



The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother’s house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based,

real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Touchmark and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

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A lifestyle and home built for you

by Mattie Swanson
 —Sales Manager

Spring has come to the high desert, and already we are in full swing with selling, preselling, and prerenting the Cliff and Terrace lodges. Sales have been steady through the winter and are expected to increase as the weather warms.

Now is a great time to secure your new home in a magnificent resort retirement community right on the river! We have a wide variety of floor plans, sizes, and service plans available, including wonderful views.

On the resale side, we have a cottage now on the market—1,468 square feet, two bedrooms, two baths and a sunroom, and we have two lodge homes available in the River Lodge. There are lots of fun, exciting happenings at

Touchmark, so give us a call or just drop by—you're always welcome! Contact me: 541-383-1414, 888-231-1113, mcs@touchmark.com, touchmarkbend.com.



Save the date!
National Senior Health & Fitness Day
Wednesday, May 30

Touchmark veterans honored

by **Beth-Ann Wesley**

—Life Enrichment/Wellness Coordinator

In late March, several Touchmark veterans attended the first Veterans Appreciation Day held at the Deschutes County Fairgrounds in Redmond, Oregon. They were invited to a luncheon in their honor and listened to presentations by veterans and high-ranking officials.

Deschutes County commissioners Tammy Baney, Mike Daly, and Dennis Luke took turns thanking veterans for their years of service to our country and to the state of Oregon. The highlight was listening to keynote speaker Ron Young, who was a prisoner of war during Operation Iraqi Freedom. He was shot down over enemy territory while flying his Black Hawk helicopter. The presentations were inspiring, and it was great to honor those who have served in the military.



Touchmark residents and veterans **Bob Kahl (left)** and **Dale Stewart** were awarded the Veterans of Oregon Honorable Service Medal at the recent Veterans Appreciation Day.

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 April is an intergenerational story.

Teetertotter

by **Frances Wagner**

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

*A much used teetertotter there,
Outside our kitchen window,
Where Mother could look out and see
What tricks we kids were into.*

*My little sister always was
More ladylike than I
She didn't want to stay too long
Perched way up in the sky.*

*I never really bounced her hard
When "Mama" might be spying.
I loved her way too much
To want to see her crying.*

*Some eighty years have passed
Since teetertotter days
But sometimes aren't there ups 'n downs
In lots of different ways?*

*No Mother now to watch our play—
The teetertotter gone.
So I must know how high to bounce,
And when I should let down.*

For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

Welcome Mike Leroy to the Touchmark team



Mike joins Touchmark as a technician in Building Maintenance. He has lived in Bend for eight years and has a background in electronic engineering. Mike is married and has two grown children.

He enjoys fly-fishing, camping, reading, doing Sudoku puzzles, riding his bike, golfing, and working out.

suscitation is low, survival rates are as low as two percent.

Even with the addition of the AED, personal health factors remain important, and I would like to remind you of some of the risk factors that could prevent the need for the use of an AED. A well-balanced diet and healthy nutrition; low, managed cholesterol levels; an active, smoke-free lifestyle; and weight management can help prevent heart disease from developing and/or progressing.

Tour of the Deschutes Brewery



Clair Peters (right) investigates a small shaft of hops, which is used to make beer. Residents recently toured the Deschutes Brewery—just in time for St. Paddy's Day.



Left to right: Dick Payne, Charlotte Miller, and Margie Sherman listen intently to the tour guide, who explains what it takes to brew amber and cinder cone ales.

Touchmark Home Services offers training

by **Kathrynn Hollis-Buchanan**
—Administrator, Touchmark Home Services

Touchmark has a new resident—the Automated External Defibrillator (AED), which is located in the lobby of the Cliff Lodge. Since it is important that there are many people trained in its use, Home Services continues to offer complimentary training in CPR, first aid, and AED usage.



The Automated External Defibrillator (AED) is located in the lobby of the Cliff Lodge. Sign up for trainings on how to use the AED and for CPR and first aid classes.

The next scheduled CPR class is Saturday, April 28 from noon to 5 pm.

According to the American Heart Association, patient recovery rates are increased by 15 percent for every minute cut from response time. The statistics are stunning in cities where Emergency Medical Service response time is short. Survival rates rise into the 30-percent range, whereas in cities where bystander cardiopulmonary re-

Hearty Walking Group hikes Shevlin Park



Touchmark's Hearty Walking Group hiked Bend's Shevlin Park. Here the group stops beside Tumalo Creek.

Upcoming events

Monday, April 23, 10 am—Osher Lifelong Learning's Thinking Aloud II. Group topic will be gluttony. Club Room.

Wednesday, April 25, 8:30 am—Women's Out to Breakfast at the Original Pancake House.

