

More than 350 enjoy first free day for seniors at High Desert Museum

Adults 60-plus from around the Bend area took part in the recent no-charge day at the High Desert Museum—an event made possible by Touchmark. The day was filled with special programming, from a sneak preview of rehearsals for the summer wildlife show, to living history performances, and expert talks about wildlife and insects of interest to area gardeners.

“What a delightful and most interesting day,” says Touchmark resident Monroe Weinberg. “[It was] a wonderful opportunity to see the historical exhibits and look into the past ... and how exciting to see the two baby owlets ...”

Along with sponsoring the day, Touchmark offered complimentary, private bus transportation to and from the Museum, every hour on the hour. Approximately 45 people took advantage of this service.

“Although we have been to the High Desert Museum many times before, it was fun to see the additional



As the sponsor of this event, Touchmark was on hand to share about our lifestyle. Phyllis Neumann (left) and Sales Manager Mattie Swanson pose near the Touchmark booth.

exhibits and also see old friends, who were there when we were,” says resident Betty Kahl. “It was all very interesting” ■

Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the

pursuit of their “personal” definition of leisure, there is a life satisfaction benefit that is unlike any other.

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- “Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair.”

- “Rising early to stand in the meadow and bird-watch with other devoted birders.”
- “Going on a cruise.”
- “Writing [my prose/poetry/journal].”
- “Traveling to a destination that I have longed to see or revisit.”
- “Baking with my grandchildren and their friends.”

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the *(cont.)*

(cont.) moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

“He enjoys true leisure who has time to improve his soul’s estate.”

—Henry David Thoreau, journal entry, February 11, 1840

To find out more about the pursuit of leisure through life enrichment and wellness program offerings and events at Touchmark, contact Melanie Snow, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Choosing how you spend your time

June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn’t the case for the men and women who have made Touchmark their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. “The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that’s what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that.”

Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others’ lives, and travel. At Touchmark, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Lodge home



Located in the River Lodge, a 1,020-square-foot lodge home is currently available. The home includes a spacious patio, a lovely view of the stream and waterfall, and a breakfast nook.

Single-level home

Home 21 includes 1,600 square feet, a fantastic river view, easy river access, and a large two-car garage.

Call 541-383-1414 today to learn more. ■

Sign up for Fallproof Balance & Mobility

Certified Instructor Pat Caliendo, who has completed specialized training at California State University, Fullerton, will lead the Fallproof class on Mondays and Wednesdays in June and July. Class runs from 9 to 10 am in the Cliff Lodge Aerobics Room.

This class can help you improve your balance and mobility and reduce the risk of falls. The cost is \$59. Call 541-383-7270 or visit noncredit.cocc.edu to register.

Recent events



Dot Hill mixes her favorite ice cream and toppings during a recent tour of Cold Stone Creamery in the Cascade Village Shopping Center.



Residents participate in a Silver Fit Class, which runs Mondays, Wednesdays, and Fridays at 10:15 am in the Cliff Lodge Aerobics Room. To learn more about available fitness classes, talk with Life Enrichment/Wellness Director Melanie Snow.



Mary Joan Sherrill helps a preschooler from the ABC Kids Club at the Athletic Club of Bend with a project. Children and residents celebrated Multicultural Month and made a project, read a story, and munched on snacks.



Ann Brandt (left) and Dorothy Powell try their hand at the project.



Charlotte Miller (left) and Betty Wells model some of the fun seasonal fashions from Talbots.

(cont.)

(cont.)



Resident Birdie Ghormley (in blue shirt) helped coordinate this watercolor class by contacting a local artist, who visited Touchmark several times a week. The group is taking a break during the summer and plans to resume in the fall. Charlotte Vondrak (in foreground) and Jan Moore were among the 10 people who participated in the three-hour classes.



Kendra West shows off her painting during the watercolor class.



Charlotte Miller plays the piano during the ladies' Red Hat tea event while others sing along.



The Red Hat ladies pose for a photo. Two men even joined the group: Middle School volunteer Josh Brandt (back row, in striped shirt) and resident Frank Ertz.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

My life as a CIA agent

By **Bette White**, Resident

MY HUSBAND AND I FLEW FOR AN EXECUTIVE AIR CHARTER AIRLINE FOR 20 YEARS (THIS WAS A COVERT OPERATION FOR THE CIA). He was a pilot, and I was the flight attendant. Family, friends, and neighbors never knew the real owner of our operation, including our son. We had our son briefed after he graduated from college and got his commission in the Army. His response was, “Now things make more sense.”

