

Resident volunteers enrich community

Touchmark residents contribute their time and talents to enrich the lives of others.

Challenging the brain

Resident Helen Vandervort organizes and facilitates a bimonthly, lively Thinking Allowed discussion group, which is part of University of Oregon's Osher Lifelong Learning Institute. "I enjoy facilitating this group, because it keeps the brain working, and I get to meet new people, explore new ideas, and share experiences and expertise."

Leading a weekly Bible study

Resident Chuck Piersee leads the weekly Bible study in the Terrace Lodge. "I enjoy the experience, because it enriches my knowledge of scripture through study and the interchange of the participants," says Chuck. He and his wife Carol volunteer extensively in the Bend community, as well.

Connecting people within the Touchmark community

Residents Bob and Betty Kahl moved to Touchmark shortly after it opened, and they felt getting involved was an ideal way to get acquainted. For more than three years, Bob and Betty helped with the monthly birthdays. Recently, they started volunteering in the new Terrace Lodge Bistro. Betty also is the chairwoman of the Welcome Committee, which helps new residents connect with others. "We both enjoy meeting new



Shirley Clough (left) and Elinor Brydges sip their coffee after being served by resident volunteers. The Bistro is open Monday to Friday from 11 am to 2 pm.

people," says Betty. "We love Touchmark and hope our enthusiasm can spread to others."

Sharing a smile at the front desk

Resident Evelyn Strigley volunteers at the lodges' front desks. "I've always enjoyed interacting with people, and from the beginning, I was very impressed with my neighbors and our great staff," says Evelyn. "In addition to having fun, I feel good about giving something back!"

Getting involved

Touchmark offers a wide variety of volunteer opportunities for residents and Bend community members:



Don Kidd (left) and Art Pretzer pose for a photo on their first day of volunteering at the new Terrace Lodge Bistro.

- Committees and libraries;
- Greenhouse and woodshop;
- Social events and Bistro;
- Front desk and Sales;
- Transportation;
- Other opportunities.

Call the Life Enrichment/Wellness team to learn more. ■

Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem like a small contribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous

“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”

—Patrick Cullinane, MS

The intergenerational programs at Touchmark encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world by the Center for Intergenerational Learning at Temple

University. They include improvements in:

- Academic achievement, school behavior, and life skills of middle-school youth;
- Reading skills of young children;
- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

If you're interested in sharing your talents and changing a young person's life while making a genuine difference in communities, contact Touchmark Life Enrichment/Wellness Director Melanie Snow. You'll find opportunities both on our campus and in the broader community. Program offerings include one-to-one, small groups, and large sessions with children and youth of all ages. ■

Taking advantage of the great outdoors



From front: Claire Peters, Dick Brewer, Valeri Jones, and Ken MacDonald enjoy snowshoeing in the Virginia Meissner Sno-Park.

Have a hobby? Share your enthusiasm!

Each month, a different interest group meets for lunch in the Four Seasons and enjoys lively conversation about a shared hobby or interest.

During the recent gathering of the Affinity Luncheon Tables, people shared stories about aviation and piloting. For example, resident Bill McDonald talked about the many pilots in his family and brought some photos.

Come meet other residents and share your stories April 10 and 24 at noon in the Four Seasons. The theme for April is Teachers/Educators.

The Affinity Luncheon Tables are held twice a month on Thursdays, and people are encouraged to attend both gatherings. A large table is reserved for the group, so people

can enjoy lunch and each others' company. To learn more, talk with Life Enrichment/Wellness Director Melanie Snow. ■



Bill McDonald shows a color photo that he took while stationed in Alaska. "I was in the fourth plane and was in a two-place airplane and was taking pictures while the other pilot was flying."



In 1928, Eleanor (Bill's mother) soloed at the age of 18 and met her husband while studying at the Rankin School of Flight. The couple married in 1929, and Bill was born in 1930.



Bill's wife, Audrey, was working as a stewardess for Northwest Airlines when they met.



In 1962, Bill was stationed in the Philippines and flew an F-102.

(cont.)

(cont.)



T.W. (Bill) McDonald learned to fly at the Rankin School of Flight, which was located in Portland, Oregon. This 1928 photo shows T.W. piloting a WACO 10 with a 90-horsepower OX-5 engine.

A lifestyle with heart

For more than 30 years, the country has celebrated National Volunteer Week in April. For residents, staff, and friends of Touchmark, volunteerism is celebrated throughout the year.

Touchmark at Mt. Bachelor Village welcomes volunteers and provides opportunities for people to assist with



Lodge home 98 is located on the ground floor of the Cliff Lodge and offers 1,871 square feet of living space, two bedrooms, two bathrooms, and den.

programs and services, such as resident committees, musical entertainment, social events, and more. People use their unique skills and rich backgrounds to help create a vibrant community. Read the story on page one to learn more about the many available volunteer opportunities.

Call today to learn more about Touchmark's active lifestyle and spacious homes. ■



Located in the River Lodge, a 1,378-square-foot lodge home (number 204) is now available. The home features two bedrooms, two bathrooms, large floor-to-ceiling windows with a river view, a gas fireplace, private deck, and large walk-in closets.

Coming Events

Saturday, April 12, 4 pm

Touchmark and Bend Experimental Art Theatre present Aurand Harris's *The Orphan Train*. The play begins at 4 pm, and dinner is served at 5:30 pm. Space is limited. Please call 541-383-1414 for reservations. Dinner cost: \$14. No charge for play. We accept Visa and MasterCard (Sorry, no cash.).

Tuesday, April 15, 1 pm

Richard MacDonell, MD, will speak about *Fall Prevention*. Touchmark Director of Rehabilitation and Balance Center Jennifer Troth, PT, also will be available to discuss and demonstrate the Balance Master®. Terrace Lodge Forum.

Tuesday, April 29, 3 pm

Talbots Spring Fashion Show. Terrace Lodge Forum.

Wednesday, April 30, 9 am to 4:30 pm

Touchmark is sponsoring a day at the High Desert Museum. Starting at 9 am, Touchmark will provide transportation to the museum. Transportation will run every hour until 4 pm. Visit www.highdesertmuseum.org for details or talk with a member of the Life Enrichment/Wellness team. No charge.

Wednesday, April 30, 1 pm

Sunriver Bell Choir to perform. Terrace Lodge Forum.