

# Celebrating Veterans Day



Resident and veteran Don Miller stands near a car built by a member of the Shriners of North America. The car has a Briggs & Stratton® engine and resembles the first cars built.



Fifteen Touchmark residents and veterans walked alongside or rode in the Touchmark bus in the annual Bend Veterans Day Parade. The Touchmark group joined other veterans, community organizations, schools, bands, and others in the annual event. The parade twisted through the downtown streets with people waving and saluting.



The Oregon National Guard Youth Challenge Program performs a flag raising ceremony for 30 residents and staff. The Color Guard, which consists of two rifle bearers and two flag holders, presented the flag. Following the ceremony, people sipped warm drinks and listened to Terry Thomas speak about his experiences in a Japanese work camp during the 1940s. The Life Enrichment/Wellness team also gave every resident a Veterans Day note attached to a United States flag magnet.

## Touchmark offers residential care for those needing a break—or healing from a break

Whether it's a family member needing some time away from providing full-time care to a loved one or an individual requiring some nursing care after breaking a leg, a new service is available for Central Oregon residents. Touchmark at Mt. Bachelor Village offers residential care for a wide range of situations when assistance is needed to heal, recharge and/or regain strength.

Jamee Hardwicke turned to Touchmark's residential care service following foot reconstructive surgery.

"I needed some help with many of the simple daily tasks of caring for myself as I recovered from my surgery. Plus, they are helping me with my physical therapy," she says.

Jamee spent three days in the hospital following her August 25 surgery. With more than 100 stitches and six pins in her foot, her doctor advised her to keep her foot above her heart for most of the day and night and to avoid placing any weight on her foot for three months.

"It's very confining," she notes but adds the recovery care services are "wonderful." "This is first class all the way," says Jamee, who didn't want to stay in a nursing and rehabilitation center. "There is nothing comparable to Touchmark's quality; it's topnotch. Everyone who works here really does anticipate your every need. Plus, they keep everything nice, and when you're not well or able to do things for yourself, having things look nice is important."

Health Services Manager Deborah Beemer, RN, has lived in Bend for nearly 30 years and heads up the Touchmark residential care services. She says her staff are able to provide most care needs following a hospital stay. "We give 24-hour care and work with people and their doctors and family to take care of most types of

situations. Most people don't have to go to a traditional nursing home."

Currently, there are several rooms available, accommodating those needing a short-term stay as well as those requiring a longer recuperation. Access to nursing care and 24-hour assistance plus a comfortable, homelike setting and all meals are included in the daily fee. Touchmark also offers home health and rehabilitation services that are Medicare licensed.

People interested in learning more may call Deborah at 541-383-1414. ■

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## Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, "normal" winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

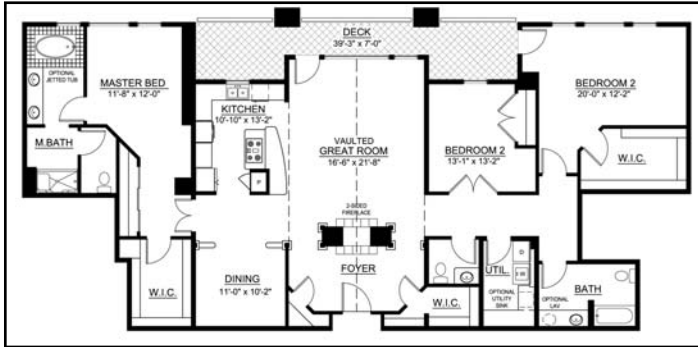
Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Touchmark offers snow and ice removal and *(cont.)*



**This 1,372-square-foot cottage includes two bedrooms and two bathrooms. Enjoy an open floor plan with a gas fireplace, two-car garage, and a secluded patio. Call today for a personal presentation.**

(cont.) scheduled transportation.

