

## A spotlight on color ...

Beautiful colors washed over the River and Terrace lodges during the first-ever Touchmark resident quilt show. The resident quilting group organized the show to share and display their talents and quilted creations with the Touchmark community.

“The quilters were so hands on—from the making of the quilts, to the measuring of the balcony areas, to actually hanging the quilts,” says Life Enrichment/Wellness Director Melanie Snow. “Plus, the quilt book created by resident Jim Goddard and Touchmark team members Beth-Ann Wesley and Byron Nelson added some historical depth to the displays.”

The quilt book(s) will remain on display in the lobby of each lodge for people to view. ■



Front Row: Eliza Solon, Beryl Goddard, Helen Hawn, Marilyn Will, Sam Seidenverg, and Donna Wilkens. Back Row: Jim Goddard, Marilyn Handy, Beverly Winegarden, and Bill Handy take a break from hanging quilts and preparing for the quilt show.

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Residents Sam Seidenverg and Beverly Winegarden help prepare for the show by hanging quilts in the Terrace Lodge.



Jim Goddard lends his handyman skills.



Bob Kahl and Helen Hawn pin a quilt for the show.



The colors and textures of the 30 quilts made the lobby areas burst with color.

## Welcome home!



It doesn't get better than this! Experience privacy and independent living with all the amenities and services that Touchmark has to offer. The open floor plan of cottage 15 offers two bedrooms, two bathrooms, a gas fireplace, fabulous built-in cabinetry, and a spacious two-car garage. This beautiful 1,400-square-foot home boasts easy river access and fully landscaped front and back yards. With new pricing for May, now is a perfect time to adopt the Touchmark lifestyle!



This 1,871-square-foot lodge home offers a picturesque view, three bedrooms, and two bathrooms. Located in the Cliff Lodge, the corner lodge home boasts two decks and a gas fireplace. All appliances, including the washer and dryer, are provided and maintained by Touchmark. The easy river and trail access makes Touchmark the ideal location for carefree retirement living in Central Oregon. Call today for a personal presentation of this quality home.

## An egg-ceptional day with local children



Activities that reach across generations often nurture enthusiasm and cultivate friendships. An always popular intergenerational event is when the preschool children from the ABC Kids Club at the Athletic Club of Bend come visit Touchmark. Most recently, residents and children gathered for the second-annual Easter egg hunt. Residents hid the eggs, and the children searched for hidden treasures.



**Bobbie Pitzer (left) and Jane Hooper proudly display the crafts the children made for them.**



**Dorothy Blurton tries on a bunny mask—a perfect fit!**

## Celebrate activity—step into spring



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

### “Birth certificates do not come with expirations dates.”

*—Walter M. Bortz II, MD, healthy aging expert and author, Dare to be 100*

May is Exercise is Medicine™ month, and the American College of Sports Medicine ([www.exerciseISmedicine.org](http://www.exerciseISmedicine.org)) and the World Health Organization Move for Health campaign [www.who.int/dietphysicalactivity/](http://www.who.int/dietphysicalactivity/) have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning,

flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day!

#### Step into spring with Touchmark

Touchmark offers a variety of fitness classes that can help residents increase their levels of physical activity and enjoy the benefits of regular exercise. People can participate in Moving Easy, Silver Fit, Be Fit, Better Balance, Leisure Strollers, Hearty Walkers, tai chi, and more. Such classes can help participants increase and maintain their physical fitness level while gaining valuable strength and skills for optimal balance, movement, and mobility. ■

## Spring has sprung!



The bulbs planted by resident gardeners last year are blooming and adding beauty to the courtyard. Center: Nancy Hickman (left) and Jo Lunsford relax and wait for hand massages, which sometimes are held outdoors. Bottom: Building Services team member Ken Feasel stands by the Terrace Lodge courtyard fountain, which he and team member Dan Sparrow started for the season.

## Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

Example:

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Z \_\_\_\_\_

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## Room service helps

There are times when residents don't feel well and aren't able to make it to the dining room to enjoy a meal with neighbors and friends. Since nutritious food and lots of fluid can help you fight off a cold, Touchmark's Dining Services team can bring your meal to you.

Simply call the Four Seasons or Heritage dining rooms to have a nutritious meal delivered to you. The Four Seasons Dining Room can be reached at extension 1775, and the Heritage Dining Room can be reached at extension 1776.

*For details about delivery charge and ordering, please contact Darrell or Shelly at extension 1775. ■*

## **Coming Events**

### **Wednesday, May 6, 9 am**

Bus leaves for the Deschutes Historical Museum and Drake Park. Learn about Deschutes County history and enjoy Bend's most popular park, all in one outing. Sign up at any lodge front desk.

### **Thursday, May 7, 5 to 7 pm**

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

### **Saturday, May 9, 6:30 pm**

Outing to the Central Oregon Symphony performance of Beethoven's Overture to Prometheus and Prokofiev's Concerto for Piano No. 3. Soloist Alexander Ghindin performs Dvorak's Symphony No. 7. Sign up at any lodge front desk. No charge.

### **Sunday, May 10, 11 am to 1:30 pm**

Mother's Day brunch. Four Seasons Dining Room. \$14 per person. Please make reservations in advance

### **Tuesday, May 12, 2 pm**

Scenic tour of Pilot Butte. Sign up at any lodge front desk.

### **Thursday, May 14, noon**

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

### **Friday, May 15, 11 am**

Patricia Buehler, MD, presents *Aging & Eye Disease*. Terrace Lodge Forum.

### **Tuesday, May 19, 1 pm**

Cooking demonstration with Chef Darrell. Terrace Lodge Forum.

### **Thursday, May 21, 5 to 7 pm**

Spring-themed buffet dinner. \$17 per person. Make reservations at any lodge front desk.

### **Wednesday, May 27, 9 am**

Trip to Prineville, including a stop for lunch in town. Sign up at any lodge front desk.