



Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a

celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Touchmark supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Melanie Snow. Good food, good health, good company, and good conversation are the goals of the Touchmark dining experience.

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Take advantage of amenities and services while enjoying your new home

Fall has arrived in the high desert, and lots of visitors are enjoying the pleasant, sunny days at Touchmark. The North Wing of the Cliff Lodge opened on schedule, and new residents are busy moving in, unpacking, and getting to know their neighbors.

Now that the North Wing is officially open, it’s even easier for you to come tour these spectacular lodge homes. One particularly striking lodge home is on the second floor and

overlooks the Deschutes River and Farewell Bend Park. This lodge home is 1,871 square feet with three bedrooms, two bathrooms, and two decks. It features a gas fireplace, breakfast nook, GE CleanSteel™ Appliances, and porcelain countertops—and is move-in ready.

Among Touchmark’s cottages, there is a resale available. “We seldom have cottages for sale, since people want them so quickly,” says Sales Manager Mattie Swanson. “And this one is especially sweet with two-bedrooms, two-bathrooms, a sunroom, a gas fireplace, and a large two-car garage.” The home sits on the top of the hill and is “a stone’s throw” from all the amenities of the Terrace Lodge and an easy walk to the river.

Give the Sales team a call. They’ll be happy to schedule a personal tour. Call 888-231-1113 or 541-383-1414 and ask for Mattie or Karen. Or e-mail mcs@touchmark.com for more information.

This month’s e-mail drawing winner is a couple from Tucson, Arizona, who are looking to get out of the heat.



The North Wing of the Cliff Lodge is officially open. Come tour these spectacular lodge homes. Call 888-231-1113 or 541-383-1414 today.

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Visiting the llamas at Halligan Ranch

In early September, more than 35 residents traveled to Halligan Ranch in Redmond, Oregon. “The ranch is a favorite Touchmark field trip and one we love to take,”

says Life Enrichment/Wellness Coordinator Beth-Ann Wesley.



Cathy O'Shea with loving Golden.

and coats; they are terrific packing animals; and they are wonderful animals to raise, because they're so gentle and instinctively look out for people. “Llamas are excellent guardians and naturally good at fending predators away,” explained Sherry.



Joanne Sherill prepares to walk with the llama.

Several people were asked if they wanted to lead harnessed llamas along a path on the ranch’s 160-acre pasture.

“We had such fun while the rest of the group stayed to visit, enjoy the views, and pat the beautiful golden retrievers,” shares Beth-Ann. “When we finished the hike around the property, we were all surprised when Sherry picked up the newest baby of the herd—3 weeks old—and put it on the bus to say goodbye.”

If you'd like to know more about the Halligan Ranch, visit www.halliganranch.com.



Shirley Morrissey leads her new friend along a path at the Halligan Ranch.



Much to the delight of residents, Sherry Halligan (far left), one of the owners of Juniper Lane Llamas at the Halligan Ranch, let this 3-week-old llama get on the Touchmark bus to say goodbye to the group.

Don't let winter impede your fitness routine

With the weather cooling, it's easier to lapse into a sluggish winter schedule. Instead of foregoing your workout, stay active at these Central Oregon Community College fitness classes and continue reaping the benefits of physical activity.

Fallproof Balance and Mobility Class: This class is offered Mondays and Wednesdays, starting October 1 and running until November 21. The class is from 9 to 10 am. Cost: \$59. Location: Touchmark Cliff Lodge Aerobics Room.

Line Dancing: Learn how to dance on Thursdays from 4:30 to 5:30 pm, starting October 11 and going until November 15. Cost: \$39. Location: Touchmark Cliff Lodge Aerobics Room.

Please contact Central Oregon Community College at 541-383-7270 to register for the above classes.

What's playing?

Touchmark continues to show a variety of movies in the Terrace Lodge Forum, which is equipped with surround sound and a drop-down screen that gives you that movie theater experience.

- *Planet Earth* series, Tuesdays at 1 pm
- John Wayne series at 1:30 pm: *Hurricane Express* on October 4, *The Lucky Texan* on October 11, *The Man From Utah* on October 18.
- Saturday night movies at 7 pm. Movies will include *Mrs. Doubtfire* on October 6, *On Golden Pond* on October 13, *Dirty Dancing* on October 20, and *Apollo 13* on October 27.

To get more information about upcoming showings, talk with a member of the Life Enrichment/Wellness staff.

Stay healthy—avoid the flu

by Nona Phelps, RN
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache,

dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

Local group presents writing workshops



This year, The Nature of Words is bringing acclaimed authors and poets to Bend for a variety of events, includ-

ing two nights of readings at The Tower Theatre, two full days of writing workshops at the Oregon State University - Cascades Campus, and a dinner and panel discussion at the High Desert Museum.

