

Touchmark Home Services receives award

The nonprofit organization Acumentra Health honored four Oregon home health groups, including Touchmark Home Services, with the 2008 Quality Leader award.

The Quality Leader awards are presented to home health care agencies that have had either the highest rate of improvement in management of oral medications or the lowest rate of acute care hospitalizations. These figures are based on performance for a 12-month period ending in September 2007.

Lynn Kemper, Home Health Project Manager at Acumentra Health, was quoted in an Acumentra Health news release saying, “The outstanding achievements of these four agencies are illustrative of the overall quality improvement accomplishments by agencies statewide.”

Touchmark Executive Vice President Tom Biel echoed Lynn’s words. “The Touchmark team was tops across the state. Congratulations to the team and those who help with training and support.” ■

Experience the benefits of walking

The Touchmark Hearty Walkers group began in spring 2004. Participants have trekked trails near rivers, lakes, and streams around the area, taking in the scenic surroundings and watching the elk, deer, eagles, and otters play.

“Two to three miles make for a nice invigorating walk,” says resident Helen Hawn. “I especially enjoy it when the nice weather arrives, and we get out to the beautiful waterways, lakes, and trails of Central Oregon.”

People can take in picturesque views, spend time with friends, and enjoy the benefits of walking. *(cont.)*



The Hearty Walkers hike through Shevlin Park.

(cont.) According to AARP, walking helps manage weight and blood pressure, lowers the risk of stroke or heart attack, and reduces chances of type 2 diabetes developing.

“The benefits of walking—from the muscles and skeleton and to the circulatory and nervous systems (balance)—are well known,” says resident Jack Welch. “Less emphasized, but to my thinking just as important, is that group walking stimulates you to get out of your apartment on a day when it might seem easier to be inactive. In other words—motivation.”

The group generally goes for walks at 9 am on Fridays. And soon, the group hopes to take the bus to the mountains, waterfalls, and buttes nearby for spring and summer walks.

“We get to visit with other people outside of our usual daily routine. Because they enjoy the walks, too, we have an immediate connection,” shares resident Helen Vandervort.

If you’re interested in joining a walk, sign up in the Life Enrichment/Wellness book or contact Beth-Ann Wesley, Life Enrichment/Wellness coordinator, at 541-383-1414, ext. 1001. Also, check your monthly calendar for walking destinations. ■



The Hearty Walkers stride through Sawyer Park.

Destination Discovery— whole-person wellness



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

Mather LifeWays Institute on Aging, Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- *“Wellness is fully integrated into the organization;*
- *Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;*
- *Benefits of the wellness program* (cont.)



During a sunny spring day, the Hearty Walkers cross a bridge in Sawyer Park.

(cont.) are extended to others (beyond the resident population)."

The respondents were grouped into three categories. About half (51 percent) were identified as "tenderfeet," with almost no culture of wellness. Twenty-eight percent were labeled "travelers"—communities that are moving toward a culture of wellness. The third group was referred to as "trailblazers," because they had most or all of the components.

For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities operated in the US and Canada. I work with the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about our Life Enrichment/Wellness program, contact Life Enrichment/Wellness Director Melanie Snow. ■

A Place for Mom features resident and staff

A Place for Mom offers extensive resources on lifestyle options for older adults. The company often features top retirement communities around the country on its Web site and is currently featuring Touchmark at Mt. Bachelor Village. The article focuses on resident Hillary Kenyon and her active lifestyle. Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark, is quoted, as well.

To read the complete article, visit <http://retirement-communities.aplaceformom.com/articles/senior-independent-living/>. ■

Experience quality design throughout

Touchmark lodge homes and single-level homes include stylish design features that can add extra comfort and convenience. Many homes offer universal design features, like spacious bathrooms, easy-to-turn doorknobs, and single-level living with no steps.

"When constructing and designing homes, our goal is to meet the needs of people while adding style and comfort," says Touchmark Vice President of Architecture Joseph Billig.

In 2005, Joseph and Touchmark received a Platinum Award (the highest award presented) from the National Association of Home Builders (NAHB). The award was given in the "for-sale condominiums" category and acknowledged the superior design of Touchmark at Mt. Bachelor Village.

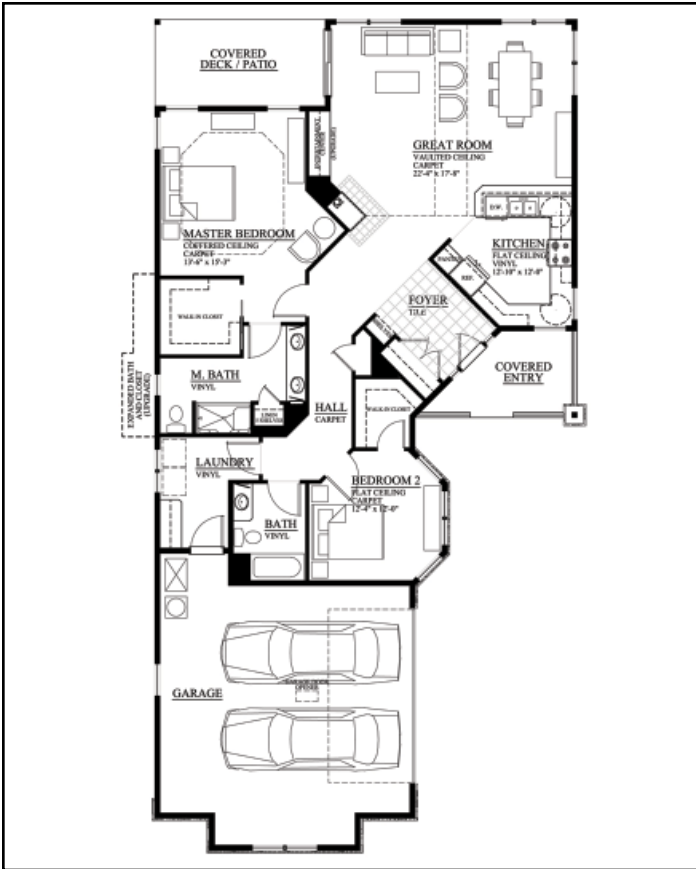
"In all communities we aim to create homes that offer high-quality design features," says Joseph.

