



We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War 1” were recognized and interviewed. Those who are still alive are scattered around the world, and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War 1 veteran Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007) died at 115 and is the oldest authenticated veteran from any conflict. How amazing that someone could survive through all the

health epidemics, storms, disasters, and challenges the last 115 years have presented to the human species.

In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counterparts did in

“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”

.....
 —Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on centenarians still working

his lifetime. Improved health and sanitation, immunization, access to better shelter, and more abundant food have increased the average adult’s lifetime to the late seventies.

The percentage of people over the age of 100 in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 ever. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Touchmark is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Melanie Snow. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.



Be part of Touchmark’s community

by **Mattie Swanson**
 —Sales Manager

The Terrace Lodge is open! Current residents are enjoying restaurant-style dining in the Four Seasons Dining Room, and new Terrace Lodge residents are moving in. The Sales office is now in the Terrace Lodge with a new Discovery Room to help introduce our wonderful lifestyle to people thinking of join the community.

We have a nice variety of floor plans available in the Terrace Lodge and in the North Wing of the Cliff Lodge. We also have one cottage on the market.

Contact us at 888-231-1113, 541-383-1414, or BendSales@Touchmark.com for more information or to schedule a tour—or just drop by. This month's e-mail winner is a gentleman from the Oregon Coast, who is looking for drier weather!

Visiting Patterson Elk Ranch

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

In June, we took a trip to the Patterson Elk Ranch in Sisters, Oregon. We enjoyed a private tour of the 360-plus-acre ranch that lies in the shadow of the Three Sisters mountains and is home to a herd of Rocky Mountain elk. The bull elk were a sight to see, as they lay in the grass away from the wind with their beautiful velvet-covered racks peaking over the tall blades of grass.

At this time, the ranch had 13 elk calves, but they unfortunately stayed hidden in the grass and decided not to come out and play or feed. We were lucky enough to see a calving elk but took extra care in making sure our presence wasn't stressful to her.

At the end of our trip, we had the chance to feed Bubbles,



Emmy Lou Owen shares her peanuts with Bubbles, the camel, at the Patterson Elk Ranch in Sisters, Oregon. James, the goat, tries to interfere and grab the peanuts.

the camel, and James, the goat. Bubbles and James were delightful and were very happy that we had peanuts for them. Bubbles was so happy that she started jumping around, which was fun to see. She definitely brought a smile to everyone's face.



The bull elk at Patterson Elk Ranch.

Touchmark Home Services welcomes new director of Professional Services

Pat Richardson relocated to Bend after spending 34 years in Santa Barbara, California. Her move here was prompted by her love of outdoor activities available in Central Oregon and the opportunity to be near several family members.



Welcome Pat Richardson as Touchmark Home Services Director of Professional Services.

She has been in the home health field for 23 years and brings much personality and experience. She has spent the past 16 years as a registered nurse case manager, community liaison, nursing supervisor, and director of Professional Services for Community Home Health in Santa Barbara. She is IV and chemotherapy certified and received her case management certification from University of California, Los Angeles.

“I’m looking forward to many new experiences here at Touchmark and in Bend,” says Pat. Pat has two grown sons, one in Austin, Texas, and the other in Santa Barbara, California. Murphy is her 1-year-old Wheaton Terrier, and she calls him her “companion and conundrum.”

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 July is a poem featuring patriotism and community service.

Celebrate fitness

by **Melanie Snow**

—**Life Enrichment/Wellness Director**

National Senior Health & Fitness Day was celebrated once again on a beautiful, sunny day. We enjoyed this special day by listening to a local mountain guide and outdoorsman Bob Speik (pronounced Spike) talk about safety and adventure in the out-of-doors. Bob instructed us on the benefits of staying active with a variety of exercise, such as light walking to mountaineering. He also discussed compass and GPS usage, the amount and types of clothing to bring when hiking, and tips on how to stay safe in all types of weather and conditions.

Following Bob’s presentation, we gathered for food, drinks, and door-prize drawings. Last—but certainly not least—we enjoyed the beautiful Central Oregon weather by taking a light walk on the River Trail. All in all, we had a great turnout, and we look forward to another year of being healthy and happy.



National Senior Health & Fitness Day speaker Bob Speik (second from left) joined residents for a nice stroll along the River Trail.

What patriotism means to me

by **Annis Oetinger**

—**Resident**

My feelings about patriotism are well expressed in a lovely hymn, *This Is My Song*. It says that this is my country, my home, where my hopes and dreams are and [speaks] about the beauty of our country. It also tells us that other people in other lands feel the same way about their home countries. We love our own country and respect that love in others for their homes.

For August, please submit a recipe with a story. Deadline for this issue is July 13. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Melanie Snow.

It’s picnic time!

Thanks to the efforts of two Touchmark residents, the people of Bend can unpack their picnic baskets and relish the scenic beauty of the Deschutes River. A new table with attached benches now rests along the River Trail, replacing an old table that had all but collapsed, the wood rotted from years of exposure and use.

“This is going to benefit the broader community,” says Dave Thomas, who conceived the notion of a gift to river visitors. “I look for synergism, and there was a nice opportunity to provide a new table.” He is thrilled that people already are using it.

People are able to sit and savor the natural setting because of Bob Kahl’s handiwork. An architect for more than 35 years, he took Dave’s idea and designed and built the table. The framework is constructed of fir, while the tabletop and benches are comprised of Trex®, a composite made of plastic and wood that avoids rotting and splintering. Touchmark provided the materials.

“It took four to five days to build in my spare time,” says

Bob. He points out that it required a tractor to carry the heavy structure to its new location. Bob previously had made a picnic table that sits several hundred yards from the river on Touchmark's property. "I think the one by the riverbank will be used a lot," he says.

Indeed, countless people hike the River Trail; now they'll be able to sit by the clear, rushing water and enjoy a leisurely picnic—thanks to the talents and community spirit of Touchmark's residents.



Touchmark Executive Vice President Tom Biel uncorks some bubbly to celebrate the placement of a new picnic table along the banks of the Deschutes River. Residents and staff who played a role in creating and moving the table participated in the occasion.



Resident Dave Thomas, who came up with the idea of providing the new picnic set, used a wood-burning pen and wood chisel to carve Touchmark's logo onto the table's top.

Upcoming events

Wednesday, July 11, 10 am—High Desert Museum.

Thursday, July 19, 1 pm—Bowling at Lava Lanes.

Wednesday, July 25, 1 pm—Ice-Cream Social and Sing-along. River Lodge Great Room.

Monday, July 30, 1 pm—Guest speaker and publisher of *The Nugget Newspaper* in Sisters, Oregon, Eric Dolson. Terrace Lodge Forum.

July highlights



Resident "Sam" Seidenverg (left) and Touchmark Executive Director Tom Biel are pictured with the lovely bronze sculpture of a doe and her fawn, which Sam donated to Touchmark. The artwork was placed in the River Lodge roundabout.

July highlights (cont.)



The Hearty Walkers trek through Metolius Meadow.



Executive Chef Darrell Henrichs at the Iron Chef competition.



Kirby Nagelhout Construction Company staff were invited to gather for a private lunch in the new Four Seasons Dining Room in recognition of their hard work on Touchmark's Terrace Lodge construction.



Executive Chef Darrell Henrichs serves his dish to the judges at the Iron Chef competition, which is part of the annual Bite of Bend celebration. Darrell, who was the 2006 Iron Chef Winner, competed all the way to the finals.

