

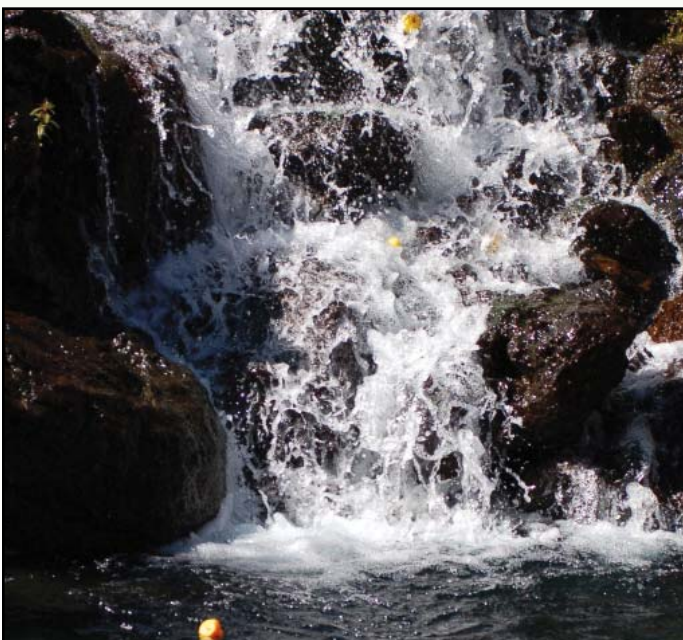
Ducks compete in first-ever Ducky Derby



Participants pick out their racing ducks.



People eagerly watch their ducks speed through the course.



Ducks dash, fly, and tumble down the falls during the derby.

Little plastic ducks raced down waterfalls, under bridges, and across a pond to compete for first place in the recent Touchmark Ducky Derby. Forty-seven residents entered rubber ducks in the race. The small plastic ducks were outfitted in costumes, such as army soldiers, pirates, and doctors.

While registering, people enjoyed ice cream and then gathered at the top of the River Lodge water feature and let the ducks float through the course. The first three ducks to cross the finish line belonged to Cathleen O'Shea, Lois Boland, and Rod Pemberton. Each winner received a gift certificate to Safeway.

"The weather was perfect, and everyone had a great time cheering on their ducks and enjoying each others company," says Life Enrichment/Wellness Director Melanie Snow. ■

Nutrition news—eat those blueberries



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

“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—*Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading*

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options

and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Touchmark, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Touchmark Life Enrichment/Wellness Director Melanie Snow or Dining Room Manager Joanna Williams. It’s never too late to make good dietary choices that support active aging. ■

Panel presents at Cascade Conference on Successful Aging



During the recent Conference, a panel of residents from Touchmark shared their views about whole-person wellness and talked about how their lifestyle choices and commitments affect healthy aging. Participants were (from left) Jim and Beryl Goddard, Hillary Kenyon, Bob Dempster, and Helen Vandervort, who moderated the presentation.

Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore, I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Touchmark team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Touchmark lifestyle—and the fall’s featured homes—call 541-383-1414 today. ■



Located in the Cliff Lodge, apartment 387 offers 1,693 square feet, two bedrooms, and two bathrooms. This unit features wonderful views of the courtyard and fountain as well as easy access to all community amenities.



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

Caring for your family. Caring for you.

The staff at Touchmark Home Services understand how tending to an ailing loved one can take a physical, emotional, and financial toll. To help families cope with the stress and isolation that is common for someone caring for a loved one, Touchmark offers a Family Care Givers Support Group.

The group meets each month on the second and fourth Monday from 3 to 4:30 pm in the Cliff Lodge Touchmark Home Services area. The cost is \$25 per month.

“If you are in a care giving situation of any type, you would find this type of group uplifting and so helpful ... plus, you would be surprised how each one contributes by their own experience,” says Ginger Eling, who is attending the group.

June Stewart echoes Ginger’s comments, saying, “We share, confidentially, our concerns. We are caring, good listeners, and enjoy the company.”

Call Touchmark Homes Services Social Worker Carol Hopwood at 541-312-7071 for more information. ■

Recent events



Basking in the beautiful weather, Barbara Perkins (left) and Betty Tangney ride the chairlift to the summit of Mt. Bachelor. A group from Touchmark rode to the summit, ate lunch at Pine Marten Lodge, and took in breathtaking views of Three Sisters, Broken Top mountains, and glistening Sparks and Todd lakes.



Betty Royce (left) and Kendra West participate in one of two Texas Hold ‘em tournaments on a recent Saturday. The tournaments are part of a new addition to the Life Enrichment/Wellness calendar, Sensational Saturdays, offering different events and snacks each week. In addition to the Texas Hold ‘em tournaments, people have enjoyed the Touchmark Ducky Derby and ice cream; dominoes and oreos; sling ball and salsa; and indoor golf with club sandwiches. More events will be scheduled. “These Saturday events have prompted some residents to start having poker parties in their homes and getting together more often to play dominoes, golf, and other fun games,” explains Life Enrichment/Wellness Director Melanie Snow.

Coming Events

Monday, Oct. 6, 2:30 pm

Performance by singer and guitarist Dorene Greg. Terrace Lodge Forum.

Wednesday, Oct. 8, 3 pm

Coffee with the candidates, hosted by resident Dave Ghormley. Welcome Bend City Council candidates with an informal "meet and greet." Also present will be Judy Steigler, candidate for state Representative. Refreshments will be served. Terrace Lodge Forum.

Thursday, Oct. 9 to Sunday, Oct. 12

5th Annual BendFilm Festival. Visit www.bendfilm.org to learn more.

Monday, Oct. 13, 4 pm

Book club. Terrace Lodge Lounge.

Wednesday, Oct. 15, 2 pm

Musical Memories with performance by Hinkle and Brown. Terrace Lodge Forum.

Thursday, Oct. 16, noon

Affinity Luncheon Table: cat lovers. Four Seasons Dining Room.

Wednesday, Oct. 29, 5 to 7 pm

Halloween party and buffet. Costumes are encouraged but not required. Costume prizes will be awarded. Sign up at any lodge front desk. Transportation will be provided from River Lodge and cottage homes. Four Seasons Dining Room. Cost: \$14 for dinner.

Mondays and Thursdays

Shopping trips to local supermarkets every Monday at 10 am and Thursday at 1:30 pm: Trader Joe's, Safeway, Fred Meyer, Wal-Mart®, and Ray's Food Place. Sign up at any front desk.

Donate to the Terrace Lodge Library

Since opening last year, the Terrace Lodge Library has grown, which can be attributed to the many book and magazine donations and the resident volunteers who organize and catalogue the collection. To continue its steady growth, the library needs magazines. If you have any current magazines that you're not reading, please place them in the Terrace Lodge Library donation basket. Magazines of interest include: *Sunset*, *Woman's Day*®, and *Good Housekeeping*. Other donated magazines are welcome, as well.



Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

"This study underscores the important role assisted living services can play in the overall care of older adults," says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark's care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■