

News wrapped in fresh format

HAPPY HOLIDAYS AND SEASONS GREETINGS FROM TOUCHMARK! During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd like to hear what you think of our updated look.

Feedback is very important to us. Each year, Touchmark surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

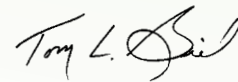
We just completed this year's survey, and we're delighted that our Food Services program was rated the highest of all Touchmark communities in the US and

Canada. This is a real tribute to the partnership of residents and our staff. It's also noteworthy that under the health care section we ranked highest in responding to requests and calls in a timely manner and the quality of personal care provided by staff. Whatever the time of year, we welcome your feedback.

Winter has arrived in the high desert, and skiers are eagerly waiting for enough snow on the mountain to hit the slopes. Though the air is cooler, our Sales staff are keeping plenty warm giving tours to prospective residents, sending information in response to inquires, and answering calls.



Warmly,



Tom Biel
Touchmark Executive Vice President

Resident uses DNA to solve 300-year-old family mystery

Richard Brewer, who holds a doctorate in physics, recently published the results of his DNA research program in a recent issue of the prestigious *The New York Genealogical and Biographical Record*.

Richard became interested in the new field of genetic genealogy as a means to reach back in time nearly 300 years to solve a family mystery. Richard noted an extraordinary number of Brewer family pedigrees claimed descent from high-profile, 17th-century Dutch immigrant Adam Brouwer, who immigrated to New Am-

sterdam (now New York) and died in 1698. But some researchers identified a contemporary of Adam, a blacksmith named Johannes Brouwer, who died in 1702, as the immigrant founder of the same family. So Richard wondered if their actual patriarch was Adam or Johannes. Were the two related or not?



Richard discovered that a series of lawsuits (*cont.*)

A modern-day sleuth, Richard Brewer recently solved a 300-year-old family mystery.

(*cont.*) (initiated as long ago as 1700) against the Trinity Church in New York resulted in erroneous family trees being constructed by families claiming (1) descent from Adam or (2) that Adam and Johannes were related. They did this in hopes of qualifying for a perceived settlement from the church. Thus, Richard realized that much of the data supporting Adam was unsubstantiated and often relied on falsified records. Such mistaken claims are still misleading many family researchers today.

In the face of confusing documentation, how can such questions be confidently answered after so many years? Richard proposed using DNA methods, which now are available to the general public, to resolve the ancestry questions.

“A very accurate copy of the male chromosome of the paternal ancestors is gifted to their present-day male descendants and passed from father to son virtually unchanged for centuries,” explains Richard. “It is a unique, historic family record written in a code carried in our male genes that, for the first time in history, can be read using modern genetic tools.” Richard further explains that these genetic tools have only been available in the last 10 years or so.

Specific locations along the DNA chain are searched for unique, tell-tale numbers of repeated chemical markers. Two male individuals are related if the numbers match—otherwise, they are not.

Richard located descendants of the two 17th-century men by tracking down their male children, generation by generation, using Internet census records and records held by town historians. He convinced them to submit a DNA sample (a simple wipe of the cheeks with a collecting swab) to the laboratories of the University of Arizona. He then collated the results online. (Web.mac.com/brewpe/iWeb/JanBrouwerDNA/ and www.familytreedna.com/public/BrewerDNA/)

The results are clear and unequivocal. All the descendants of Adam Brouwer have distinctly different DNA signatures from the descendants of Johannes Brouwer. They are unrelated, and they have shared no common ancestor in thousands of years while those within each

family group match nearly completely, indicating their close family relationship. The ancient mystery of the paternal lines was solved. The descendants involved have discovered their true ancestors, and Richard was able to confirm his descent from Johannes Brouwer. His next genealogical goal is to use DNA to trace the specific European ancestry of Johannes Brouwer before 1632.