Visit Touchmark or call 541-383-1414 today to learn more about this winter's featured homes. ■



Located in the Cliff Lodge, this 2,425-square-foot lodge home offers three bedrooms, two-and-a-half bathrooms, wonderful views of the river, marble countertops, vaulted ceilings, and a utility room equipped with a sink.

## Make daily deposits in your bank of well-being



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

*“The silence allows you to listen to the wind, your step, the fragrance of love.”*

—Signpost along the “walk of silence” at Lake Orta

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song,

the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Touchmark, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Director of Life Enrichment/Wellness Melanie Snow for information on the program opportunities that will provide meaningful moments throughout your day. ■

## So fresh and clean

A recent arts and crafts class offered some good clean fun. Touchmark Bookkeeper Karen Howrey, who owned her own soap-making business at one time, has been teaching residents how to make fun, fragrant soap.

To get the class started, Karen is lending the group  
(cont.)

(cont.) her soap molds and oils. To make the soap, people melted glycerin, added food coloring and a scent, and then poured the mixture into a mold. Some people added oatmeal for exfoliating purposes. People made soap in the shape of bears, turtles, fish, and more.

Residents are welcome to join this arts and crafts class Wednesdays at 3:30 pm in the Terrace Lodge Activities Room. Since soap makes great holiday gift, it's a perfect time to join the class. ■



**Life Enrichment/Wellness Assistant Toni Ellison whips up a batch of soap.**



**Resident Bobbie Pitzer (left) and Life Enrichment/Wellness Intern Caryn Hill display a completed soap mold.**

## Is your ring missing a stone?

A resident family member recently found a large gemstone in the Cliff Lodge parking lot. The stone appears to be from a ring. If this is yours, contact the Cliff Lodge front desk. You will be asked to describe the stone. ■

## Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4					2

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*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page eight for answers.**

## Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others?

Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what

one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online ([TouchmarkFoundation.org](http://TouchmarkFoundation.org)) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation  
Attn: Holiday Food Box Project  
Care of Touchmark at Mt. Bachelor Village  
19800 SW Touchmark Way  
Bend, OR 97702-1942



## Holiday decorating contest continues

The door-decorating winners for November are: Cathleen O'Shea from the Cliff Lodge, Bill and Marilyn Handy from the River Lodge, Marilynn Battle from the Terrace Lodge, and Jill Coe from the cottages.

The Life Enrichment/Wellness team will be judging the December decorations **Monday, December 22**. Prizes and certificates will be awarded to the winners. If you have any questions, talk with a member of the Life Enrichment/Wellness team.

## Children and grandchildren in the news

Accomplished individuals live at Touchmark. And it turns out, a number of residents have children—or grandchildren—who have been featured in local, national, and/or international media.

*ELLE* magazine recently recognized new Hollywood director Catherine Hardwicke, daughter of Touchmark resident Jamee Hardwicke. Catherine is one of 30 women cited for “breaking barriers.” Catherine recently directed the popular new movie, *Twilight*. Read more at <http://www.elle.com/featurefullstory/15039/hollywood-director-catherine-hardwicke-at-ellecom.html>.

Catherine will be at Touchmark over the holidays and plans to speak at the Sister’s Movie House before a premier showing soon.

Resident Bob Smith’s granddaughter Mimi Ausland received the ASPCA “Tommy Monahan” Kid of the Year award this past October for her creation of two Web sites that help feed animals in local shelters. You can visit Mimi’s Web sites at [FreeKibble.com](http://FreeKibble.com) or [FreeKibblekat.com](http://FreeKibblekat.com). The Ellen DeGeneres Show also featured Mimi and donated \$20,000 of Halo pet food to Mimi’s cause. (See the Ellen video clip at [video.google.com/videoplay?docid=6876723252449862991](http://video.google.com/videoplay?docid=6876723252449862991))

Also, Bob Smith’s son Christopher Smith, who is from Portland, was recently featured in the *Wall Street Journal*. The article, “18 Holes in 45 Minutes,” highlights the career of the world’s fastest speed golfer. Christopher is the PGA Lead Instructor at Pumpkin Ridge Golf Club outside Portland, Oregon. Read about his speedy game at <http://online.wsj.com/article/SB122610474805110179.html>.

