

# Great weather. Great friends. Great golf.

Seventeen Touchmark golfers ventured out to the Old Back Nine at Mountain High golf course in Bend for a summer golf scramble. The outing was the first time many participants had played at the course since its recent opening.

After a six-year absence from the game, June Stewart decided to dust off her golf shoes and hit the course—with an impressive showing. Her chip shot on the 10th

green led to a birdie for her team. Barbara Perkins also stepped back into golf for the first time in a few years and ended up on the winning team. Individual standouts: Frank Ertz for closest to the pin, Jim Goddard for men's longest drive, and June Stewart for women's longest drive.

*The next golf scramble is August 12 at the Greens at Redmond. Sign up at any lodge front desk. ■*



Ken Phillips tees off, surrounded by the beautiful Central Oregon mountains.

*(cont.)*

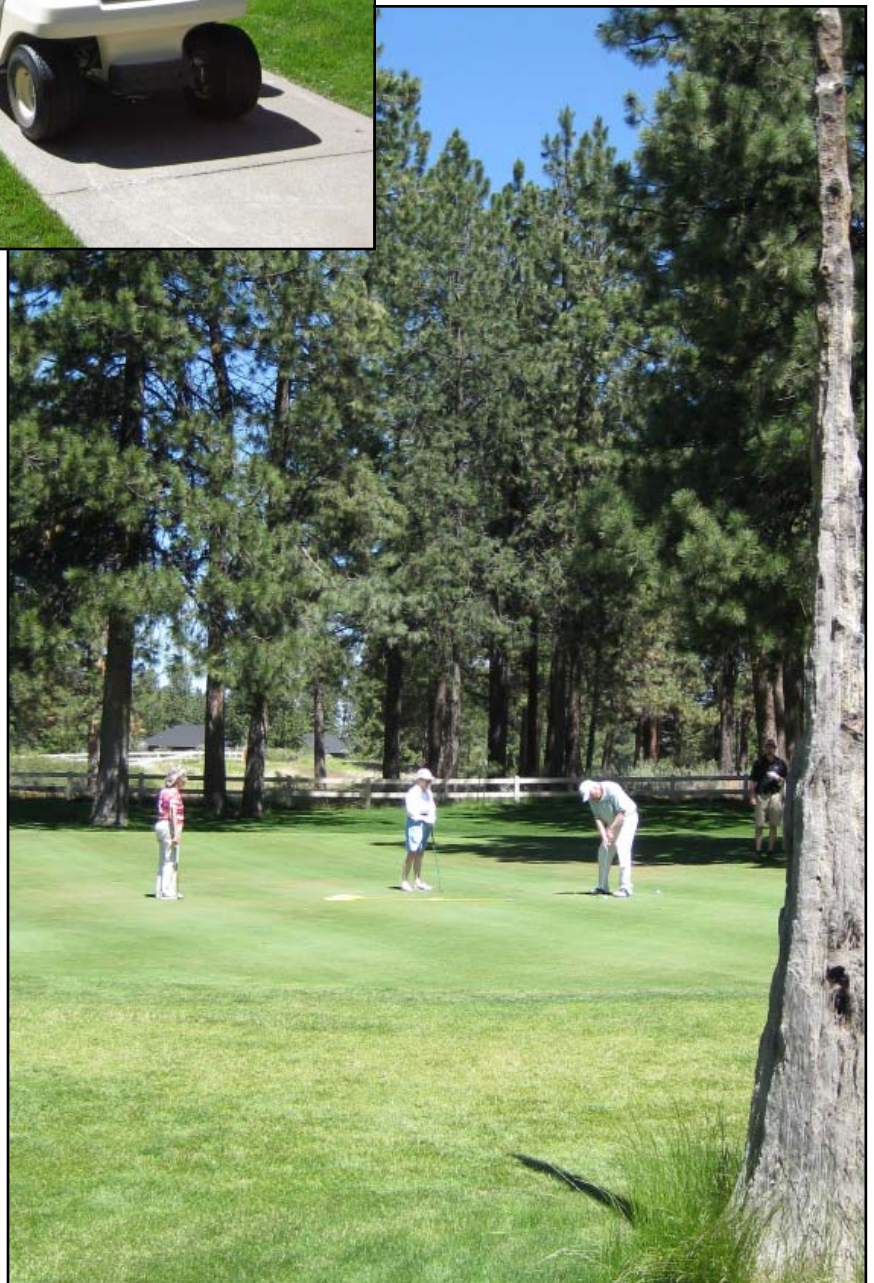
(cont.)



Back cart: Betty Kahl and Bob Wells and (front cart, from left) John Morrissey and Bill Handy cruise around the course.



Monroe Weinberg, Jean Thompson, and Frank Ertz take a brief break from their game.



From left: Barbara Perkins, Annis Oetinger, Bob Kahl, and Rich Steigleman finish up on the 17th hole.