“In many families, there are often doubts, conjectures, and misleading claims regarding lines of descent. My research has shown how effective DNA testing can be in eliminating false conjectures of ancestral relationships and pointing the way to new family connections,” he says. Richard suggests that if you are researching your own family tree, you may benefit from this scientific approach by finding a project under your own surname at www.familytreedna.com. ■

Holiday meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Touchmark community, you can take advantage of Touchmark's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Touchmark staff can help you design a memorable menu for your family dinners and holiday celebrations.

Call 541-383-1414 to learn more about the private dining room, catering, and the many amenities and services at Touchmark.

The Terrace Lodge has many great choices, including a 1,252-square-foot penthouse with a river view. This luxurious penthouse has three bedrooms, two bathrooms, a utility room, a full kitchen, maple cabinets, and porcelain countertops. This floor plan is the last one left. Call 541-383-1414 to learn more.

In the Cliff Lodge, there is a spectacular ground-level corner home available. This 1,871-square-foot (*cont.*)

(cont.) lodge home has a partial river view, easy river access, two decks, three bedrooms, and two bathrooms. Other features include a gas fireplace, tiled countertops and floors, and GE CleanSteel™ appliances. And the amenities in the Cliff Lodge are only an easy, flat walk away—or you can take the connecting walkway to all the amenities in the Terrace Lodge.



Tour the Cliff Lodge today and discover the Touchmark lifestyle.

This month's e-mail winner was a couple from Los Altos Hills, California, and they won a Starbucks gift certificate. ■

Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth,

charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

“I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life.”

—Aimea Saul, artist

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently

lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Touchmark, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact Director of Life Enrichment/Wellness Melanie Snow to become an active changemaker and contributor to the circle of life. ■

Veterans participate in local parade



Veterans rode the Touchmark bus in Bend's annual Veterans Day Parade. The downtown streets were lined with people thanking veterans for their sacrifice and service. From left: Jack Welch, Don Miller, Burns Srigley, Bill McDonald, and Bob Wells take a moment to enjoy a few donuts and sip warm coffee just before the parade.



Retired Air Force Lt. Colonel and Vietnam prisoner of war (POW) Bob Jeffrey (far left) recently shared his POW stories at a special Veterans Day event. Bob was shot down on his first mission over Vietnam in December 1965. He was captured and held as a POW for almost eight years. "At the end of the presentation, there wasn't a dry eye in the audience," shares Life Enrichment/Wellness Coordinator Beth-Ann Wesley. Bob is pictured with Touchmark residents and veterans (from left) Bob Jeffrey, Art Holmes, Jack Haney (World War II POW), and Bob McDonald.



Justin Biel, son of Touchmark Executive Vice President Tom Biel, plays saxophone with the Summit High School Marching Band. Every year, Justin stops by to see Touchmark veterans just before the parade begins.



From left: Don Miller, Bill McDonald, and Don Halligan at the recent Veterans Day Parade.

Recent activities



People gathered for the fourth annual Halloween costume party. George Emmert won the Best Costume prize. He's pictured with wife Val and Parrot Matey.



Most Original Costume was given to Patti & Dave Wilson, who came dressed as a "real pair of dice."



Residents (from left) Bobbie Pitzer, Maxine Odom, Lawna Galbraith, Dorothy Powell, Margaret Burnham, Cleo Caldehead, and Gatha Ertz gather around a tree that they just finished decorating. The tree was the first one to be decorated in the Terrace Lodge.



The decorating committee rests after putting the final touches to the River Lodge Great Room.

Coming Events

Friday, Dec. 7, 4 pm

Performance by Betty Fairham, aka Granny Elf. Terrace Lodge Forum.

Monday, Dec. 10, 2 pm

Summit High School's Skyliner Jazz Choir. Terrace Lodge Forum.

Wednesday, Dec. 12, noon

Mountain View Jazz Choir. Terrace Lodge Forum.

Thursday, Dec. 13 & Tuesday, Dec. 18, 6 pm

Holiday lights tour of Bend.

Wednesday, Dec. 19, 1 pm

Sunriver Bell Choir. Terrace Lodge Forum.

Wednesday, Dec. 19, 2 pm

Touchmark Holiday Party. Terrace Lodge Lounge.