Touchmark residents will be offered a 50-percent discount on tickets to the author readings on Thursday, November 1 and Friday, November 2. The discounted tickets are available only through the Ticket Mill at The Shops At The Old Mill (541-318-5457).

For more information about the weekend's events and activities, please visit www.thenatureofwords.org or contact Helen Vandervort at helenv@bendcable.com

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.”

To read Marge’s article, visit Touchmark.com/community-involvement.htm.

Touchmark residents featured in Oregon Public Broadcasting World War II documentary

Ceil Hermann, Bob Kahl, Russ Reiserer, Bob Wells, and Otto Vondrak shared their personal World War II stories with Oregon Public Broadcasting (OPB). OPB's crew filmed the interviews and included them in the one-hour documentary, *Oregon at War*, which aired in late September.

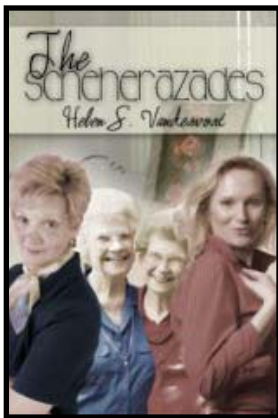
OPB states on its Web site that the documentary "explores both the big picture and the personal stories of Oregon and Oregonians during World War II" and shows how the war changed the state.

"I'm personally honored to know these veterans and proud of their service to our country," says Life Enrichment/Wellness Coordinator Beth-Ann Wesley, who helped organize the interviews.

Visit TouchmarkBend.com to watch portions of the interviews.

Local author publishes second novel

This summer, Touchmark resident Helen Vandervort published her second novel, *The Scheherazades*, which follows the friendships of four older women. In the author's note, Helen explains that the book is based on her experience of caring for her aging mother and explores some of her own fears, such as getting cancer and growing older.



Helen Vandervort recently published her second novel, *The Scheherazades*.

After retiring from the public relations field in 1991, Helen continued to do consulting work. Helen's first novel, *A Vintage Year*, was published in June 2002.

Helen received her bachelor's degree from Portland State University and Master of Communications and Business from the University of Portland.

Touchmark bikers are rollin'



The Touchmark bicyclists enjoy Central Oregon's picturesque beauty.



The group pauses for a photo with the Three Sisters rising behind them.

Upcoming events

Friday, October 5, 9 am—Hearty walking at Sawyer Park.

Sunday, October 7, 11 am to 2 pm—Sunday Brunch Buffet in the Four Seasons Dining Room.

Wednesday, October 10, noon—High Desert Museum.

Friday, October 12, 11 am and 1 pm—Travel Exhibition with Getaways Travel. Terrace Lodge.

Tuesday, October 16, 5 to 7 pm—October Birthday dinner: prime rib buffet. Four Seasons.

Friday, October 18, 9 am—Hearty Walking at Larkspur Trail.

Thursday, October 25, 5 to 7 pm—Oktoberfest-theme dinner. Four Seasons.

Wednesday, October 31—Harvest Halloween Party.

became the property of the Foundation. In September, all the calendar art was auctioned; a woman in Florida purchased Hilary's.

"I consider each painting one of my babies, and I hate to see them go," says Hilary. She is pleased, though, to have the painting included in the calendar.

According to its Web site, the AARP Foundation's programs and legal advocacy efforts address issues that affect people age 50 and over.

Hilary leaves this month for an Adventure Travel vacation in South Africa—and will most certainly return with numerous pictures for future paintings.



The AARP Foundation selected this painting created by Touchmark resident Hilary Kenyon for its 2008 calendar.

Resident's art featured in AARP Foundation calendar

Turn to August in the AARP Foundation's 2008 calendar, and you'll see a picture of three young women looking out over the Grand Canyon. Touchmark resident Hilary Kenyon took that picture several years ago during a trip to Arizona.

"I was looking at the vast expanse and noticed three girls sitting there," remembers Hilary. "They got up and started to leave, but I asked them if they'd be willing to sit again so that I could take their picture. I snapped the shot and painted the scene when I returned home. This is what I do: I take pictures of my travels and then paint the scenes."

While reading AARP's newsletter, she noticed an article calling for original art to be considered for the 2008 AARP Foundation calendar. "I submitted two paintings, the one selected and another of Smith Rock. The next thing I knew, I received an e-mail telling me that the Arizona picture would appear in the calendar."

Hilary's painting was chosen from over 800 entries and

