

## Celebrate *active* aging!

**THURSDAY, SEPTEMBER 24** is Active Aging day at Touchmark. Be encouraged, motivated, and inspired to incorporate healthy activity into your daily life—and reap the benefits. Join the full schedule of activities:

**9 – 9:45 am:** Be Fit class in the Cliff Lodge Aerobics Room

**10 – 11 am:** NorthStar Neurology's Richard Koller, MD, discusses stroke prevention and awareness.

**11 am – 12:30 pm:** Health Fair in the Terrace Lodge Salon, featuring:

- Blood pressure screenings
- Balance Master® demonstrations with Touchmark Rehabilitation and Balance Center team member
- Brain Teasers

- Massage by Kathi
- Bend Skin Co.
- Live music, miniature golf, and Wii games

**1 – 2 pm:** Current Events

**4 – 4:30 pm:** Moving Easy exercise class.

Touchmark Dining Services will be offering a special lunch menu between September 23 and 26 in the Four Seasons Dining Room. Residents will be entered in a prize drawing every time they order from this special active-aging-day-inspired menu, and when residents bring a friend to lunch, they'll be entered twice!

*Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■*



## A “grand” day for the young and young at heart



Sweet candy, sticky fingers, and bright balloons enlivened an afternoon of fun and games during Touchmark's first-ever Greatest Grandparents celebration. Guests and residents and their grandchildren—and even great-grandchildren—enjoyed nonstop fun and celebrated the special relationship between the generations. Pictured: Resident Billie Smolich admires her great-granddaughter's face painting.

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Lively music, entertaining games, and delicious food were all on hand for the festivities, but the biggest draws were the pink inflatable bouncy castle from Bouncing Off the Walls and face painting by Willow. The Umpqua Bank ice cream truck also was a crowd favorite. KTVZ stopped by to shoot footage of the multigenerational event, showcasing the celebration on the 5 pm broadcast.

## Picture yourself at Touchmark!



Hurry in to see Touchmark's only available cottage. Cottage 15 offers 1,400 square feet of living space with two bedrooms and two bathrooms. The open floor plan, built-in bookcases, and large two-car garage are the icing on the cake for this lovely home. Let Touchmark maintain your front and back yards while you enjoy all the beauty and adventure of the high desert. Call today for your slice of the Touchmark lifestyle.



Step out onto the large covered patio of Cliff lodge home go for some morning sunshine. Conveniently located on the ground floor, this home offers easy access to all the amenities Touchmark has to offer. You'll find ample storage space, beautiful tile countertops, one bedroom, and one bathroom in this 986-square-foot home.

## Recent events



The Mem'ry Makers Band plays at a recent Root Beer Floats Courtyard Social. The band appears weekly at the Bend Senior Center, playing music from the '20s, '30s, and '40s. The songs of yesteryear brought back many fond memories for residents. Watch the Life Enrichment/Wellness calendar for their next show at Touchmark.



Bob and Betty Wells take a spin around the dance floor.



Residents beat the heat while sipping on root beer floats and tapping their feet to the lively music of the Mem'ry Makers Band.



The Hearty Walkers group pauses during a recent hike to Todd Lake. Touchmark Vice President of Wellness and Programs Marge Coalman, EdD, was visiting Bend and took in the beauty of Central Oregon with the group.

## Coming Events

### Saturdays, Sept. 5 and 19, 1:30 pm

Ice cream social. Cooler weather is sneaking up on Central Oregon, so don't miss out on this summertime tradition. Terrace Lodge Bistro.

### Wednesday, Sept. 9, 1 pm

Second-annual Ducky Derby. Quack, splash, and race to the finish! Meet in front of the River Lodge to select your duck for the race. The ducks will be placed into the River Lodge water feature at 1:15 pm. The first five ducks to cross the finish line will win a prize. Be festive—wear yellow and orange, or dress up like a duck! The most festive ducky derby participant will win a prize.

Please dress for the weather.

### Saturday, Sept. 12, 4 pm

Musical entertainment by pianist Cammi Benson, age 11. Terrace Lodge Lobby.

### Saturdays, Sept. 12 and 26, 1:30 pm

Money Bingo. The Quarter Bingo group is growing by leaps and bounds—don't miss out on the fun! For 25 cents per game, participants enjoy light snacks, beverages, and friendly competition, with the winner taking the pot. Terrace Lodge Lounge.

### Tuesday, Sept. 22, 10 am

Bend Public Library visit. On the fourth Tuesday of each month, the Bend Public Library visits Touchmark with books—including large

print—books on tape, and music available for loan. If they don't have what you are looking for, they will bring it on their next trip. Terrace Lodge Lounge.

### Thursday, Sept. 24

Celebrate Active Aging Week at Touchmark. See article in this newsletter for more information and a schedule of events. Terrace Lodge.

### Save the date!

Friday, October 9 at 11 am. Associate Professor of Psychology from Western Oregon University Robert Winningham, PhD, will present *Use It or Lose It: How We Can Maintain or Even Improve Our Memory Abilities*.

## Proactive aging



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

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too late to change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Touchmark's Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;

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- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden

awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Touchmark

at Mt. Bachelor Village's event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

**“Today, gerontologists are discovering that age in years doesn't necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”**

—*Baltimore Longitudinal Study of Aging*

## Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

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Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.