments two months ahead.

“I’m really excited about this opportunity,” says Dr. Kolisch. “It’s most rewarding to work with older patients, who require a lot of care but are incredibly grateful.”

She emphasizes, however, that the clinic is not set up to be used for urgent or emergent care. “We won’t be able to treat emergencies,” she explains, adding that there won’t be lab services available or the equipment to give IVs.

Dr. Kolisch received her medical degree from Columbia University College of Physicians and Surgeons and did an Internal Medicine residency at Oregon Health Sciences University. She followed that with a research fellowship in

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the University’s Department of Cardiology and worked as a staff physician, mentoring medical students and residents. She then practiced medicine at Kaiser Permanente for six years and served on the Seniors and People with Disabilities Committee. Nearly half of her 1,500 patients there were seniors, she says.

Dr. Kolisch and her husband own a goat farm and have four children ranging in age from 21 months to 14 years. She admits that she has a weakness for tasty, home-cooked food. “My patients have been known to bring me various dishes to try,” she confides.

Touchmark Home Services Administrator Kathryn Hollis-Buchanan works closely with the staff of Bend Memorial Clinic and Alpine Physical Therapy and appreciates the new proximity the three services share. “Each of us may serve the same people at different times; it’s helpful to have easy access for consultations when we’re working with the same doctors and clientele.”

