

Antique appraisal show huge success

Just five days after announcing Touchmark's first-ever antique appraisal show, all 70 attendee spots filled. Members of the Bend community and residents quickly made reservations, prompting staff to create a waiting list.

Appraiser and owner of Antique Appraisal Associates Karen Stockton, with the assistance of her husband John, appraised a variety of items ranging in

value from a few hundred to several thousand dollars. Appraised items included a Nancy Glass Lamp, photo of Will Rogers and Charles Russell, spectacles worth approximately \$500, a century-old charger plate, a pipe from Jerusalem, and an 18th-century Medlock Stein.

Because of the great interest, the Touchmark team is looking into planning another show this fall. ■



(cont.)

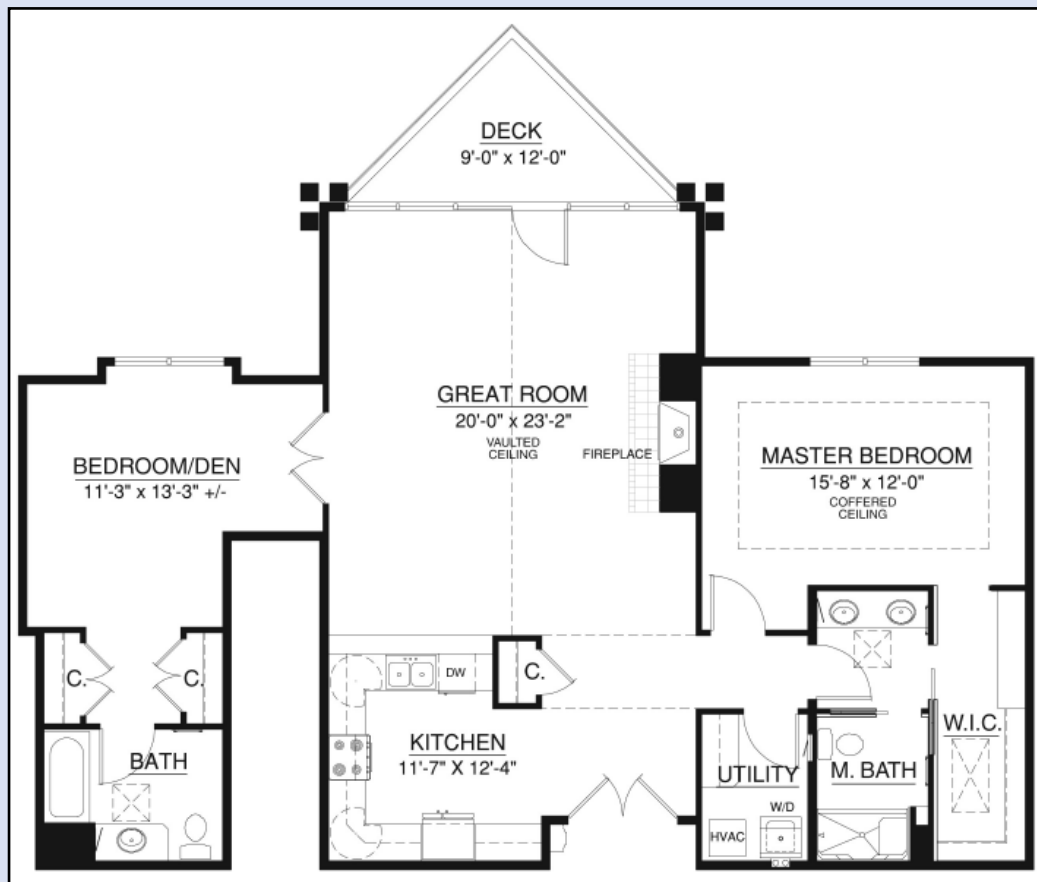
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Come home to Touchmark!



Enjoy the Deschutes River view 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 more information about this cottage and our limited-time offer Special Savings Program.



At last—a River Lodge penthouse is available! Lodge home 423 boasts an open, flowing floor plan, soaring vaulted ceilings, two bedrooms, and two bathrooms. This 1,500-square-foot west-facing home features a view of the cliffs and waterfall. Come see firsthand why so many people want to make the award-winning River Lodge their home.

