

# Cooking demo blends culinary secrets and enjoyment

Each month, Touchmark Executive Chef Darrell Henrichs presents a fun cooking demonstration that's full of professional culinary secrets.

Excited to gather tricks of the trade, many residents turn out to participate and learn. For the first class in December, more than 20 people attended.

“Wow! I thought it was one of the most entertaining afternoon events,” says resident Norm Bailow. “It must have taken a lot of preparation, and Darrell sure did a fantastic job both as entertainer and chef.”

The class includes a cooking demonstration and tasting. Participants also receive the recipes so they can recreate the items at home. For some demonstrations, Darrell has prepared party appetizers and specialties that are served in the Four Seasons Dining Room.

“Darrell was very professional and organized doing the presentation,” says Marilyn Handy. “We followed a copy of the recipe while he explained the techniques he was using. Best of all we got to eat the finished product.” ■



**Touchmark Executive Chef Darrell Henrichs begins a cooking demonstration. The classes are held on two Tuesdays per month at 1 pm in the Terrace Lodge Forum.**



**During each class, Darrell asks a few residents to assist as sous chefs. While working under Chef Darrell's guidance, residents Monroe Weinberg (left) and Norm Bailow (right) help roll tofu spring rolls.**

*(cont.)*

(cont.)



**Chef Darrell carefully prepares a salmon appetizer. “Darrell worked slowly and deliberately,” says resident Burns Srigley.**

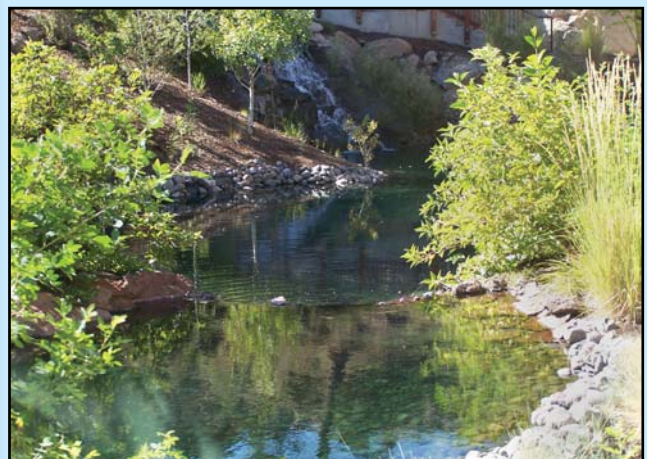


**Participants receive recipes as well as samples of a featured dish. Here, spring rolls take center plate. “I especially enjoyed the theme of a New Year’s Day football brunch,” notes Kendra West. “The spring rolls were somewhat labor intensive, but if made ahead they make excellent finger food for football enthusiasts without anyone missing a first down. Thank you, Chef Darrell!”**

## Look what’s available at Touchmark!



**Enjoy the superb view of the Deschutes River from the deck of cottage 21. This 1,600-square-foot home offers two bedrooms and two bathrooms, vaulted ceilings, and a large two-car garage. Warm up inside by the gas fireplace, or head outdoors to take advantage of the easy river access and great walking trails. Call today for a personal presentation.**



**Now is your opportunity to live in Touchmark’s River Lodge, which received the 2005 National Association of Home Builders’ Best of Seniors Housing Platinum Award. Call today to schedule a personal presentation of lodge home 203, which overlooks the waterfalls, cliffs, and pond. The 1,172-square-foot open floor plan offers two bedrooms and one bathroom. Natural beauty and the Deschutes River are just steps away.**

## Experience better balance

Touchmark will be presenting Better Balance, a multilevel fitness class for residents as well as Bend community members wishing to improve their balance, posture, and flexibility. The course will be progressive in nature, with each lesson building upon the previous one.

The class will be taught by Touchmark Rehabilitation & Balance Center Director Jennifer Troth, MPT, who also is a certified FallProof instructor. Classes will run Wednesdays and Fridays from February 18 through April 10 from 9 to 10 am in the Cliff Lodge aerobics room. People need to take a course assessment before (week of February 9) and after the class (the week of April 13).

The cost is \$59 for Touchmark residents and \$89 for others. The fee covers course assessments, 16 class sessions, and home fitness program handouts and instruction.

**People need to register by February 13.** For more information, talk with Jennifer at 541-848-4095. ■

## Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is *(cont.)*

### 10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

(cont.) most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

## Dr. Marge’s Smoothie Recipe

*Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.*

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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At Touchmark, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Melanie Snow, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

## Build your brain

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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 nine for answers.**

## Give a calorie-free Valentine's Day gift

Are you looking for a fun, calorie-free gift for your valentine? Try a gift certificate to Massage By Kathi in the Cliff Lodge or Terrace Lodge Beauty Salon.

### Relax and enjoy

Give your valentine a gift certificate for a 30- or 60-minute Swedish or deep-tissue massage. Gift certificates start at \$35. Or how about a chair massage? Your valentine can relax and feel the tension melt away from sore and tight muscles. Gift certificates for chair massages start at the low price of \$10 for 10 minutes. Just call Kathi at 541-280-6980 or Touchmark at 541-383-1414 to learn more.

