

Holiday letter mystery solved

Addressed “To Grandma and Grandpa at Touchmark,” a holiday letter arrived in the mail without a name or address that would reveal the intended recipients.

“All we had was an unknown last name and California return address,” says Touchmark Executive Vice President Tom Biel. “Resident volunteer Evelyn Shrigley called all the fellow residents she knew with California connections, but no luck making the family connection.”

Tom searched the Internet for more clues, and the

answer eventually arrived through a string of phone calls. “I was given the name and number of a possible sender, who in turn, gave me the contact information of a distant relative.”

After the third call, we connected with the family who had sent the card. They were delighted that we had put in the effort to track them down.”

On Christmas Eve, Tom delivered the letter that included pictures from the grandchildren along with cookies from Touchmark to “grandma and grandpa,” who were thrilled to get a special delivery. ■

The mind-body connection affirmed

“When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn’t just stick with traditional research.”

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. “Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn’t. We’ve simply provided irrefutable data showing that it is true.”



Felten’s field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body’s immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body’s resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to ‘just participate’ in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal (*cont.*)

(cont.) body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.

At Touchmark, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Life Enrichment/Wellness Director Melanie Snow. ■

Fitness—a way of life at Touchmark

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

Touchmark's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Touchmark services and amenities, visit or call today.

Home in River Lodge move-in ready

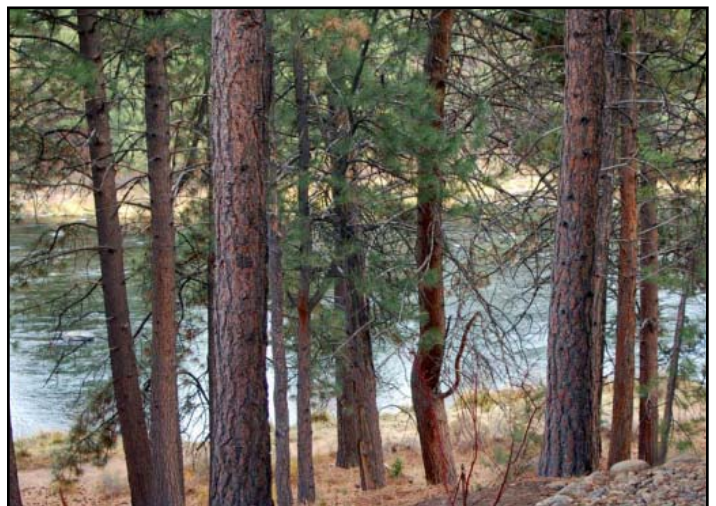
This cozy 797-square-foot lodge home includes one bedroom and one bathroom. You can take in the lovely views of cliffs, forest, and waterfalls from the secluded patio. Located on the ground floor, the home offers easy river access and is located near a variety of amenities and services.

River view cottage now available

This 1,600-square-foot Adams floor plan offers a lovely view of the nearby river. The home includes a 607-square-foot garage, two bedrooms, two bathrooms, and a deck. Touchmark provides inside and outside home maintenance, and the home is close to Touchmark's River Lodge.



This cottage includes air conditioning, alder cabinetry, vaulted ceilings in great room, and fully landscaped yard.



Nestled in the rustic Central Oregon landscape, the home allows you to walk down to the river or view the rustling water from your deck.

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Entertaining is easy with the conveniently located wet bar. The gas fireplace also adds a nice touch to the cool days and evenings.

Central Oregon Community College classes offered at Touchmark

Jump into the new year with some fun classes. Since space is limited, please preregister by calling 541-383-7270 or visiting noncredit.cocc.edu.

Argentine Tango: A Gentle Prelude

Learn the basics of authentic Argentine Tango, an elegant, intimate social dance that is the passion of dancers worldwide. Come solo or sign up with a partner. Wear nonmarking, leather-soled shoes only.

Wednesdays, Jan. 30 to Mar. 19, 7 to 8:30 pm
Cost: \$45. Location: Cliff Lodge.

Fallproof Balance & Mobility

This fun class is designed to improve balance and mobility and reduce the risk of falls. Call to learn about specific class requirements.

Mondays and Wednesdays, Jan. 28 to Mar. 19,
9 to 10 am
Cost: \$59. Location: Cliff Lodge.

Note Card Gift Set

Create a greeting card set in an afternoon. Make the perfect gift for friends and family or even yourself. Bring small sharp-pointed scissors. Call 541-383-7270 to get class information and cost.

Tuesday, March 18, 1 to 4 pm
Location: Terrace Lodge.

For more information:

Community Learning
2600 NW College Way, Bend OR 97701
Phone: 541-383-7270
Fax: 541-383-7503
Web: noncredit.cocc.edu. ■

Coming Events

Mondays, Jan. 14 and 28, 3 to 4 pm

Blood Pressure Clinic in the Terrace Lodge Lounge.

Thursday, Jan. 17, 5 pm

Harpist Polly Roethe. Heritage and Four Seasons.

Monday, Jan. 21, 3 to 4 pm

Blood Pressure Clinic in the River Lodge Library.

Friday, Jan. 25, 1:30 to 3:30 pm

Osher Lifelong Learning Institute Film & Discussion. The group will watch *Lawrence of Arabia* and then discuss various topics about the film. All are welcome. Terrace Lodge Forum.

Destination ... Discovery



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

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

"If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time."

—Ann Davlin, dancer at 93 years of age

"I didn't realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of." This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person's days are highlighted by

friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

"There are so many things to do all the time; it's hard to choose one." It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Touchmark's various events and offerings. To support your development of new "destinations of discovery," contact Melanie Snow, director of Life Enrichment/Wellness.

May 2008 bring you good health and much happiness. ■

Cookies and carols for the holidays



Touchmark women dressed for the season at the cookie exchange, which was held in the River Lodge Great Room.



More than 25 types of cookies lined the table at the annual Ladies' Cookie Exchange. The women exchanged the home-baked treats while enjoying each others' company.



Summit High School's Skyliner Jazz Choir performed in the Forum, singing a variety of Christmas and holiday tunes that touched hearts.