



People can affect onset of progressive memory loss

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer’s disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is “if it’s good for the heart it is good for the brain.”

“Older adults have more control over their cognitive vitality than they may realize.”

—Elizabeth Stine-Morrow,
Professor of Educational Psychology,
University of Illinois

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of

intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain’s region for new learning), difficult crossword puzzles, and challenges like Sudoku

are definitively linked to brain cell growth and enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow’s research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don’t need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Touchmark are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Melanie Snow.

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Join the Touchmark community today!

The Terrace Lodge has been open a full month and interest has been keen! The Sales staff have been busy giving tours and answering questions about the community while other staff members have been hard at work helping people

move in. To add to the excitement, the North Wing of the Cliff Lodge will open this month, making the Cliff Lodge complete. The North Wing has first-rate choices as does the Terrace Lodge.

And, amazingly enough, Touchmark still has one cottage on the market. Stop by for a tour anytime you are in the area or give the Sales team a call and plan to join us for lunch.

Congratulations to this month's e-mail winner from Gresham, Oregon, who is considering relocating to Touchmark. Please contact Sales by calling 541-383-1414 or e-mailing Bendsales@Touchmark.com. Also, visit Touchmark's Web site at TouchmarkBend.com.

Touchmark offers new fitness class

Some residents already are familiar with the new fitness class Silver Fit that is now offered Mondays and Wednesdays at 10 am in the Cliff Lodge aerobics room. If you haven't had a chance to try it out, come join the fun. Life Enrichment/Wellness Director Melanie Snow leads this 45-minute class.

Silver Fit is a seated/standing class that focuses on good posture, muscular endurance and strength, balance, coordination, and flexibility. Hand weights, resistance bands, and hand-held balls are used for resistance.

Silver Fit is designed for all levels of participants, and the group gradually progresses to more challenging moves once people have gained confidence and strength. Modifications are shown for each activity, so all people can participate. The class starts with a five- to 10-minute warmup, followed by stretching of the major muscle groups. During the class, people focus on posture and proper breathing techniques while exercising. Good posture and core strength are essential to the proper execution of all daily movements and activities.

The next 20 minutes of class are geared toward range of motion and strength while using various resistance modalities. The group works on grip strength, range of motion in the wrists, ankles, and other joints, lower- and upper-body strength, reaction time, and hand-eye coordination. During the next 10 minutes, people do a standing workout, focusing on balance, coordination, and agility.

Light choreography is used to enhance movement from side to side, forward and back, and to alternate body weight from one leg to the other. If needed, people can use the chair back for balance and support.

The last five minutes are devoted to flexibility and relaxation techniques, using soothing yoga music; deep, slow breathing; and full-body stretches.

Silver Fit is a great class for anyone and complements the Be Fit class on Tuesdays and Thursdays with Life Enrichment/Wellness Coordinator Beth-Ann Wesley.

Try both classes and see which one fits your needs the best—or attend both. The most important part of any fitness program is to take it at your own pace. If you have any questions about the fitness classes, please feel free to call Melanie.

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 September is a book review of your favorite book.

Birdsong by Sebastian Faulks

by Shirley Furst
—Resident

Birdsong is a gripping story of love and relationships before, during, and after World War I. It begins in 1910 and ends in 1979. The main characters are Stephen Wraysford, Isabelle Azaire, Isabelle's sister Jeanne, and granddaughter Elizabeth. They and the Azaire family are the actors who create the environment in which the ill-fated love story takes place. The main influence on all of them is World War I. Stephen is in France throughout the war, where most of the plot is located. The love story, while very significant to their lives, is a minor part of the action. It sets the stage for Stephen's emotional condition and behavior as he takes part in the military activities and influences his recovery.

All aspects of this story are well written and compelling. The love story and its aftermath seem believable and realistic for that era. The descriptions of the trench warfare are vivid and engrossing. The interactions and relationships among the men who fight and die together are completely

realistic, and one feels totally invested in their lives and ultimate fates. As I read it, I was both repelled by and absorbed in the detailed descriptions of the way the war was fought and the effect that it had on all of the men involved.

