



Leisure—it’s more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

“Leisure is a form of silence, not noiselessness. It is the silence of contemplation such as occurs when we let our minds rest on a rosebud, a child at play, a Divine mystery, or a waterfall.”

—Bishop Fulton A. Sheen

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald’s Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says

to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn’t reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren’t on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen’s quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Touchmark, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Melanie Snow about how they define leisure—both individually and collectively.

.....

Terrace Lodge now available

The Terrace Lodge is now open, and restaurants, the hair salon, Umpqua bank, and the performing arts center are all in full swing!

The first residents have moved in and are getting settled into their new community. There are stunning lodge homes available in the Terrace Lodge, and you can choose from a variety of floor plans. We have one cottage resale available, and the North Wing of the Cliff Lodge opens in September, offering spectacular river views.

This month's e-mail drawing winner is a San Diego woman, who is considering relocating to Bend, Oregon.

Summer is a great time to be out and about, so come by and see the new Terrace Lodge and join us for lunch! If you have questions, please call the Sales office at 541-383-1414 or 888-231-1113.

Catch a film Saturday night

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

If you haven't had a chance to watch a Saturday night movie in the Terrace Lodge Forum, I invite you to join the fun. We show a wide range of movies and are open to movie suggestions. The Forum has surround sound and a drop-down screen that allows for a movie theater experience without the movie theater prices.

August Saturday movie nights at 7 pm in the Terrace Lodge Forum

August 18—*A Beautiful Mind*
August 25—*Catch Me If You Can*

Experience BendFilm documentaries

Touchmark will show a documentary from previous BendFilm festivals once a month, leading up to The BendFilm Festival in October. *Art from the Streets* aired in July and was a success.

View amazing nature film

This month, we have been featuring the *Planet Earth* series in the Forum, and we'll continue to show a 45-to-60-minute *Planet Earth* episode every Tuesday at 1 pm through August and September. The film's Web site explains that viewers can enjoy "never-before-seen animal behaviors, startling views of locations captured by cameras for the first time, and unprecedented high-definition production techniques." Featured episodes are titled: *Pole to Pole, Mountains, Deep Ocean, Deserts, Ice World, Shallow Sea, Great Plains, Jungles, Fresh Water, and Seasonal Forests and Caves*. The Forum is a great place to watch these

amazing episodes and to capture the true beauty of our planet Earth.

Guests and family members are invited to join us for these movie events. To request a specific movie, please contact me in the Terrace Lodge at ext. 4159.

.....

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 August is a recipe with a story.

Culinary secrets

by **Edna Alden**
—Resident

I grew up in Connecticut, married my husband, then we moved to Florida. When he had returned from the war, we moved to Butte, Montana. It was a culture shock, but we just grew to love the wide-open town. There were slot machines in the grocery stores that would take a penny, so the kids could gamble.



Edna holds her favorite well-used bean pot, which she uses to make her classic New-England-style baked beans.

This is where I learned to make Pasties (pastry). The miners would take them down into the mines for their lunch and eat them cold, so they had something substantial and hearty to eat. The mixture is kind of like what you would use to make stew. Before our firstborn arrived, we moved to Kalispell, Montana, near

Glacier National Park. It was beautiful.

My Shoepeg Salad recipe hails from New England, where I grew up. It's a hearty blended salad with lots of flavor. Shoepeg corn is a bit larger than regular corn and kind of pointy; I think that is why they called it "shoepeg." When I moved west, I wasn't sure I would find it. Sure enough, I did.

My husband's favorite meal was Boston Baked Beans. I had to soak them the night before, and then, of course, I had to use my husband's "special brown bean pot" to serve them in. We come from your standard New England stock. My mother always made baked beans on Sunday, and his mother made hers on Saturday. When he and his brother were small, his mother, who was widowed, had to make ends meet, so she made baked beans, and the boys went around to sell them. I think that was why it was his favorite meal, because he had worked so hard to sell them.

I loved to cook, and making special meals for my family was one of my favorite things to do. When our family moved north to Anchorage, Alaska, and our family grew in size, favorite meals always included homemade biscuits, breads, and sourdough pancakes, which became a specialty in my home.

Edna Alden's Pasties (pastry) Recipe

- 1/2 lb. beef
- 1 large potato—diced
- 1 onion—chopped
- 1 celery rib—chopped
- Salt and pepper

Cut pastry in shaped circles, using round cutter or glass. Place meat and vegetable mixture on half of pastry circle. Fold and seal. Bake at 425 degrees for 10 minutes. Then bake at 350 degrees for 30 minutes. Use meat trimmings to make gravy and serve over baked pasties.

Edna's Shoepeg Salad

- 1 can Shoepeg white corn
- 1 can fresh cut green beans
- 1 can small peas
- 1 cup chopped celery
- 1 cup chopped onion
- 1 large chopped green pepper
- 1 cup diced pimento or red pepper
- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/2 tsp. pepper

1 tsp. salt

Drain liquid from canned vegetables. Add remaining vegetables. Toss together and chill. It's always better the next day.

Edna shared these stories and recipes with Life Enrichment/Wellness Coordinator Beth-Ann Wesley, who helped compose this article.

For September, please submit a book review of your favorite book. Deadline for this issue is August 22. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Melanie Snow.

.....

Welcome new staff



Jordan Pearce

Jordan joins the Touchmark staff as summer help in our Resident Services/Security department. She will be starting the nursing program at Central Oregon Community College this fall.

Jordan grew up in Hillsboro, Oregon, went to college in Texas, and moved to Bend in December. She stays busy with her seven-month-old daughter, Alexa, and riding horses.