### Feel stylish

The Touchmark Salon offers several services for men and women, including haircuts, waxing services, eyebrow tints, hair coloring, perms, pedicures, and manicures. Gift certificates for these services start at \$25. Call the salon at 541-848-4141 or Touchmark at 541-343-1414 and order your certificate today! ■



Meet the Touchmark Salon team (from left) Jana Stamos, Brenda Lewis, Loreen Libbel, and Sally Kennedy.

## Ring in the New Year



Residents "dressed to the nines" to celebrate 2009. From left: Frank Ertz, Charlotte Miller, and Jim Goddard celebrate New Year's Eve.



Bill and Harriet Ennis enjoy appetizers at the Fancy Pants New Year's Eve party.



Monroe Weinberg (left) and Rick Kernoll dressed up to greet the new year.

## Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning *Let Your Spirit Soar*—a component of the Life Enrichment/Wellness program. The following highlights Helen Vandervort and Grace Williamston. Annis Oetinger will be featured in the March newsletter.



### Grace Williamston—the spirit of *Aloha*

In the Hawaiian language, *Aloha* means affection, love, peace, compassion, and mercy. The *Aloha Spirit* is a well-known reference to the attitude of friendly acceptance for which the Hawaiian Islands are so famous. Born and raised on the island of Kauai, Hawaii, Grace Williamston embodies that spirit.

Not one to keep a good story to herself, Grace starting writing a memoir of her life, *Love at Both Ends of the Rainbow*, after her first husband, Josh Bons, died of cancer in 1978. She didn't finish the book until many years later, as it evolved to include even more stories of love and *Aloha*.



Grace Williamston

Grace moved to Honolulu after high school to study culinary arts. While there, she met a handsome soldier at church one day, and love

blossomed. "I told him that my parents didn't want their daughters to go with soldiers, because, at that time, soldiers had a bad name in Hawaii." That was all Josh needed to hear. "He wanted me, so he got out of the Army! We were married a year-and-a-half later."

Grace, Josh, and their two children moved to the mainland just prior to the bombing of Pearl Harbor. After spending several years in Southern California, she and Josh decided to retire in Oregon. "We'd been to Oregon before and loved it," she says. "We went to visit a friend in LaPine, and as soon as we hit Bend, both Josh and I said, 'This is where we're going to retire!' I've been here ever since."

### Help through hospice

Grace found great fulfillment in retirement through volunteering with the local hospice, including serving as its president for two years. When her husband succumbed to cancer in 1978, she became even more involved in hospice work and began work on *Love on Both Sides of the Rainbow*. "I always wrote poems and plays for church, and I had a desire to write a memoir of our life," she explains.

Grace continued volunteering and working on her memoir over the next several years. "And then, lo and behold, along came my knight in shining armor!" She remembers the day she met Homer "Willy" Williamston. "This fellow came to my house one day and asked for hospice care for his wife, who was dying of cancer." Grace provided care for Willy's wife, and after her death, the two developed a deep friendship. Two years later, they were married and began travelling the world together.

### Finishing her story

Upon marrying Willy, Grace put her memoir away in a drawer and didn't think about it for several years. "One day I came home from shopping, and he had found it and read it. I said, 'I didn't give you permission to read my story!' He replied, 'It sounded so good, I wanted you to put me in it!' The part about Josh was just about finished, so I decided to write about Willy and me and our travels," she explains.

After 14 years of marriage, Grace lost Willy to (cont.)

(cont.) cancer. She completed her memoir, and in 2005, it was published in Bend with a printing of 500 copies.

In addition to being a talented writer, Grace is also a gourmet cook. She has always loved entertaining large groups—sometimes 50 people at a time. She also enjoys painting in oils (Two of her pieces are on display at Touchmark.), singing, and ballroom dancing.

*Love at Both Ends of the Rainbow* is available for purchase at the Touchmark gift shop. ■

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## Authenticity and details at the core of Helen's books

Helen Vandervort never set out to be a published author. “I wrote my first novel just to see if I could do it,” she says. After two published novels, an article, and an essay, she is indeed a published author.

Helen worked at Central Oregon Community College for 20 years, ultimately as the Director of Public Relations and Development. During that time, she took an 11-month sabbatical to earn her Master’s in Communications with a minor in Business from the University of Portland. “1983 was a banner year for me,” she notes. “I became a grandmother, got my Master’s, and turned 50!”

While Helen wrote newsletters, brochures, press releases, and catalogs in her work at the college, it wasn’t until after retirement that she tried her hand at writing for enjoyment. Her first published work was part of a collection of essays, *Our Turn, Our Time: Women Truly Coming of Age*, edited by Cynthia Black and published by Beyond Words Publishing in 2000. “The book is a collection of essays by and for women over 50,” says Helen. “Mine is an essay about the mature woman being a master healer, teacher, a ‘crone’ in the finest sense—because that’s what mature women are: We’re teachers and healers.”

