

# Musical Memories visiting Touchmark

Earlier this spring, the Sisters Folk Festival launched Musical Memories. The six-month pilot outreach program brings high-quality, relevant entertainment to retirement communities in Central Oregon.

In June, Touchmark welcomed Musical Memories musician Dick Sandvik for a lively guitar performance. The next concert at Touchmark will be **July 9 at 2 pm.**

Musical Memories connects older adults to songs from 1930s through the mid-1950s. Each musician's performance follows a selected theme, like Oscar Winners, Songs from World War II, and Music of the West, and includes fascinating historical facts from the same era.

"We're extremely excited to partner with the Sisters Folk Festival to promote this program and bring it to the Touchmark community,"

says Life Enrichment/Wellness Director Melanie Snow. To learn more, talk with Melanie. ■



Gathering outside, (from left) Jim Goddard, Musical Memories Founder and musician Dick Sandvik, Charlotte Miller, and Bill Handy joke and play a song.



Musical Memories Founder and musician Dick Sandvik plays the guitar for more than 40 people at the recent concert.

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The event is from Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Touchmark's Active Aging Week celebration. ■



## The greater good of all



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

**“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”**

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering

oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the HARRISES, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of the greater good of all. To learn more about opportuni-

ties to reach out to others, contact Life Enrichment/Wellness Director Melanie Snow. ■



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Touchmark, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Touchmark today to learn more about this vibrant community or call 541-383-1414 to learn more about the summer’s featured homes. ■



**A 1,367-square-foot lodge home is currently available in the River Lodge (pictured). The home features two bedrooms, two bathrooms, a magnificent view of the river, easy river access, private deck, and gas fireplace.**



**This spectacular penthouse features lovely views of the river and canyon (pictured). Located in the Cliff Lodge, this home offers 1,825 square feet, two bedrooms, two bathrooms, vaulted ceilings, a den, a utility room with sink, excellent finishes, and clean steel appliances.**

## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

## Friendship happens here

For Spike Anderson and Jack Welch moving to Touchmark marked the beginning of a new friendship. “Spike and I met as next-door neighbors; he moved in just before me,” shares Jack.

Elaborating on their friendship, Spike explains that Jack has been a supportive friend and companion.

“After the loss of my wife, Alice, I didn’t like eating alone,” recalls Spike. “When our dining room was closed, we decided to take turns cooking meals for one another, and soon we became better acquainted.”

Jack, who practiced medicine, has a keen interest in eating a balanced diet, so when the two friends cooked together, they focused on creating healthy meals. Jack’s and Spike’s healthy approach to life has propelled them to stay active, as well.

“I have been aware that when you begin to get past 80, you need to keep your muscles and joints active,” says Jack. Spike agrees, saying, “Getting as much exercise as possible is what our bodies need.”



Jack (left) and Spike use their walking poles during a recent walk.

When Jack began experiencing vertigo, he started using trekking (walking poles) for balance. “They have been a big help,” he says. “They alleviate shock on your joints and assist on uneven terrain.”

Much like the walking poles, Spike and Jack have found that their friendship has helped steady them on the uneven terrain of life and enhanced their enjoyment.

*Life Enrichment/Wellness Coordinator Beth-Ann Wesley contributed to this article. ■*

## Showing off their green thumbs



Shirley Morrissey (left) and Mary Jean Bestwick work together to place the flowers in the beds.

*(cont.)*

(cont.)



**Muriel Harris plants the first petunia in the raised beds located in the Terrace Lodge Courtyard. People added color to the courtyard by planting petunias and snapdragons.**



**Dorothy McDonald joined the green thumbs to plant flowers.**

## Fitness and health offerings bring balance to life

*One in three Americans 65 and older falls each year, and 30 percent of them require medical treatment.*

The need for more fall reduction services has increased nationally, and Touchmark continues to bring people additional offerings that can assist in reducing the risk of falls.

Specifically, the **Touchmark Rehabilitation & Balance Center** uses the Balance Master® as part of client treatment. This specialized fitness equipment evaluates balance and provides information for treatment regimens.

Using the information from the balance assessment, Touchmark staff can create a personalized fitness plan. Some of the possible benefits of a balance assessment can be decreased risk of falls; faster recovery after knee, hip, or back surgeries; faster recovery after strokes; and improved balance for people with sensation or strength deficits in their legs.

When an assessment is performed by a physical therapist, the cost is generally covered by insurance, including Medicare. Without insurance, the cost is \$75 for a full balance evaluation. All residents receive a complimentary 15-minute Balance Master screening. Call 541-848-4095 for more information or to book your screening.