Humor helps



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

“Humor is mankind’s greatest blessing.” —*Mark Twain, author*

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active Aging (*Is Laughter Really the Best Medicine*—November/December 2005). But a consistent sense of humor is less well-understood by the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life’s road and coming through with the ability to face the day (and tomorrow) with a smile.

Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not “starry-eyed optimists” out of touch with the hardships and stresses of life. They are

realists who are able to maintain their perspective when others experience fear or depression.

At Touchmark, there are many opportunities to share humor and optimism. For information on how to participate in the Life Enrichment/Wellness program planning and implementation, contact Melanie Snow, director. ■

Touchmark out and about



Touchmark residents take advantage of the year-round recreational activities that surround them in Central Oregon. This group of snowshoe enthusiasts enjoys an outing at Virginia Meissner Sno-Park.

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Lee Steinberg paints wooden shamrocks and prepares to turn them into St. Patrick's Day pins.



Residents enjoy the sweet melodies that emanate from the Terrace Lodge Lobby as **Harvey Helm** plays the piano with his "magic fingers."



From left: **Mary Jean Bestwick, Jean Thompson, and Liz Cecchi** at a tea party.

B-4 ... and more! **"Bingo" gets people moving.**

Bingo games typically feature participants sitting at tables marking off numbers on their cards. Not so with Life Enrichment and Fitness Bingo. Residents were moving as they played this version of the popular game.

From mid-January to mid-March, people participated in a variety of activities, including fitness classes. Each person received a Bingo card, and every time he/she attended an activity that was listed on the card, the person could mark it off with (cont.)



From left: **Jean Crowell, Helen Hawn, and Harriet Ennis** visit during a ladies' tea party.

(cont.) an “X.” As participants filled in the cards, they turned them in and picked up new cards. Resident Maxine Odom completed the most cards during the program—a total of five cards. At the conclusion of the program, three winners were drawn from all the completed cards.

The lucky winners were:

- Maxine Odom—First prize with a \$30 Safeway gift card
- Mary Jean Bestwick—Second prize with a \$20 Safeway gift card
- Jean Dillard—Third prize with a \$10 Safeway gift card ■

Brain a buzz ...

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

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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.

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.

Coming Events

Thursday, April 9, 10 am

Easter egg hunt with children from ABC Kids Club. Heritage Dining Room.

Thursday, April 9, 5 to 7 pm

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

Saturday, April 11, 5 pm

Roller derby bout. Cheer on Life Enrichment/Wellness Director Melanie “SnowStorm” Snow as the Lava City Roller Dolls battle the Treasure Valley Rollergirls. Cost: \$6 per person. Bus transportation provided. Sign up at any lodge front desk.

Sunday, April 12, 11:30 am to 2:30 pm

Easter Sunday Brunch. Make reservations at any lodge front desk. Four Seasons Dining Room.

Thursday, April 16, noon

Affinity Luncheon Table. Theme for this month is Card Players. Four Seasons Dining Room.

Saturday, April 18, 1:30 pm

“Bag Lady” Party. Bring clothes, shoes, or jewelry you do not need/want and exchange with others. Light snacks will be served. Sign up at any lodge front desk. Terrace Lodge Forum.

Tuesday, April 21, 1 pm

Cooking demonstration with Chef Darrell. Sign up at any lodge front desk. Terrace Lodge Forum.

Friday, April 24, 4 pm

Piano performance by Matt McCurdy. Terrace Lodge Lounge.

Tuesday, April 28, 10 to 10:45 am

Bend Public Library monthly visit. Stop by and check out books, books on tape, music, and more. Terrace Lodge Lobby.



TOUCHMARK QUILT SHOW

The River and Terrace lodges will be filled with handcrafted creations as Touchmark hosts its first-ever resident quilt show. Resident quilters will display their quilts April 6 to 19. A “quilt book” in each lodge lobby will display pictures and share stories of the quilts.

Monday, April 6 through Sunday, April 19
8 am - 5 pm daily
(Weekends: Terrace Lodge only)

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

**Answers to
the puzzle**