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## Building friendships roller-derby style

About 15 residents attended a recent roller derby match: The Lava City Roller Dolls played Olympia, Washington’s Prima Donnas. The

group attended the event to cheer on and support Life Enrichment/Wellness Director Melanie Snow, who is a member of the Roller Dolls.

“It was awesome, and they had a great time,” says Melanie, who was delighted to see that several people had accepted her invitation to attend the game. Residents who attended the evening event share Melanie’s enthusiasm.

“I had a blast Saturday night ... what fun!” says Margie Sherman. “By the second half, I caught on to what was happening, and watching Melanie circle the floor and score points was so exciting.”

Like Margie, it was the first time for many residents to see and watch roller derby. But it didn’t take long for everyone to get into the *(cont.)*



**Some of the 15 residents pose with Life Enrichment/Wellness Director Melanie Snow after a recent roller-derby bout.**

(cont.) spirit, waving and cheering.

Sam Seidenverg later shared with Melanie, “We were all so proud of you ... I’m looking forward to the next one. I never knew that I would enjoy it so much.”

If you’d like to join the group for the next roller derby game, talk with Melanie. ■

## Recent events



Local children stopped by Touchmark for fun trick-or-treating.



From left: residents Mary Joan Sherill and Cathleen O’Shea work with a teacher from the Athletic Club of Bend’s ABC Club helping Cabot and Zoe with their bat glider Halloween projects. The event also included snacks and story time.

## Coming Events

**Sunday, Dec. 7, 11 am to 2 pm**

Sunday Brunch. Please make reservations at any lodge front desk. Four Seasons Dining Room.

**Monday, Dec. 8, 4 to 5 pm**

Touchmark book club. Terrace Lodge Lounge.

**Tuesday, Dec. 9, 1 to 2 pm**

Resident Fashion Show. Residents will be modeling clothes from Coldwater Creek. Terrace Lodge Forum.

**Tuesday, Dec. 9, 2 to 3:30 pm**

Holiday Bazaar. Snacks and mimosas provided. Vendors will be selling products. Terrace Lodge Salon.

**Wednesday, Dec. 10, 4 pm**

Beltone™ conducting no-charge hearing aid checks. Terrace Lodge Forum.

**Thursday, Dec. 11, 4:30 pm**

Camp Fire USA girls sing holiday songs. Terrace Lodge Forum.

**Monday, Dec. 15, 12:30 pm**

Ladies luncheon at Pine Tavern Restaurant.

**Wednesday, Dec. 17, 10 am**

Ladies holiday cookie exchange. Talk with a member of the Life Enrichment/Wellness team for more information. River Lodge Great Room.

**Thursday, Dec. 18, 12 pm**

Affinity Luncheon Table. Theme for this month is Native Montanans. Get together with others who were born or lived in Montana. Four Seasons Dining Room.

(cont.)

**Thursday, Dec. 18 and Saturday, Dec. 20, 6 pm**

Holiday lights tour of Bend. Sign up in the Life Enrichment/Wellness book.

**Thursday, Dec. 18, 5 to 7 pm**

December birthday dinner-prime-rib buffet. Make reservations at any lodge front desk. Four Seasons Dining Room.

**Tuesday, Dec. 23, 10 am**

The Deschutes Public Library comes to Touchmark. Check out a book, a book on tape, music, and more. Terrace Lodge lobby.

**Saturday, Dec. 27, 5 to 7 pm**

Holiday buffet. Make reservations at any lodge front desk. Four Seasons Dining Room.

**Holiday gift-wrapping**

Do you need a place to wrap all your holiday gifts this year? Gift-wrapping supplies, such as paper, bows, and ribbons, will be available from December 1 to 25 in the Terrace Lodge Activities Room.

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
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6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Answers to the puzzle on page 5