



From research to practice

by **Marge Coalman, EdD**

—Vice President of Wellness & Programs, Touchmark

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”)

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

The most successful transitions for inactive or under-active adults occur when all the factors that contribute

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Touchmark is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Melanie Snow.



You can live here!

by **Mattie Swanson**

—Sales Manager

Summer is coming to the high desert; the water feature is up and running, and geese and ducks are arriving to enjoy the pools and streams. Warmer weather also is bringing lots of visitors to Touchmark, and we have been busy giving tours and answering questions about our spectacular Phase II.

Construction will be completed this summer, and we have a nice selection of floor plans, sizes, and views still available. Many of the Cliff Lodge homes overlook the river with great views of the canyons and buttes. We also have a cottage on the market! We seldom have resale cottages, so this one probably won't last long.

Give us a call for information or to schedule a tour: 888-231-1113, 541-383-1414, MCS@Touchmark.com. This month's e-mail drawing winner is a local gentleman who is looking into Touchmark for his mother, who lives in the San Francisco area.

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Thinking Allowed II meets in June and then takes summer break

Osher Lifelong Learning Institute's Thinking Allowed II will tackle your favorite aphorisms June 4 and June 18. To get the free-ranging discussions started, the group will start with the questions: Do you remember the first one you ever heard, and why are people drawn to this type of proverbial wisdom?

Thinking Allowed at Touchmark will take a break over the summer, but the group will start again in late September. Please send coordinator Helen Vandervort your topic suggestions for the fall. She can be reached at helenv@bendcable.com or 541-388-4858.

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Touchmark welcomes Life Enrichment/Wellness Director Melanie Snow



Melanie was born and raised in Victoria, Texas, and lived there for 28 years. She attended Southwest Texas State University, where she attained her bachelor's degree in Exercise Sports Science and a master's in Physical Education. While in Texas, she worked in corporate fitness at United Services Auto Association in San Antonio.

Melanie met her husband, Casey, in Texas in 2000.

A year later, they married in Maui, Hawaii. Casey is an Oregon native (grew up in Sisters, Oregon), and in 2004, they relocated to the Portland area. While there, Melanie worked as a fitness coordinator for Mary's Woods Retirement Community and then moved to the Lloyd Athletic Club as fitness director/senior advisor. She oversaw the SilverSneakers program, planned events and outings, instructed classes, etc.

The couple then relocated to Bend, Oregon, in 2005 and opened their own business called High Desert Fitness Products. Melanie and Casey have a lovely 2-and-a-half year-old daughter named Tenley.

Melanie plays roller derby for the Lava City Roller Dolls in Bend and also is their endurance coach. She was named MVP and Best Jammer for the 2006 season. Melanie also enjoys all outdoor activities, traveling, scuba diving, and spending as much time as possible with her family.

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International expert speaks to Touchmark staff



"We can have many diseases and conditions—and still be well," says Jan Montague, who has devoted her professional life to wellness and health promotion and "invites people to choose optimism." Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, "I walk, talk, and try to live wellness in all that I do." Ten years ago, she explains, wellness was "a good idea." Five years ago, "we knew wellness was something we should do." Now, the research is overwhelming, and she says, "It's something we must do."

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

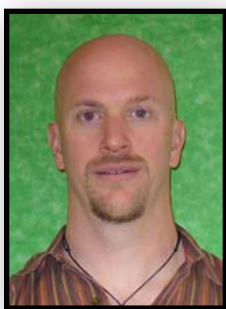
According to Jan, “Wellness will not just happen on its own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system**
- **Maximize individual capacity—do as much as you can**
- **Make sure your “whole person” shows up every day**
- **Take on self-responsibility**
- **Choose optimism**
- **Recognize that life happens and make a decision to be positive**

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

Darrell Henrichs joins Touchmark as executive chef



Darrell grew up in the country just outside of St. Paul, Minnesota, until he was 14. He then moved to Billings, Montana, where he attended high school and started his culinary career.

Darrell’s first job in the food and beverage industry was as a bus-boy at a busy Chinese restaurant,

where he worked his way up to being a waiter. Darrell has always enjoyed cooking and preparing gourmet meals for his friends.

Darrell continued to gain experience, working in different types of restaurants, and he further advanced his career by attending the New England Culinary Institute. “The two-year associate program was an experience of a lifetime,” says Darrell.