It was a first-class operation. All of our planes had beautiful interiors, even the beginning DC3s. We later got bigger airplanes that were really plush.

We flew them all—from the brother of a famous king to a country and western band. So many memories abound!

One vice president flew with us for many years. Secret Service [was] always with us when he was on board. Secret Service also guarded the plane 24-hours-a-day when it was on the ground. The Secret Service [agents] who flew with us knew the flight attendant was married to the captain, but those on the ground had no idea. One night they thought they saw something wrong with the plane. They called the captain’s room, and I answered. The next morning, the agents traveling with us came back to the plane laughing. They said, “We wish you could have seen the expression on the agent’s face when he called the captain’s rooms and you answered.” They said he held the phone away from his face, clapped his hand over the mouthpiece, and said, “My God, I dialed the captain’s room and a woman answered.” The vice president thought it was funny.

On another flight, we flew a group of senators from New York City, where the vice president was giving a speech. I asked the group, in general, to tell the vice

president that I sent my best wishes to him. I was busy when they came back on board for the return flight, [and] to my surprise, one of the senators gave me a big hug and a kiss. He said, “That’s from the vice president.” I was speechless.

A group of doctors and dentists flew with us routinely on golfing flights. On one of those flights we had the roughest weather I have ever encountered. I served breakfast and went up and sat on the jump seat. One of the men came up, tapped me on the shoulder, and said, “John Smith is airsick.” It only takes one airsick person to set off a domino effect. They held me from one seat to the next as I walked up and down the aisle carrying sick sacks. I didn’t have time to worry about how rough it was until we were letting down for landing, and I sat down on the sofa next to a man who crossed himself, and said, “We will be all right now.” We were about two hundred feet off the ground and still being tossed around like a cork. But thanks to the old DC3 and the two good pilots, we made a safe landing.

One night an oxygen mask fell from the overhead. The man sitting in that seat panicked. He got up to help me put it back up. He had a lighted cigarette in his mouth. I panicked!

We flew the original seven astronauts while they were in training at Cape Canaveral, Huntsville, Alabama, and Langley, Virginia. They were the first United States pioneers in space. It was an honor to have them fly with us.

In all those years of flying I only fell in-flight one time. We had a country and western band on board. I had closed the galley door, and when I tried to open it, it stuck. I gave a big tug on it, and when it opened, I was propelled backward onto the lap of the leader of the band, who was sitting on the sofa. Luck landing!

I could go on and on. These are just a few excerpts from all those years of flying with a wonderful airline. It was a great ride from beginning to end!

July’s focus is patriotism and community service; the deadline is June 18.

Coming Events

Wednesday, June 11, 2 pm

Musical Memories performance. Terrace Lodge courtyard.

Thursday, June 12, 2 pm

Attack on Yamamoto, presented by Osher Lifelong Learning Institute. Terrace Lodge Forum.

Tuesday, June 17, 11 am to 1 pm

“Bring a Friend to Touchmark” Party. Enjoy delicious barbecue, watch local artists at work, and groove to music by musician Lindy Gravelle. Terrace Lodge Courtyard.

Wednesday, June 18, 1 pm

James Hall, MD, will present *Staying Active with Arthritis, Joint Pain, and Joint Reconstruction*. Terrace Lodge Forum.

Thursdays, June 12 and 26, Noon

Come meet other residents and share your stories at the Affinity Luncheon Tables in the Four Seasons. The theme for this month is golfers.

Updated in-house TV channel launches

Touchmark’s in-house Channel 3 is now active for all residents. Check the channel daily to find out what is happening in the community.

If you find that your television does not have Channel 3, please inform a front desk staff member or call Dan Green at 541-383-1414, ext. 4114.

Celebrating National Senior Health & Fitness Day



Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark, speaks about *Wellness Over the Life Span* at the recent National Senior Health & Fitness Day.



From left: Jean Crowell, Liz Cecchi, Lorene Cline, Muriel Harris, and Life Enrichment/Wellness Assistant Toni Ellison participate in an indoor walk.