

Touchmark sponsors Conference; resident panel will present

Touchmark is a major sponsor of the 2008 Cascade Conference on Successful Aging, which is Friday, September 19 from 8 am to 4:15 pm.

During an afternoon session, a panel of Touchmark residents will present *Let Your Spirit Soar: It's Up to Me!* The session will focus

on whole-person wellness from the point of view and experience of the residents. The participants will talk about how their lifestyle choices and commitments affect healthy aging. Resident panelists are Jim and Beryl Goddard, Bob

CASCADE CONFERENCE
on Successful Aging
TODAY & TOMORROW

Dempster, and Hilary Kenyon. Helen Vandervort will be the panel facilitator. ■

Visiting Juniper Grove Farm

The folks at Juniper Grove Farm say that Central Oregon is one of the best locations for creating extraordinary goat cheese, and recently, 25 residents had the chance to test this claim by touring the Redmond farm.

"We took the van and the bus for this trip, because of the large interest," shares Life Enrichment/Wellness Director Melanie Snow. "And we all had such a fun time!"

Juniper Grove Farm is owned and operated by Pierre Kolisch and wife Anita Kolisch, MD, who has a longstanding relationship with Touchmark.

During the tour, people learned

about the farm and the intricate process of making goat cheese. The farm operates throughout the week but uses low-impact practices to

reduce the effect on the land and ensure a superior product. More than 105 goats as well as pigs, chickens, and dogs live at the (cont.)



During a presentation by the Juniper Grove Farm staff, some members of the Touchmark group mingle with the goats.

(cont.) farm. Over 450 wheels of cheese are packed in the Cheese Cellar, and some are aged for as long as nine months.

After the tour, people sampled two types of goat cheese, and some purchased cheese for later enjoyment. ■



Liz Cecchi holds a kid.



While touring the Juniper Grove Farm, people learn about the goats and cheese-making process.



A goat from Juniper Grove farm nuzzles Bette White's hand.



Residents pet the farm dog, Milo.

Celebrating '50s style



Residents and staff from the Residential Care neighborhood enjoyed a '50s-theme buffet dinner with family and friends. The evening was topped off with a display of classic cars from the Central Oregon Classic Chevy Club. Maxine Odom poses next to a blue beauty.



Cleo Calderhead (left) and Dorothy Powell enjoy a fun evening at the '50s dinner.

**Join Touchmark for
Active Aging Week
Sept 22 to Sept 28**



How does help with your housekeeping sound?

Living at Touchmark enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

Touchmark's maintenance-free homes offer housekeeping services. In addition, a variety of amenities and services, like maintenance assistance and scheduled transportation, are included.

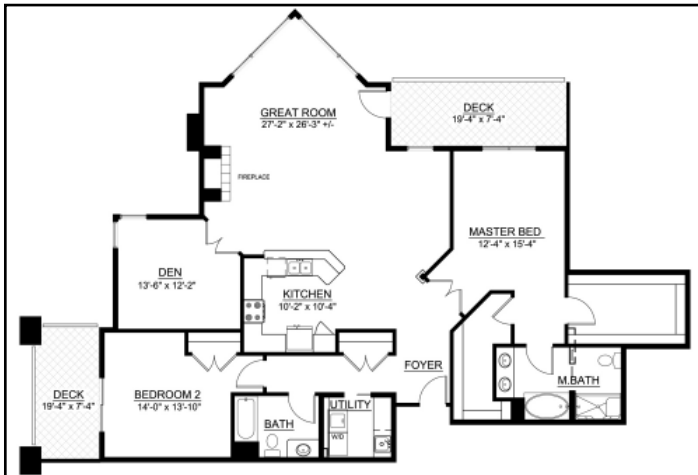
At Touchmark, people have the opportunity to fully embrace an active lifestyle. Visit Touchmark or call 541-383-1414 today to learn more about this summer's featured homes. ■



Located in the award-winning River Lodge, a 1,367-square-foot lodge home is currently available. The home features two bedrooms, two bathrooms, a gas fireplace, and a large private deck with a spectacular view of the river.

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This corner penthouse features maple cabinets, a soaking tub, and two decks with river and canyon views. Located in the Cliff Lodge, this home offers 1,947 square feet, two bedrooms, and two bathrooms.