### A novelist is born

Helen says her first published novel, *A Vintage Year*, “is a mature woman’s ultimate fantasy—instant wealth and a young lover.” Published in 2002 by PublishAmerica,



**Helen Vandervort**

it is set in the vineyards of the Willamette Valley. “The setting has to be real,” she notes. “If you make a mistake, people will dismiss your book.”

Helen set off to tour the wineries with friends over multiple weekends to learn about the winemaking industry and lifestyle. Even though she only included a small portion of what she learned, she found the research invaluable in writing an authentic novel. “If I had included more, it would have sounded like a how-to-make-wine book,” she laughs.

Her second novel, *The Scheherazades*, was published in 2007, again by PublishAmerica. This book’s setting is an upscale retirement neighborhood outside of Portland in which four women from very different backgrounds relate their life stories; each one holds a dark secret.

Her research for *The Scheherazades* became a story in itself. “I needed to kill off a character’s husband; I had to get rid of him,” she says. The husband was a truck driver, so she went to a truck stop and asked some truckers if she could see the inside of their sleeper cab.

“They told me all about trucking, and I asked them if it’s possible to die in a sleeper cab. They told me the oxygen tanks on the trucks have chemicals in them that can kill you, and there! I got my murder done correctly!”

Helen’s written account of her research for her (cont.)

(cont.) novel, an article titled *Research on the Wild Side*, was published in *The Writer* magazine.

At an early writers' workshop she attended, Helen learned a valuable lesson that she keeps in mind when writing her novels. "If you can't say what the book is about in 25 words or less, you don't know what you're writing!"

When not writing, Helen enjoys snow-shoeing, cross-country skiing, duplicate bridge, tai chi, and genealogy. (She has traced her husband's ancestry back to the 1620s.) She was a founding member of the Silver Sage Society, now a part of the Osher Lifelong Learning Institute, and leads a twice-monthly discussion group for people who enjoy learning. "We have two topics that are off-limits," she says firmly: "ailments and grandchildren! Nobody has grandchildren as cute as mine."

Currently, Helen is writing her memoirs. Her books are available on Amazon.com, Powell's Books in Portland, and online at PowellsBooks.com. "I always keep a few copies on hand," she adds. ■

## The gift of giving

This year, Touchmark gave team members the opportunity to work with their teammates to extend the Touchmark mission—"To enrich people's lives." Every department received \$150 to use to help a nonprofit agency or family/individual in need.

Team members at Touchmark at Mt. Bachelor Village selected the following groups:

- The Administration and Housekeeping departments donated \$300 to The Bethlehem Inn, a "community-supported emergency shelter committed to providing a safe, secure and accountable environment."
- The Food Services Department donated \$150 to the Carmen Foundation, which was founded by Touchmark resident Marjorie Carmen. Marjorie's husband, Milton, has Lewy Body Disease, which is similar to Parkinson's disease. Donations are used

to support technological research focused on brain activity.

- The Building Services and Life Enrichment/Wellness departments donated \$225 to support 12-year-old Mimi Ausland's Web sites that help feed animals in local shelters. Mimi, who is the granddaughter of resident Bob Smith, received the ASPCA "Tommy Monahan" Kid of the Year award for her creation of two Web sites. The Life Enrichment/Wellness department also donated \$75 to MountainStar Family Relief Nursery. ■



**The Building Services and Life Enrichment/Wellness departments donated \$225 to support 12-year-old Mimi Ausland's 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).**



**Members of the Food Services Department pose with Carmen Foundation founder and Touchmark resident Marjorie Carmen.**

## Coming Events

### Sunday, Feb. 8, 11 am to 2 pm

Sunday Brunch. \$14 per person. Four Seasons Dining Room. Please make reservations at any lodge front desk.

### Thursday, Feb. 12, noon

The monthly Affinity Luncheon gives residents with a shared hobby or interest the opportunity to get together and share their stories while enjoying a nice lunch. This month's luncheon is geared toward those who enjoy skiing and snow-shoeing. Four Seasons Dining Room.

### Friday, Feb. 13, 11 am

Women's Valentine's Day Tea. River Lodge Great Room.

### Wednesday, Feb. 18, 4 pm

Beltone Hearing Aid Clinic. Complimentary hearing aid checks and questions answered. Terrace Lodge Forum.

### Thursday, Feb. 19, 5 to 7 pm

February Birthday Prime Rib Buffet. \$17 per person. (No charge if you were born in February!) Four Seasons Dining Room. Make reservations at any lodge front desk.

### Saturday, Feb. 21, 6:30 pm

Central Oregon Symphony Winter Concert at Bend High School. There is room for 19 passengers on the bus, so sign up soon at any lodge front desk. Tickets are complimentary.

## Want to learn Duplicate Bridge?

Duplicate Bridge now will be played Sundays from 1 to 3 pm in the River Lodge Club Room. The group plays Standard American Bridge, but if your partner knows what you are doing, that is fine, too. The game is faster than party bridge, and the bidding is done with bidding boxes rather than verbally. It won't take long to understand the function of the bidding. A minimum of eight and as many as 12 people can play. Contact resident Helen Vandervort at 541-388-4858 with questions or for help finding a partner. ■

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Answers to the puzzle on page four