Since then, Darrell has worked in restaurants and hotels in Aspen, Santa Barbara, and Portland, and he even owned a bakery in Steamboat Springs, Colorado. He recently joined Touchmark, leaving Bend Golf and Country Club, where he was the executive chef for the past four years. He enjoys the many outdoor activities that Bend has to offer with his partner and best friend, Paris, and their dog, Shasta.

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 May is an article about active living—sports/fitness theme.

For the hugs

by Ray Hall

—Resident at a Touchmark community in Appleton, Wisconsin

My wife and I lived in West Carrollton, Ohio, which is a suburb of Dayton, Ohio. National Cash Register had a transportation-theme park, called Carrillon Park, that was about 7 miles from our home. My wife and I would ride our bikes to that park, enjoy that area, and then ride back home. It was about a 14 mile round trip. We didn’t call it exercise though, we called it recreation because we liked it. We had those bikes four or five years. When I finally gave those bicycles away, the odometer on hers read over 1,000 miles and so did mine, maybe more.

When I first moved here to be by my daughter in December 2001, I’d spend about an hour on the NuStep and then another hour on the stationary bicycle. In more recent years, I’ve switched to using only the stationary bike. It’s easier for me, and I didn’t want to quit entirely, even though I’m 94 years old. I’ve already won awards; I’ve won treats, prizes, and trips out to lunch for my participation

in the Stepping Out exercise program here.

A while back, when we couldn't get out to lunch for a couple of months, I said I'd be just as happy just to get a hug as my reward for exercising. The truth is, even though my doctor told me once he thought exercise was one of the things keeping me going, and I know it keeps my legs strong, I don't do it for any of those reasons. I do it for the hugs.

For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Melanie Snow.

Upcoming events

Wednesday, May 9, 10 am—Cycling Group. Around Bend.

Thursday, May 10, 8:30 am—Men's Out to Breakfast at Original Pancake House.

Wednesday, May 16, 10 am—Ladies Red Hat Tea.

Wednesday, May 16, 6 pm—Resident dinner with Bob Wells & Crew. River Lodge Club Room.

Wednesday, May 23, 10 am—Cycling Group. Sunriver.

Friday, May 25, 9 am—Hearty Hiking at Wizard Falls Fish Hatchery (2 ½ miles).

Wednesday, May 30, 10:30 am—National Senior Health & Fitness Day with Alpine mountain climber Robert Speik. See flyer for more details.



Learning about Nike

by **Beth-Ann Wesley**
—Life Enrichment/Wellness Coordinator

By invitation of Touchmark resident Jean Dillard, who is a member of the Sunriver Book Club, we had the privilege of receiving a visit from Bend resident Teresa Bowerman, the daughter-in-law of the late Bill Bowerman. Teresa came to share family stories and information about this great man, coach, and father, who was cofounder of Nike with Phil Knight.



Teresa Bowerman shares about her father-in-law, Bill Bowerman, who was cofounder of Nike with Phil Knight.



Memorabilia about Nike and Bill Bowerman. The event coincides with this month's Deschutes County Novel Idea: *Bowerman, The Men of Oregon*, written by Kenny Moore.

Scholarship recipient aims for nursing career



Resident Council Chairman Jim Goddard congratulates Sandy Pickle of Bend, Oregon, on receiving a Touchmark Foundation Scholarship. Sandy attends Central Oregon Community College in Bend. Her previous medical experience as an emergency medical technician sparked her interest in pursuing a nursing education.

Look what's happening at Touchmark!



Building Services started the water feature this month. Along with residents and staff, our feathered friend seems to be very happy.



Touchmark residents Paul and Margaret Shively show off their new mode of transportation.



A day trip to Warm Springs Indian Museum began with heavy downpours, but as the group headed east to Kah-Nee-Ta, there was sunshine. Everyone stopped at the high desert resort for a delicious lunch and a few played some games at the casino.



Resident Bill McDonald captures a beautiful photo of the first spring blossoms near the River Lodge sign.



Recently, the Hearty Walkers enjoyed a walk to the Deschutes River and back to Dillon Falls. The sky was blue, with the snow-covered tip of Mt. Bachelor peaking in the background. The group spotted a herd of 30 elk grazing in the meadow and a coyote in the distance. Everyone said it was a beautiful hike.



Hearty Walkers walk over the River Lodge Skywalk and start another walking adventure. The group will walk at Wizard Falls Fish Hatchery this month.

