

# Touchmark hosts Active Aging Week

## Public invited to participate in fun, healthy activities

In honor of Active Aging Week, Touchmark invites people to participate in Women's Health Day Wednesday, Sept. 24. There is no charge for the event.

The celebration will include several activities focused on women's well-being:

- 11 am: *Breast Health Awareness*, presented by Community Breast Cancer Educator Lizzi Katz from the Sara Fisher Breast Cancer Project;
- 1 pm: *Women's Bone Health: osteoporosis vs. osteoarthritis and how to stay fit for better bone health* by Viviane Ugalde, MD, physiatrist from The Center;
- 2 to 3:30 pm: Balance assessments on the Balance Master®. Touchmark Rehabilitation & Balance Center Director Jennifer Troth, MPT, will perform assessments.

"We designed this event to help people gather useful information that can assist them in achieving healthy, fuller lives," says Touchmark Life Enrichment/Wellness

Director Melanie Snow. "It's clear that the key to living longer — and better — is to stay active. Several recent studies have shown there's a strong relationship

between physical activity and mental acuity, and other research links social connectedness to healthy aging."

For more information, people can call 541-383-1414.

*Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■*



## More than 200 swing in for Hawaiian luau

People packed the Forum and Courtyard for the Touchmark indoor-outdoor luau and enjoyed tropical drinks, a tasty Hawaiian buffet, and a musical performance by The Bend Ukelele Club.

Hawaiian decorations, including beachballs in the fountain and tiki torches around the courtyard, added to the fun atmosphere.

"I heard many positive comments," says Touchmark Life Enrichment/Wellness Director Melanie Snow. "It was a great party." ■



**Despite a rainstorm the day before and cloudy skies during the event, the weather cooperated, and people enjoyed the cool, comfortable outdoor setting.**

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Bill and Annis Oetinger sport lavender leis while celebrating at the luau.



Jim Goddard and Life Enrichment/Wellness Director Melanie Snow bring some laughs to the luau.



The Bend Ukelele Club group performs.



Peg and Jim Henshaw grab drinks and celebrate at the luau.

## Use it or lose it—redefined!



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

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive enhancement activities that can delay—and even interrupt—the onset (cont.)

(cont.) of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes and subsequently move from independent living to assisted living; from assisted living to memory care or skilled nursing.
- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Touchmark Life Enrichment/Wellness Director Melanie Snow ■

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## Enrich your life

Touchmark features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind,

and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

Touchmark offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 541-383-1414 today to learn more about the Touchmark lifestyle and dynamic Life Enrichment/Wellness program—and the fall’s featured homes. ■

### Tour cottage home 21

Offering 1,600 square feet, cottage home 21 features fantastic river views, easy river access, and a large two-car garage. The home includes two bedrooms and two bathrooms. Call today for personalized tour.

### Come see lodge home 229



Located in the River Lodge, lodge home 229 offers 1,700 square feet, three bedrooms, and two bathrooms. This corner unit home features a gas fireplace, upgraded finishes, and two decks with views of the stream and waterfalls.

## Magazine spotlights Bend

Earlier this summer, a *USA Today* article expanded on the Bend area's appeal, which has persuaded some frequent visitors to become permanent residents. The author describes the area as "relatively young" and similar to Boulder, Colorado.

### Bend area remains alluring

"Despite tremors in the housing market, Bend continues to offer an excellent lifestyle full of enriching opportunities," says Touchmark Sales Manager Mattie Swanson, who explains that Touchmark residents take advantage of the area's many offerings. "Residents attend art and music festivals, shop, go to art galleries and the farmers' market, ski, hike, and enjoy outdoor celebrations.

"It's a great, enriching lifestyle in Bend and at Touchmark."

To learn more about the Bend area and Touchmark, call Mattie today at 541-383-1414. ■

## Feeling stressed? Join Touchmark Home Services for Relaxation Response Training

*According to the American Institute of Stress, "It has been estimated that 75 - 90 percent of all visits to primary care physicians are for stress-related problems."*

Touchmark Home Services is offering a new program to help people learn stress-reduction techniques that can help reverse the body's stress response. The pilot program will start this fall and is open to all residents.

The cost for five sessions is \$120.

The Touchmark program is medically monitored and includes five customized training sessions, each with a blood pressure, heart rate, and oxygen reading before and after each session. Program participants learn the basics of using both physical and mental techniques to create new patterns of responses. These techniques can be learned quickly and used immediately in daily life as part of a personal wellness program.

For more information or to join the program, contact Laura McCoy, RN, or Touchmark Home Services Social Worker Carol Hopwood at 541-312-7071. ■

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## Conference to offer health and wellness information

CASCADE CONFERENCE  
on Successful Aging  
TODAY & TOMORROW

Join members of the Bend community for the sixth-annual 2008 Cascade Conference on Successful Aging on **Friday, September 19 from 8 am to 4:15 pm**. A variety of health and wellness experts will present.

Touchmark, which is a major sponsor of the conference, is participating. A panel of Touchmark residents will focus on whole-person wellness from their point of view and experience. The participants will talk about how their lifestyle choices and commitments affect healthy aging.

To learn more, visit [www.cascadeaging.org](http://www.cascadeaging.org) or call 541-815-2699. ■

## People tee off at the golf scramble

Residents and staff recently competed in a Touchmark nine-hole golf scramble, which took place on The Greens at Redmond.