If you'd like to see and experience a Touchmark home, call 541-383-1414 for your personal presentation. ■



Now available in the Terrace Lodge is a 1,333-square-foot penthouse, featuring vaulted ceilings, a spacious deck, an electric fireplace, maple cabinets, and an open floor plan.

(cont.)



From this 1,600-square-foot home, you can take in a beautiful view of the Deschutes River. The home is located at the end of a cul-de-sac and features a deck, wet bar, gas fireplace, and a large two-car garage. Call today for more information.

Team member attends national trainings

During April, Life Enrichment/Wellness Director Melanie Snow attended both the Life Enrichment/Wellness and Health & Fitness yearly training sessions in Portland.

“The fitness and wellness professionals across the company are a talented and energetic team with a common purpose—to enrich people’s lives,” says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. “These annual gatherings promote the exchange of new ideas.”

In early April, Debbie Rose, an internationally known

fall-reduction expert and creator of FallProof H2O, led the Touchmark fitness training, which focused on fall reduction.

“We were fortunate to get Debbie and her assistant Jeana French, MS, to join us for our yearly national training,” says Marge. “More than 14 people went through the training to receive their FallProof H2O certificates of completion, bolstering our current Fall Reduction and Awareness Program.”

Melanie plans to start using many of the techniques in current Touchmark fitness classes. People interested in the Fall Reduction and Awareness Program and other related classes can visit with Melanie.

Later in the month, Melanie gathered with others for this year’s Life Enrichment/Wellness training. She attended the two-and-a-half day seminar, gathering practical information from speakers, and she made a presentation about the growing Touchmark Art Gallery, which features work from residents and Bend area artists. The gallery is located in the Terrace Lodge, where people can view a variety of art media, including oils, watercolors, acrylics, photos, glassworks, and more.

“Some of the artwork is for sale,” says Melanie. “And the gallery recently sold a Maury Westberg painting.” ■



At the recent training, Life Enrichment/Wellness Director Melanie Snow discusses the process of showcasing artwork in the gallery.

Fitness ... A *Lifetime Investment!*



Join the fun and celebrate an active lifestyle!

Wednesday, May 28

11 am - 4:30 pm

**Touchmark at
Mt. Bachelor Village**

All are welcome.

No charge for event!

The day's events include:

- **11 am:** Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark, will speak about *Wellness Over the Life Span*. Come enjoy an informative presentation and healthy snacks.
- **Noon:** Campus Fitness Walk led by Marge Coalman and Life Enrichment/Wellness staff.
- **1 pm:** Marc Wagner, MD, from The Center, will present *Spine Care: Adding Life to Years*.
- **2 to 4:30 pm:** Health Fair, featuring Touchmark Home Services, Touchmark Rehabilitation & Balance Center, Residential Care services, Touchmark salon, tai chi and yoga demonstrations, chair massage, cooking demonstrations, Nintendo® Wii demonstrations, live music by the Manzanita Strings, prizes, and much more.

Arrive early to register for great prizes. Have more fun—bring a friend!

For more information about activities or the schedule of events, call 541-383-1414.

Learning about roller derby



From left: Resident Hilary Kenyon, Life Enrichment/Wellness Director Melanie Snow, and Resident Claire Peters take a photo after a roller derby bout. “We thought that it was a fun way to spend an evening [and] really enjoyed seeing the actions of both

the crowd and both roller teams!” says Hilary. It was the first time Hilary and Claire had attended a roller derby game, and both enjoyed cheering for Melanie, who is a member of the Lava City Roller Dolls. “It was great fun cheering for the home team, especially since we knew one of the stars,” says Claire. “Melanie’s grace and athleticism were amazing. My voice was shot from yelling, and my ears were ringing by the end of the match, but I enjoyed every moment.”

Coming Events

Thursday, May 22, 4 to 5 pm

Dean Ratzman will perform '40s swing in the Terrace Lodge Forum.

Wednesday, May 28, 11 am to 4:30 pm

National Senior Health & Fitness Day celebration in the Terrace Lodge courtyard and lobby. Speakers, booth, live music, campus fitness walk, food, and more. Bring your friends!

Touchmark launches redesigned Web site

Check out Touchmark’s updated Web site, TouchmarkBend.com Among other features, you’ll find:

- Slide show of homes
- Life Enrichment/Wellness calendar
- Seasonal e-cards to send to friends
- Options for text size



New fitness class offered

Starting in May, gerontologist and yoga teacher Debra Sanford and experienced practitioner Robyn Castano are holding a Gentle Chair Yoga class two times a week at Touchmark.

The class is Mondays from 4 to 4:45 pm and Thursdays from 11:15 am to noon in the Cliff Lodge Aerobics Room. Cost: \$20 for a booklet of three class tickets (which you can share with a friend) or \$10 for a single class.

Experience relaxing stretches, a quiet mind, and full breathing. To enroll, please contact Debra at 541-633-7762 or Robyn at 541-318-9975.