



Building intentional community

by Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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—*Maya Angelou, poet*

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with

others he/she has not met before (in most cases), and share many community spaces, such a dining room, library, and fitness area.

During my travels as vice president of Wellness & Programs, I visit all of Touchmark’s communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It**

may even be a different time zone and climate.

- **Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.**
- **People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.**
- **The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”**

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Melanie Snow. You are invited to be an architect of this intentional community.

Discover a new home—and lifestyle

by **Mattie Swanson**
—Sales Manager

Summer is a busy time in the Touchmark Sales office. The River Lodge is now sold out, and the South Wing of the Cliff Lodge has only three lodge homes left. But it's not too late—we still have excellent choices in the Terrace Lodge, which will open in June, and in the North Wing of the Cliff Lodge, opening in September. We also have one cottage available, but we don't expect it to be on the market for long. Contact us at 888-231-1113, 541-383-1414, or BendSales@Touchmark.com for more information or to schedule a tour. Don't miss out on the opportunity to join this magnificent community!

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Participate in the River Trail Ramble

by **Melanie Snow**
—Life Enrichment/Wellness Director

Once again, it's time to support The Bend Metro Park and Recreation District with the River Trail Ramble. Imagine ... a continuous river trail all through Bend that connects to the Bend Urban Trail System and Forest Service trails. The River Trail offers great opportunities to get outdoor exercise and become one with nature. This year's event will take place Saturday, June 16 at 9 am in Sawyer Park.

Distance: one to three miles

Registration: Forms and waivers for the walk are located in the Life Enrichment/Wellness sign-up binders. Binders are located in the River Lodge library and the Cliff Lodge (to the left of the front desk).

Departure: Bus and van service will be available on the day of the River Trail Ramble, starting at 8 am, leaving from the River Lodge and continuing on to the cottage homes and Cliff Lodge. Participants who need a ride can sign up in the River and Cliff lodges or let me (Melanie) or Beth-Ann know.

Cost: Adult: \$20. Adult 60-plus: \$15.

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 June is an "I remember when ..." nostalgic story.

I Remember When ...

by **Betty Cass**
—Resident

I Remember When (growing up)

- An ice-cream man came down our street.
- The grocery man brought groceries to our door.
- Aspirin was the only pill we took.
- 25 cents was a big allowance (if you got one).
- We always "dressed up" for church.
- I made paper dolls out of the people in the Sears catalog.

I Remember When (later)

- In college, Bill had a car with a rumble seat and a boarded up window.
- I sent my laundry home for mom to do.
- The movies included a "newsreel."

I Remember When (still later)

- I had five kids and washed every diaper.
- Phone calls to our folks were every other week (We lived in seven states!).
- I typed a letter every week to our folks and our brothers (I typed on a typewriter that would, of course, be an antique today).
- All our kids were toilet-trained by the time they were 2 or soon after and stayed in a playpen until they could climb out ... and guess what? They didn't mind at all!

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Melanie Snow.

Upcoming events

Saturday, June 16, 9 am—River Trail Ramble at Sawyer Park.

Friday, June 22 and Saturday, June 23—Touchmark Home Services participates in Relay for Life. Central Oregon Community College.

Monday, June 25, 2 pm—Chapel of Love celebration of weddings. Residents are invited to bring their favorite wedding photos and memorabilia to share. Come enjoy cake, stories, and music. Terrace Lodge multipurpose room.

Do you have shoulder pain?

by Rob Hollander

—Co-owner of Alpine Physical Therapy

- Do you have pain on the outside of your upper arm?
- Does it hurt to raise or lower your arm above shoulder level?
- Does the intensity of your shoulder pain increase with activity, as the day progresses?

If you have the above symptoms, chances are you may have a condition known as rotator cuff tendonitis. The rotator cuff is a group of four muscles that attach from the shoulder blade and surround the upper part of the shoulder joint. These muscles are responsible for keeping the shoulder joint stable as well as moving the arm throughout its range of motion. Oftentimes, the tendon of one or more of the muscles can become inflamed, resulting in tendonitis and pain.

It is important to recognize, though, that other conditions may mimic rotator cuff pain and a medical consult is often necessary to confirm rotator cuff involvement.

Symptoms: The onset of rotator cuff tendonitis usually occurs gradually over time, but it also may result from an acute injury. The pain most often occurs over the outside of the upper arm and may progress to both the front and back of the shoulder, as well. Pain will occur during midrange when you reach out to the side or overhead. The front of the shoulder may become swollen and tender, and in severe cases, you may be unable to lift your arm in any direction.

Causes: The most common cause of rotator cuff tendonitis occurs as a result of both weakness and lack of proper flexibility of one or more structures of the shoulder and upper arm. When you have loss of strength or lack of flexibility, additional stresses are placed on the remaining structures of the shoulder, leading to inflammation. In addition, lack of flexibility and weakness can lead to a condition known as impingement, where the tendons of the cuff become pinched against a bone of the shoulder blade known as the acromion. Over time, the repetitive pinching that occurs with reaching and lifting leads to irritation and may result in inflammation and wearing down of the tendon. A further contributor to impingement is poor neck and upper-body posture.