Prior to teeing off, Building Services Manager Rich Steigleman explained the rules of the scramble. The teams consisted of four players, and prizes were awarded to the team with the best score. Bob Kahl received a prize for the longest drive (on hole three), and Monroe Weinberg received a prize for coming closest to the pin (on hole nine).

“The outstanding weather contributed to a successful scramble,” says Life Enrichment/Wellness Director Melanie Snow, who drove a hydration-station golf cart with team member Beth-Ann Wesley. “It was fun driving around and making sure everyone had water and snacks and seeing them play.” ■



**Jean Thompson lines up her shot.**



**Valerie Jones tees off.**



**Bob Kahl congratulates Life Enrichment/Wellness Coordinator Beth-Ann after she hit a great shot.**

# Touchmark vice president writes for recent issue of *The Journal on Active Aging*

In the July/August issue of *The Journal on Active Aging*, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.



“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” states Marge.

She writes that “along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead

fuller, more satisfying lives.”

Read the full article online at [touchmarkbend.com/common/pdf/civic-engagement-enrich-lives.pdf](http://touchmarkbend.com/common/pdf/civic-engagement-enrich-lives.pdf). ■

## Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and

creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



**The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.**

## Interested in joining the Touchmark family?

Oregon Public Broadcasting's *Oregon Field Guide* is celebrating its 20th anniversary and returning to Touchmark Saturday, Sept. 27 at 1 pm to celebrate. The event is open to people interested in joining the Touchmark community, residents, and family members. Executive Producer and Host Steve Amen (pictured) and his crew will share the 20th Anniversary Special video. ■



***Oregon Field Guide* Executive Producer and Host Steve Amen (pictured) and his crew will share the 20th Anniversary Special.**

lucky week. She was on the golf scramble team that finished one under par). ■



**Life Enrichment/Wellness Director Melanie Snow opens a briefcase for Annis Oetinger, showing her that she made a good deal by taking the banker's offer since her case only held one cent.**

## Flashback Cruz rides into town—400 cars on display



**Residents Bob and Doris Brouillette joined the group from Touchmark that visited the 23rd annual classic car show in Drake Park. Touchmark was an event sponsor; some residents participated in the awards ceremony by handing out ribbons to two winners.**

## All-resident meeting transforms into TV popular game show

More than 100 people attended the recent meeting, where Touchmark President Tom Moe spoke, and then people participated in a version of popular TV game show *Deal or No Deal*. Life Enrichment/Wellness Director Melanie Snow posed as the game host.

Resident Annis Oetinger had never seen the game show before, but with some beginner's luck, she walked away with the "banker's deal" of \$250. (It was Annis'

## 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 Story on Active Aging

By **Betty Kahl**, Resident

**AS I RECENTLY PASSED MY 82ND BIRTHDAY, I NEVER REALIZED, EVEN IN MY WILDEST DREAMS, I'D EVER SEE THIS AGE OR THE 21ST CENTURY, BUT HERE I AM!**

I attribute this to starting with a happy childhood, filled with outdoor games, camping, Brownie Girl Scouts®, Girls Scouts®, etc. This lifestyle continued for me as I married and had children. As a family, we spent our time keeping up with three active children, boating, water-skiing, camping, and the like. As we retired and moved to Central Oregon, our lifestyle continued to be active with golf, biking, canoeing, skiing, and walking. My husband, Bob, and I are people oriented, which helps us stay connected with others. Because my education was in nutrition, I've always felt it was important to pay attention to what we were eating and what foods were good for us.

I feel that aging is a matter of the mind. Yes, there have been bumps along the way to 82, but we continue to keep active with golf, walking, and exercise programs while we enjoy our many friends here at Touchmark. I keep my mind busy with reading, counted cross-stitch, bridge, and jigsaw puzzles, so there isn't much time to sit around doing nothing.

Lastly, I feel blessed to have had a loving, loyal husband for almost 60 years. What better life can one ask for as we age?

*October's focus is harvest/life wisdom; the deadline is September 18.*

### Coming Events

**Monday, Sept. 8, 6:30 pm**

Morning Sun Yellow Pony singing gospel songs. Terrace Lodge Forum.

**Wednesday, Sept. 17, 4 pm**

Beltone™ offers complimentary cleaning and inspection of hearing aids. Questions are welcome. Terrace Lodge Lobby.

**Friday, Sept. 19, 8 am to 4:15 pm**

Sixth-annual 2008 Cascade Conference on Successful Aging. See the article on page four for more details.

**Wednesday, Sept. 24, beginning 11 am**

Celebrate Active Aging Week at Women's Health Day. See the article on page one for more information. No charge.



**1st Ever Touchmark**

## Pluck-a-Ducky

Join Touchmark for the first-ever Ducky Derby and Pluck-A-Ducky events.

**Wednesday, Sept. 10, 1 pm:** Enter a duck in the race down the River Lodge water feature. Prizes will be given for the fastest ducks. Registration is from 1 to 1:30 pm, and the race starts at 1:30 pm.

**Saturday, Sept. 13, 2 to 4 pm:** "Pluck-A-Ducky" out of the courtyard fountain with a net, and see if you're a winner.

Ice cream will be served both days.