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.

Reflection on choosing to work at Touchmark

By **Byron Nelson**, Maintenance Technician

I'VE BEEN ASKED TO WRITE A PIECE FOR THIS NEWSLETTER ON WHY I LIKE MY JOB. It made me stop and think about why I choose to spend my days here. What about the job in general do I like and what about Touchmark specifically?

I came to work at Touchmark as a maintenance technician a little less than two years ago. Prior to that, I worked at another retirement community, where I had worked for 11 years. So I've worked in the industry for a while. I've found it satisfying in many ways to work in an environment where people, who are compassionate by nature, come together for the purpose of enriching the lives of others (and enriching our own, while we're at it).

I like to go home at the end of the workday feeling

like I've done some good for someone, even if just in a small way. This job gives me that opportunity every day. I like working at a job that makes use of the whole person instead of just a narrow set of skills and that gives me the satisfaction of doing real work that produces concrete results. My job does just that. I am constantly challenged to solve a very diverse array of problems, which is good mental exercise. It's also good physical exercise and keeps me fit both mentally and physically.

The relationships and friendships formed and the feeling of community are something that many workplaces do not provide. It's also important to me to work for a company that aspires to be the best in its field and is innovative in positive ways, and Touchmark definitely fits the bill there. I think all of us who work here are proud of our beautiful campus and feel blessed to work in the midst of this natural beauty. It all makes Touchmark a great place to live and work, and that's why I choose to come here every day.

The theme for September is active living. Deadline for this issue is August 10.

Meet the deer family



The deer family is now complete thanks to "Sam" Seidenverg, who donated a third beautiful bronze stag to Touchmark. The handsome stag accompanies a doe and her fawn, which were donated by Sam in spring 2007. The deer are standing in the River Lodge roundabout, where people are able to enjoy the lovely artwork.

Living with intention



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

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Touchmark, the Life Enrichment/Wellness program focuses on providing social environments where

residents, families, and staff can develop relationships and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

- “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

- “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages (*cont.*)

(cont.) develop Alzheimer’s, on average, over four years later in life than people who only know one language (Bialystock et al., 2007).”

- “People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

Recent events



Residents walk through the Trail of Molten Land, which is part of the Newberry National Volcanic Monument in the Deschutes National Forest.



During a recent walking trip, residents took in Benham Falls.



The Touchmark group poses for a photo in front of Benham Falls.



Residents and staff enjoy the Trail of the Whispering Pines.



Beryl Goddard (left) and Sam Seidenverg shop during a trip to the Schilling Solar City Gardens.

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Ann Brandt practices her watercolor skills in the Terrace Lodge Activities Room.



Bobbie Pitzer enjoys painting a sun catcher in the Terrace Lodge Activities Room.

Coming Events

Wednesday, August 6, 5 to 7 pm
August prime rib birthday buffet. Reservations required. Inquire at front desk. Four Seasons Dining Room.

Thursday, August 7 and 21, noon
Affinity Luncheon Table. Theme for this month is Native Oregonians. Four Seasons Dining Room.

Sunday, August 10, 11 am to 2 pm
Sunday Brunch. Reservations required. Inquire at front desk. Four Seasons Dining Room.

Wednesday, August 13, 2 pm
Musical Memories. Jim Cornelius performing music from the American cowboy era. Terrace Lodge Forum.

Tuesday, August 19, 5:30 to 7:30 pm
Hawaiian Luau. Music by The Bend Ukelele Club. Please sign up at reception desk in each lodge. Terrace Lodge Courtyard.

 A flyer for a Hawaiian Luau event. The flyer has a bamboo border and features a woman in a hula costume. The text on the flyer includes:

- Aloha! You're invited ...
- Hawaiian Luau**
- DATE: **Tuesday, August 19**
- TIME: **5:30 - 7:30 pm**
- PLACE: **Terrace Lodge Courtyard**
- No charge**
- Tropical drinks and buffet
- Entertainment by The Bend Ukelele Club
- Hawaiian attire encouraged
- Transportation from the River Lodge 5 pm
- Return to River Lodge 7:30 pm
- Make reservations at any lodge front desk
- 541-383-1414**
- Touchmark at Mt. Bachelor Village
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