The services offered at Touchmark Rehabilitation & Balance Center complements the **Fall Prevention Class**, which can help improve balance and mobility and reduce the risk of falls.

Resident June Stewart has taken the class and highly recommends it. “It is really needed by all of us,” says June. “Not only does it help our stability but is also a lot of fun.”

Each one-hour class will focus on movement, balance, flexibility, strength, and endurance. This class is designed for independently living, medically stable adults, (cont.)

(cont.) who can safely walk at least 200 feet without the use of any devices.

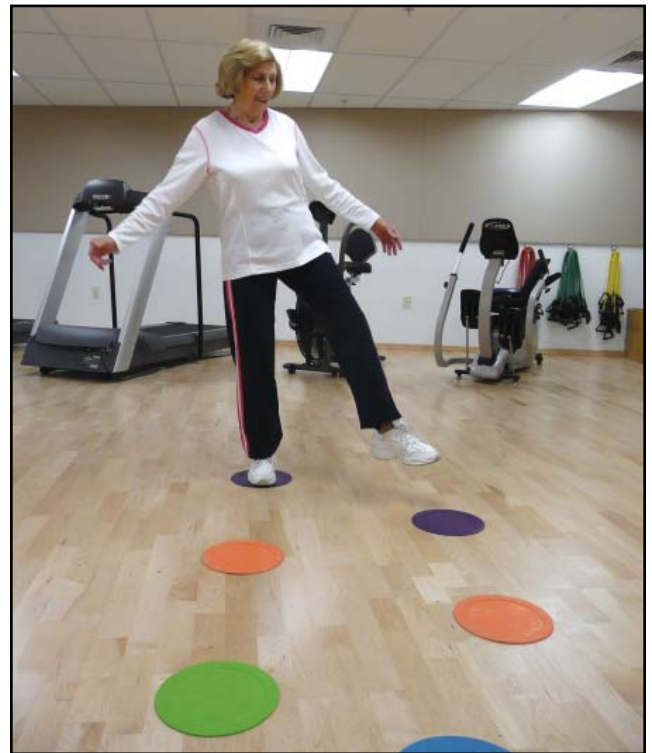
The class starts August 4 and goes until September 29 and will be held Mondays and Wednesdays from 9 to 10 am in the Cliff Lodge Aerobics Room. The cost is \$59. Contact Central Oregon Community College to register: 541-383-7270. The CRN code is 35302. ■



During the recent National Senior Health & Fitness Day celebration at Touchmark, resident Betty Tangney (left) took the opportunity to have her balance assessed on the Balance Master®. Touchmark Rehabilitation & Balance Center Director Jennifer Troth, MPT, helps perform the assessment.



Nancy McCullough challenges herself during a balance exercise. Vision operates as the body's primary sensory balance system while the vestibular is second



Nancy performs a balance exercise during the Fall Prevention Class.

## Coming Events

**Wednesday, July 9, 2 pm**  
Musical Memories. Terrace Lodge Forum.

**Thursday, July 10 and 24, noon**  
Affinity Luncheon Table. Theme for this month is Nurses/Doctors. Four Seasons Dining Room.

**Friday, July 11, 3 pm**  
Farmer's Market at St. Charles.

**Saturday, July 12, 8:45 am**  
Sisters Outdoor Quilt Show™.

**Wednesday, July 23, 8:30 am**  
Golf Scramble at The Greens in Redmond, Oregon.

**Wednesday, July 30, 2:40 pm**  
Farmer's Market at Drake Park.



Life Enrichment Assistant Toni Ellison delivers Memorial Day flags and notes to the residents as a gift from the Touchmark staff.

## Recent events



The new members of the Touchmark Resident Council recently took office. They include (from left) Bob Smith, Bill Bancroft, Burns Srigley, Shirley Furst, John Morrissey, Norm Bailow, and Bill Handy.



Resident and veteran Don Miller accepts his Memorial Day gift.

## More than 100 gather for “Bring a Friend to Touchmark” Party



As part of the festivities, local artists shared their work with partygoers. Maury Westberg paints at artists' display table.



Life Enrichment/Wellness Coordinator Beth-Ann Wesley and Spike Anderson dance to the live musical performance of Lindy Gravell.



Russ Reiserer and Minna Baptiste are all smiles during the “Bring a Friend to Touchmark” Party.



Don Halligan shows off his “angel’s wings” during the party, creating laughter and smiles among friends.