World War I [sometimes] has been described as a ... badly planned war. This book describes the truth of this evaluation better than any book or film. It is a very well-written, engrossing story of the era and the effects it had on the people directly and indirectly involved in the primary event of the early 20th century. I recommend *Songbird* to anyone looking for an absorbing read, bearing in mind that the descriptions of the tragedy of World War I are disturbing in their reality.

For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Melanie Snow.

Do you enjoy deep conversation?

Thinking Allowed II resumes Monday, October 1 in the fourth-floor Club Room of the River Lodge. The sessions are at 10 am and will be held the first and third Mondays through Monday, December 17, and newcomers are welcome.

Participants of the first gathering will decide on a theme or list of topics they wish to discuss this fall. The current list of suggestions includes:

- *What brings meaning to your life?*
- *What makes you laugh?*
- *What is the soul?*
- *The human condition as seen through foibles and character flaws.*
- *If I were the president, the first thing I'd do is ...*

Participants are encouraged to bring a show-and-tell item that would be of interest to the group and could be used to start a discussion. Past objects have included African art, a Cornish Piskie, and one of the first computer chips. For more information, contact Helen Vandervort at 541-388-4858.

Get stylish at the salon

Resident Annis Oetinger wrote the following article.

A bad hair day can easily be fixed now that Jana, Danielle, and Sally are staffing the beauty salon and barber shop in the Terrace Lodge. They're located just down the hall from the main entrance and will welcome you with cookies and coffee.

Appointments are advised, but drop-ins also are welcome. The shop is open Monday through Friday from 10 am to 5 pm and Saturdays from 10 am to 2 pm. All the services and beauty products you might need are available, including haircuts, perms, and color. Sally does manicures and pedicures as well as haircuts, and Danielle and Sally both do facials. A price list is available at their desk. Jana also has started a small boutique of jewelry, wallets, and purses and plans to increase the range of merchandise. Jana wants to create a cozy atmosphere so everyone will feel welcome and enjoy using this newest addition to the Touchmark community. Feel free to stop by and get acquainted.

Upcoming events

Tuesday, September 11, 5 to 7 pm—Birthday dinner. Four Seasons.

Wednesday, September 12, 1 to 3 pm—Fashion show. Terrace Lodge Forum.

Thursday, September 20, 2:30 to 4:30 pm—Resident-staff potluck picnic in the Terrace Lodge courtyard. Local musician Lindy Gravelle will play, and we'll also have bocce ball set up.

Tuesday, September 25, 6 pm—BendFilm night. Show up early for popcorn and soda. The show starts at 7 pm. Terrace Lodge Forum.

Touchmark sponsors conference

Touchmark is a sponsor for the fifth-annual Cascade Conference on Successful Aging, which will be held in Bend Friday, September 14. This year, the conference presents "five unique tracks, featuring expert speakers and panel discussions" on a variety of pertinent topics, including wellness, business products, continuing care, retirement communities, and more. Visit www.cascadeaging.org or call 541-815-2699 to learn more.

Visiting Belknap Hot Springs and McKenzie Pass



Bill McDonald stops to admire the beauty in the Belknap Hot Springs Garden.



Residents grab some shade near Sahalie Falls on the McKenzie Pass.



Bette White (left) and Dorothy & Ken McDonald enjoy the exquisite garden.



Adele and Norm Bailow sit comfortably with their "friend."



A butterfly rests before fluttering through the lovely garden.

Touchmark hosts Bend Chamber—celebrates lodge opening

More than 200 residents, staff, local business owners, and elected officials attended Touchmark's opening event Wednesday, August 22.



Resident Charlotte Miller, a member of the Touchmark Resident Council, cuts the red ribbon and inaugurates the new Terrace Lodge. Touchmark Director and Executive Vice President Tom Biel stands to the left of Charlotte.



The new Terrace Lodge at Touchmark features 90 lodge homes and introduces Residential Care services.

