

Hawaiian luau—Touchmark style!

Colorful decorations, combined with island-themed music and food created a perfect celebration. Touchmark Executive Chef Darrell Henrichs prepared the chicken on the outdoor rotisserie, and it was *ono* (delicious)! More than 200 residents and visitors joined the luau celebration.



Cozy up to the Touchmark lifestyle



Lodge home 107 is close to all the services and amenities the Terrace Lodge has to offer. The dining room, lounge, libraries, salon, bistro, and theater are all just steps away from this 938-square-foot, two-bedroom, one-bathroom home. You'll love the coziness of this ground-floor home, complete with a gas fireplace, deck, and utility room. Call today for a personal presentation.



Take in the fantastic view of the natural terrain from the windows and two private decks of Cliff Lodge home 298. This spacious 1,871-square-foot, three-bedroom, two-bathroom oasis offers stainless steel appliances, tile countertops, and a cozy gas fireplace. Call today for a personal presentation of this lovely corner lodge home.

Recently on the events calendar



Mack Bosch paints the corn toss game so it will be ready for all to enjoy. Mack took advantage of the tools and space available in the Terrace Lodge Wood Shop, located in the Terrace Lodge parking garage near the Maintenance Shop, for the project.



Betty Tangney (left) and Bonnie Kennedy hold rocks from Mt. Bachelor. The mountain outing included a ride on the chair lift and a relaxing lunch.

(cont.)

(cont.)



The friendly llamas at the Halligan Llama Ranch bring smiles to the faces of residents. Located in Redmond, the picturesque ranch is owned and operated by Sherry Halligan, daughter of resident Don Halligan. Sherry's llamas are used for guide services and pack trips, and their hair is used in making blankets, coats, hats, and gloves. Three baby llamas—one was three weeks old and two were just one week old—and a hayride were highlights of the popular outing. For more information on the ranch, visit www.halliganranch.com.

Brain expert to share ...

How to maintain and improve your memory

Friday, October 9

11 am: Join Associate Professor of Psychology from Western Oregon University Robert Winningham, PhD, for *Use It or Lose It: How We Can Maintain or Even Improve Our Memory Abilities*. Hear the latest research on maintaining and maximizing memory. Learn what lifestyle factors affect cognitive wellness. Gain practical ideas for enhancing your memory.

2 to 3:30 pm: Participate in the Interactive Memory Enhancement Workshop with Dr. Winningham. Build your brain with memory-enhancing exercises.

Seating is limited for both sessions. Reservations are required. Sign up at any lodge front desk or call 541-383-1414.



Robert Winningham, PhD, is the chair of Western Oregon University's Psychology Division. Dr. Winningham has studied memory for 15 years, and in the past 10 years, he has particularly focused on older adults and memory. Dr. Winningham has given more than 300 presentations on memory and aging. His book, Train Your Brain, comes out this fall.

Co-sponsored by:



Coming Events

Sunday, Oct. 4, 11:30 am to 1:30 pm
Sunday Brunch. Reservations required. Four Seasons Dining Room.

Tuesday, Oct. 6, 2 pm
Resident Council Meeting. Terrace Lodge Forum.

Wednesday, Oct. 7, 2 pm

Indulge your creative side at a drawing class with retired Art Instructor Bill Lewis. Terrace Lodge Activities Room. Sign up at any lodge front desk.

Thursday, Oct. 8, noon

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

(cont.)

(cont.) **Friday, Oct. 9, 11 am**

Rob Winningham, PhD, returns to Touchmark to present *Use It Or Lose It*, with tips on maintaining cognitive ability with advancing age. Terrace Lodge Forum. Reserve your spot at the front desk.

Friday, Oct. 9, 2 pm

Interactive Memory Class with Rob Winningham, PhD. Terrace Lodge Forum. Reserve your spot at the front desk.

Tuesday, Oct. 13, 11:30 am

Lunch at the Cascade Culinary Institute. Sign up at any lodge front desk.

Tuesday, Oct. 20, 2 pm

Tour About Bend. Enjoy the sites around town from the comfort of Touchmark's bus. Sign up at any lodge front desk.

Wednesday, Oct. 21, 4 pm

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

Tuesday, Oct. 27, 10 am

Bend Public Library visit. The library comes to you with this monthly service. Check out a book, tape, or CD. Terrace Lodge Lobby.

Tuesday, Oct. 27, 2 pm

Zack Porter, DDS, from Skyline Dental discusses dental health. Terrace Lodge Forum.

