



Giving and sharing

by Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans. Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left their communities to volunteer. The awareness of how fortunate most of us are to have a home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a consistent, personal commitment to prioritize the needs of others over our own.

“Sharing is sometimes more demanding than giving.”

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—Mary Catherine Bateson

As we approach the season of giving with a heightened awareness of the vast needs around us, both local and

national, it is an ideal time to take a personal inventory of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Touchmark offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There also are opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site (Touchmark.com/volunteer-opportunity.htm) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

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Celebrate the holiday season in your new home

As the holidays approach, life at Touchmark is busier than ever. The Sales team, with the new addition of Sales Associate Karen Reichert, is just as busy.

With all lodges open and one cottage resale available, now is a great time to make the move to the luxurious Touchmark lifestyle. There are lots of excellent choices at all service levels.

In the **Terrace Lodge**, imagine living in a two-bedroom, two-bathroom penthouse complete with vaulted ceilings, large walk-in closets, and a huge deck that overlooks the

Cliff Lodge and woods. You'll be living in luxury just up-stairs from exceptional dining services, a salon, performing arts center, library, and a 24-hour resident services staff.

Or, envision living next door in the **Cliff Lodge**, where there's a staffed reception desk, exercise area, physical therapist, and doctor, and you're connected to all these services by an enclosed walkway. You can have a charming two-bedroom, two-bathroom lodge home with tile countertops, gas fireplace, and a deck. From the comfort of your home or deck, enjoy the view of the courtyard with its fountain, fully landscaped grounds, and resident greenhouse.

These dream homes can quickly become your reality—just contact the Sales office at 541-383-1414, 888-231-1113, mcs@touchmark.com, or TouchmarkBend.com for your personal presentation of these two lodge homes or just stop by. This month's e-mail winner is a gentleman from Indian Wells, California.



The Terrace Lodge currently has a two-bedroom, two-bathroom penthouse available. Call today to learn more.

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Calling all veterans

This year, Touchmark veterans will gather once again for Bend's annual Veterans Day Parade, which will begin downtown Saturday, November 10 at 11 am. Residents wishing to participate can ride the Touchmark bus to the parade. Starting at 9:45 that morning, the bus will stop at the River Lodge, the cottages, and the Cliff and Terrace lodges to pick up people.

During the parade, participants can sit in the comfort of the bus or join those walking alongside the bus. Life Enrichment/Wellness Coordinator Beth-Ann Wesley will bring coffee, apple cider, hot cocoa, and plenty of donuts to the parade.

"If you are a veteran who has served our country, then we would be proud to have you join us," says Beth-Ann. "This is a special, patriotic time for all to be together."

The parade will air live, so others can gather in Touchmark's Forum theater to see friends and family on the big screen while savoring snacks and coffee.

There will be more flyers and information to follow with the November Life Enrichment/Wellness calendar. If you have any questions, please phone Beth-Ann at 541-383-1414, ext. *1001.



Veterans enjoy donuts and one another's company at last year's Veterans Day Parade in downtown Bend. Join the group November 10 for this year's celebration.

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New staff join the community



Loretta Pauliny joined Touchmark as a full-time Resident Services/Security staff member. She is a native Oregonian, and before moving to Bend, she and husband Dave lived in Fairbanks, Alaska. They both enjoy hiking, camping, four-wheeling, snowmobiling, and going to garage sales. Loretta also likes gardening and wood crafting. "I've enjoyed getting to know the staff and residents," says Loretta. "I'm happy to be at Touchmark."

Rosie Vanderhoeven works at the Terrace Lodge front desk and is a Resident Services/Security staff member. Originally from Orange County in California, Rosie and her family resided in Santa Barbara for four years before moving to Bend last year. Her husband works at the corporate office for the Bank of the Cascades, and they have two children. Rosie's hobbies include gardening, bridge, watercolor painting, skiing, and visiting patients at St. Charles Medical Center to offer spiritual support and care. She has a master's degree in Theology and Psychology and was formerly a hospital chaplain in Hawaii. "I am thrilled to be working at Touchmark, and I love my new job in Resident Services and Security," says Rosie.



People gathered on a fall day for the first outdoor courtyard picnic. They listened to music by Lindy Gravelle and enjoyed strawberry shortcake.



Karen Reichert joined Touchmark in early fall as a Sales associate. She has over 20 years experience in the hospitality industry in Central Oregon. Karen and her husband are avid Oregon Duck fans and rarely miss a home football game. She enjoys camping, fishing, and playing with her five grandchildren whenever possible.

"I feel privileged to be a part of the Touchmark team and look forward to building relationships with both those currently living at Touchmark and those who will choose Touchmark as their home," says Karen.

Terrace Lodge Courtyard Picnic



From left: Bette White, Gail Messenger, and Jo Frances Hill dishes up strawberry shortcake at the courtyard picnic.

Upcoming events

Sunday, Nov. 4, 11 am to 2 pm—Sunday Brunch. Cost: \$12. Four Seasons.

Tuesday, Nov. 6, 2:30 pm—Resident Council Meeting. Forum.

Saturday, Nov. 10—Veterans Day Parade.

Tuesday, Nov. 13, 1 pm—Shopping at the Old Mill.

Tuesday, Nov. 13, 5 to 7 pm—Birthday dinner. Prime-rib buffet. Four Seasons.

Monday, Nov. 19 to Sunday, December 2—Holiday gift-wrap room. River Lodge Arts and Crafts Room (first floor across from fitness center).

Tuesday, Nov. 20, 1 pm—Shopping at Target.

Thursday, Nov. 22, 5 to 7 pm—In addition to the regular meal, Thanksgiving dinner will be served. Four Seasons and Heritage.

Tuesday, Nov. 27, 1 pm—Bowling at Lava Lanes.

Wednesday, Nov. 28, 9 am—Decorate holiday trees in the River Lodge.

Wednesday, Nov. 28, 3 pm—Popcorn social.

Friday, Nov. 30, 9 am—Decorate holiday trees in the Terrace Lodge.

Coming soon! Join a lively discussion at the Current Events: News and Views gathering. For more details, call Life Enrichment/Wellness Director Melanie Snow.