## There's no place like home



Beautiful home? Check. Great location with easy access to high desert adventures? Check. Worry-free retirement living? Check. Cottage 13 has it all! This 1,800-square-foot home offers two bedrooms, two bathrooms, and a spacious, open floor plan. A dining room, solarium, and roomy two-car garage with craft area round out the offerings on this ideal home. Call or stop by today and experience the Touchmark lifestyle.



Cliff Lodge home 287 is ready and waiting for you. There is no lack of elbow room in this home, boasting 1,700 square feet of worry-free living space with two bedrooms, two bathrooms, a den, and a cozy gas fireplace. Sip your morning cup of coffee on your private deck while overlooking the landscaped courtyard and fountains.

### Coming Events

**August 5, 14, and 21 (11:30 am to 12:30 pm) and August 28 (5 to 6 pm)**

Harpist Polly Roethe performs in the Heritage Dining Room.

**Friday, August 7, 3 pm**

Berries and Cream Social with live music by Lance Olivieri (son-in-law of resident Jamee Hardwicke) and Annie Johnston. Sign up at

any lodge front desk. Courtyard.

**Wednesday, August 12, 8:15 am**

Golf Scramble at the Greens at Redmond. Cost: \$28 per person. Sign up at any lodge front desk.

**Thursday, August 13, 5 to 7 pm**

Birthday Dinner Buffet. Make reservations at any lodge front desk. Four Seasons Dining Room.

*(cont.)*

(cont.) **Wednesday, August 19, 4 pm**

Beltone Hearing Aid Clinic. No charge. Terrace Lodge Forum.

**Tuesday, August 25, 1 pm**

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

## Going green—and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local "green"

architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), Waterford at Harwood Groves (Fargo, North Dakota), and Waterford at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At Waterford on Saddle Drive (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to "Go Green" in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;

- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Vice President Tom Biel. ■

**Save the date!**

Celebrate Active Aging Week with Touchmark! Events are planned during the week of Monday, Sept. 21 to Sunday, Sept. 27. Watch for more information to come.

## Time to hit the trails



The Hearty Walkers take a break during a recent hike to Sparks Lake.



Betty Kahl (left) and Mona Key take in the view.



From left: June Ford, Maude Nielson, Monroe Weinberg, Mona Key, Bob Kahl, and Jim Goddard enjoy a well-deserved cool treat after hiking in the area of Belknap Hot Springs.

Touchmark Hearty Hikers hike the trail along the McKenzie River. The group traveled from Koosah Falls up to Sahalie Falls and then back. The total trip was two and a half miles. The views were fantastic and so was the temperature. Front to back: June Ford, Monroe Weinberg, Maude Nielson, Shirley Morrissey, Mona Key, Paul Scannell, and Betty and Bob Kahl.

Aloha! You're invited ...

# Hawaiian Luau

**DATE: Tuesday, August 18**

**TIME: 4 - 7 pm**

**PLACE: Terrace Lodge Courtyard**  
**No charge**

- Hawaiian buffet (starts at 5 pm)
- Hawaiian entertainment—music and performance by Central Oregon Fire Dancers
- Hawaiian attire encouraged
- Resident transportation from River Lodge—3:45 and 4:45 pm; return to River Lodge—7 pm
- Make reservations at any lodge front desk by Friday, August 14



**541-383-1414**



Touchmark at Mt. Bachelor Village  
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TouchmarkBend.com

Our mission: To enrich people's lives.

## Weekend options aplenty

With new and expanded Sunday offerings, residents now can fill the entire weekend with enriching activities. New Sunday activities, such as ice cream socials, news groups, and games are already planned. The Life Enrichment/Wellness team wants to hear residents' ideas for additional Sunday gatherings.

Saturday activities include bus trips, Money Bingo, musical performances, and socials. Head down to the Terrace Lodge Forum for Matinee Movies every Sunday at 3 pm. Check the Life Enrichment/Wellness calendar for all the fun weekend happenings. ■

## A warm welcome

Touchmark is pleased to introduce Retirement Counselor Joni Goodnight. With her background and training, Joni is well-prepared to address the needs of older adults considering the Touchmark lifestyle.



Residents may recognize Joni from her cognitive therapy class—Use It or Lose It—that she teaches throughout Central Oregon. She is a certified Geriatric Wellness instructor, specializing in cognitive therapy for older adults, a *(cont.)*

## Share your time and talents

Research continues on the positive impact of “giving back” in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

(cont.) registered nurse, and nurse educator. Joni brings her dedication to wellness and life enrichment for older adults to her current position as retirement counselor at Touchmark. She also has served as president of Community Wellness Services organization and chair of Central Oregon Seniors' Task Force.

Joni earned a Master of Science in Nursing Administration from Loma Linda University, a Bachelor of Science in nursing from Walla Walla College (now known as Walla Walla University), and a registered nursing degree from Glendale Adventist Medical Center.

Joni and her husband, Ken, have lived in Bend for 13 years. They have five children and 14 grandchildren. ■

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## Beat the heat



**From left: Bob and Betty Kahl and Jill Coe enjoy a frosty treat during a recent Saturday ice cream social in the Terrace Lodge.**