Weakness and lack of flexibility in the shoulder and upper arm can lead to shoulder pain. Keep your golf game “on par” by trying the shoulder exercises featured in this article.

What can be done? There are many options available to treat shoulder pain. The first step is to identify what factors led to pain. Proper posture and range of motion stretching are important to restore proper shoulder mechanics. Following this article are some samples of beginning stretches to perform. A recovering joint also needs periods of rest to allow for repair. Avoid sleeping on the involved side and ice daily. If pain persists, physical therapy can help identify any joint restrictions or areas of weakness and help restore proper joint function.

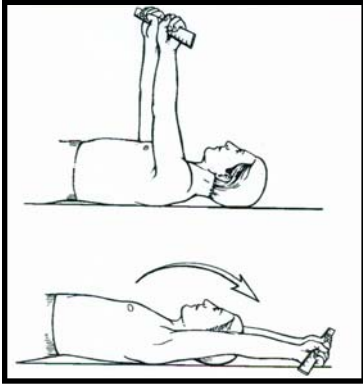
If you have any questions, feel free to contact Scott or me at Alpine Physical Therapy at 541-382-5500. We are currently staffing the Touchmark Clinic on Mondays and Wednesday afternoons and will be increasing the hours in the future.

Shoulder exercises

The following exercises can help maintain proper shoulder flexibility and strength. Stretching should be performed within comfort throughout the available range. Exercises can be performed twice a day at 10 repetitions each.

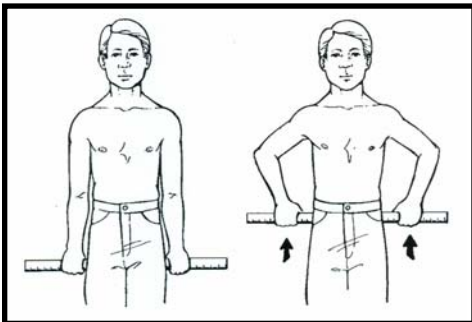
Exercise One – Shoulder Flexion

1. Lie on back, holding stick with both hands.
2. Raise both hands overhead so that you feel a stretch.



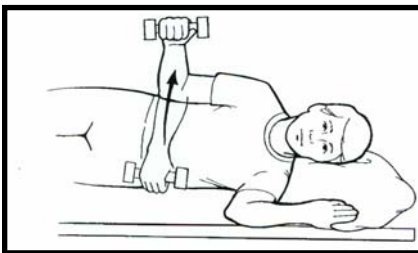
Exercise Two – Shoulder Internal Rotation

1. Grasp yard stick (or golf club) behind back, as shown.
2. Slide stick up back so that you feel a stretch.



Exercise Three – Shoulder External Rotation

1. Hold a light weight in your hand.
2. Lie on side so that arm holding weight is on top.
3. Rotate arm upward, keeping elbow bent, as shown.



Touchmark welcomes Scott Carpenter to Sales team



Scott joined the Sales team as part-time Sales associate. His background is in management and finance. Scott was the head of a Los Angeles branch for a national security company, and he has worked as a homebuilder and developer of subdivisions in Sisters, Oregon. Scott was born and raised in Portland, Oregon, and met his wife, Anna Maria, while studying in Italy. He and Anna Maria moved to Bend in November. Scott likes mountain biking and jogging.

Welcome Cathy Allen to Touchmark



Cathy joins Touchmark as a sales/office assistant. She was born in Salem, Oregon, lived in Alaska and Seattle, and settled in Bend two years ago. She has worked for the University of Washington Business School, the Foundation for the Future, and Overlake Hospital Senior Health Center as a clinic registrar. Cathy loves cats, especially her two cats, Hazel and Max. She enjoys dancing, aerobics, reading, attending musical events, and having coffee with friends.

A happiness bank account can last a lifetime!

by Jim Goddard
—Resident

Have you wondered how some people wake up each day with a sense of joy and purpose, no matter their circumstances? Did you know happiness is something you decide ahead of time? Whether I like my home or not, it is not a matter of how the furniture is arranged ... it's how I arrange my mind. Happy people have already decided to love it!

It's an important decision we make each day. We have a choice; we can spend the day recounting the difficulty we have with body parts that no longer work well or get out of bed and be thankful for the ones that do.

Each day is a gift—perhaps that is why we call it the present. Make the most of each day, and cherish the positive memories. Aging is like a bank account. You can withdraw from the memories that you have deposited. It is good advice to deposit plenty of quality memories and good deeds.

Five simple rules to be happy:

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less

Editor's note: This article includes information that can be found on various sites online.

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May highlights



The Touchmark ladies show off their red hats for the annual Red Hat Spring Tea. Life Enrichment/Wellness Director Melanie Snow poses with the group (in red striped shirt).



A group works in the River Lodge kitchen and prepares for the last scheduled Bob Wells Dinner. "It has been three good years of fun," shares Life Enrichment/Wellness Coordinator Beth-Ann Wesley (far right). Resident chefs included (from left) Frank Allen, Bob Kahl, Touchmark Executive Chef Darrell Henrichs, and Bob Wells.



The Touchmark Hearty Walking group crosses the river and heads to the Old Mill on a beautiful sunny Central Oregon day. Snow-capped Mt. Bachelor and the Three Sisters are in the background.