.....

Touchmark's Umpqua Bank branch is here to serve you

Resident Annis Oetinger wrote the following article.

Money—a vital part of life as we know it. Money comes and goes, and the new Touchmark branch of Umpqua Bank is here to help. The office is just down the hall from the main lobby. You'll recognize it by the table at the door with coffee every day and cookies on Friday. The coffee is a special blend made just for Umpqua Bank by a company in Roseburg, Oregon.

People often wonder about the Roseburg and Umpqua connection. In 1953, the bank was founded in Roseburg in southwestern Oregon near the Umpqua River, one of the

most scenic rivers in the state. Today, the company operates numerous branches around the state and emphasizes customer service.

A Touchmark representative is ready and able to help. It will most likely be Megan or Warren who will help you open an account, cash a check, arrange for a safe deposit box or CDs, provide traveler's or cashier's checks, set up a line of credit, or obtain foreign currency. They also can arrange for mortgage or loan specialist to help those who deal with a full-range broker and mutual fund organization.

If you're thinking of grandchildren, they can provide savings bonds. They can provide notary service, checkbooks, and savings account books. As you can tell, the Touchmark branch of Umpqua Bank is a full-service bank.

Stop by, enjoy a cup of coffee, a Friday cookie, and get acquainted with the help you can find in managing all your money needs. The branch is open Monday, Wednesday, and Friday from 9 am to 1 pm.

Upcoming events

Saturday, August 18, 7 pm—Movie night in Terrace Lodge Forum. *A Beautiful Mind*.

Thursday, August 23, 1 pm—Bowling at Lava Lanes.

Saturday, August 25, 7 pm—Movie night in Terrace Lodge Forum. *Catch Me If You Can*.

“... In the midst of caring people”

Resident Shirley Furst shared the following story.

Waking at 3 am with a stomachache that I was certain needed rapid attention, I was struck by a new reality in my life. I was alone, and thought I had to handle the situation myself, but briefly, I contacted Jay Smith, a member of the Resident Services/Security staff, on night duty at the desk. He came and contacted 9-1-1 at my request. They arrived promptly and agreed that I should go by ambulance to St. Charles Medical Center, where I was given excellent care, and the rest is history.

I tell this mundane story to share my relief and reassurance that such appropriate assistance was available and provided so well. It is a great comfort to know that should the

need arise again, care is quickly and competently at hand. Others of you might find yourselves in similar situations, and this is to reassure you that you can expect to have your needs met. Being alone, perhaps for the first time like I was, will not be a cause for fear or anxiety.

The concern that was displayed at the time was equaled by the cards, calls, and tokens of assurance that I received from the staff and many friends and neighbors. It was all a demonstration of why I moved to Touchmark in the first place—to not be alone, to feel in the midst of caring people.

Rare pines find new home at Touchmark

Recently 63 residents of Touchmark and the Bend area attended a unique presentation and unveiling in the new Terrace Lodge. Attendees viewed two Wollemi pines and learned from Oregon State University Dean of the College of Forestry Hal Salwasser about climate changes and these rare trees. The event was covered by KTVZ television and featured in *The Bend Bulletin*.

According to National Geographic, the Wollemi pine is one of the oldest and rarest tree species. Part of a 200-million-year-old plant family, it was thought to have been extinct for more than two million years and was known only through fossil records. In 1994, a field officer with the National Parks and Wildlife Service, David Noble, was exploring a deep, wild canyon in Australia's Wollemi National Park when he came upon a strange-looking tree with bubbly bark. Subsequent explorations found about 100 adult trees. Shortly after the discovery, botanists and others decided to keep the exact location a secret in order to protect the trees.

Working with a coalition of interested parties, National Geographic sells cuttings to help preserve the “living fossils,” as the unusual trees are known, as well as conserve other endangered plant species.

Touchmark resident Wayne Gaskins learned about the trees last fall when he read a short article in *The Bend Bulletin* and purchased two: one for himself and one as a gift to Touchmark. Wayne gave his tree to the dean, and it now resides at the College of Forestry in Corvallis. “I hope the many students get some enjoyment out of it being

available, once they know the history.”

Wayne is a retired forester. He worked for the Bureau of Land Management for a short while. From 1959 to 1992, he worked for the Western Forest Industries Association, which is a timber trade association. There, he lobbied for good practices in forests, working with industry and governmental representatives and traveling from the Black Hills of South Dakota, to Alaska, and Arizona.

Touchmark also purchased another tree to mark completion of the Cliff and Terrace lodges. Currently, the trees are about 12 inches tall; they grow about three feet a year.

“Once they’re about six feet, we’ll use bonsai techniques to keep them a manageable height, since they’ll need to be kept in Touchmark’s new greenhouse during our winters here,” says Wayne.

“What’s most important is to keep species from becoming extinct,” Wayne stresses. “This particular tree was thought to be extinct, and we now have the opportunity to protect it from real extinction.” Wayne believes there are only a few Wollemi pines in Central Oregon, including the three now at Touchmark.

Stop by Touchmark to view the “living fossils.”



The walking group takes a break and sips coffee together at Bella Cucina Italian Cafe at the Old Mill.



Resident Burns Srigley set up and shared his Independence Day miniature-train set for residents to enjoy in the River Lodge.

.....

August highlights



Touchmark bowlers attended the very first Touchmark bowling excursion. From left: Ken MacDonald, Dorothy MacDonald, Marilyn Barudoni, and Joann Sherrill stand ready to bowl. Be sure to sign up for the next Lava Lanes bowling adventure on Thursday, August 23.