Wednesday, Oct. 28, 3 to 4 pm

Halloween Party with snacks, a costume contest, and more. Terrace Lodge Lounge.

Wednesday, Oct. 28, 5 to 7 pm

Halloween potluck in the River Lodge Great Room.

Fall ... a time for change



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

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family

members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one's goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group *(cont.)*

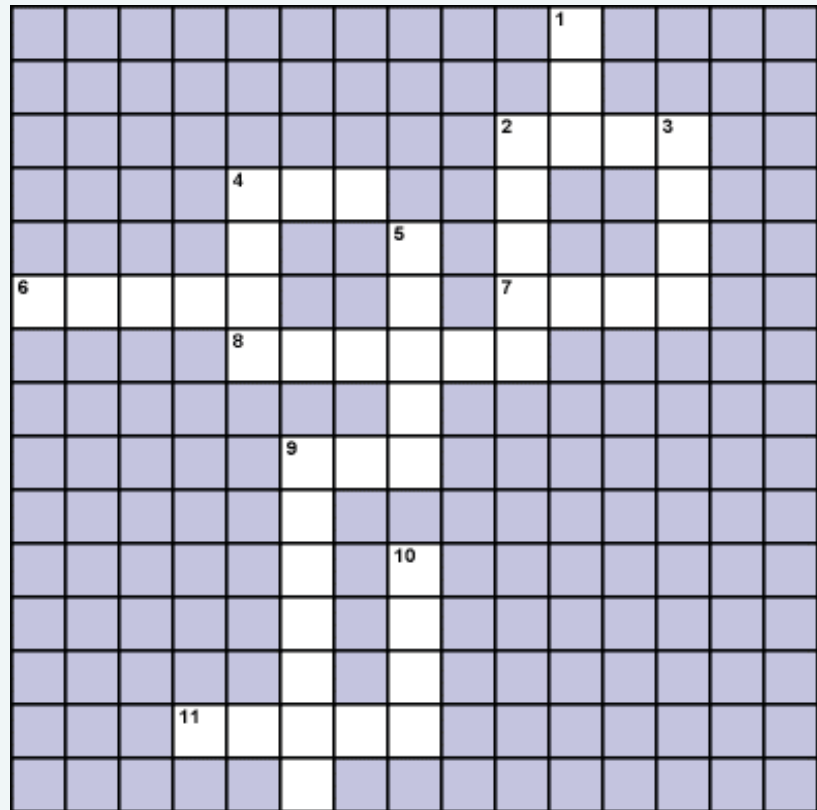
(cont.) changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Touchmark, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Melanie Snow. ■

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

- | Across | Down |
|------------|-----------|
| 2. red | 1. sea |
| 4. by | 2. write |
| 6. clothes | 3. dear |
| 7. our | 4. blue |
| 8. wait | 5. knight |
| 9. aunt | 9. aloud |
| 11. there | 10. for |

Answers
Across: 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their.
Down: 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

Oregon Governor's Council on Physical Fitness and Sports recognizes Touchmark

Touchmark is one of two Oregon retirement communities to receive the Governor's Council fitness leadership award for 2009, which is based on exemplary leadership and achievement in programming and enrichment for older adults.

"We encourage and support residents to live happier lifestyles by becoming personally involved and engaged," says Life Enrichment/Wellness Director Melanie Snow. "Through partnering with Touchmark, residents take 'ownership' of their goals and well-being."

Touchmark's award-winning program is marked by individualized counseling, personalized planning, and tracking to identify and meet each resident's needs, abilities, and goals.

Specifically, the Life Enrichment/Wellness program emphasizes physical activity in four exercise quadrants: cardiovascular, strength training, flexibility, and balance/mobility. Residents can participate in a variety of structured activities, such as the Stepping Out club, tai chi, Silver Fit, and yoga. The program also uses the beautiful surroundings of Bend for walking, hiking, cycling, snowshoeing, and skiing.

The Oregon Governor's Council presented Touchmark with an official Senior Leadership plaque signed by the governor and marked with the seal of the state of Oregon. It reads: *The Governor's Council on Physical Fitness and Sports hereby presents to Touchmark at Mt. Bachelor the 2009 Annual Fitness Leadership Award in recognition of its contribution to the health and fitness of its citizens.* ■

Antique Appraisal Show

Bring a friend and join Touchmark for the annual Antique Appraisal Show.

Register and receive a professional appraisal of your tabletop antique and possibly learn some history behind your treasure. Karen Stockton, appraiser and owner of Antique Appraisal Associates, will offer her services and expertise.

Thursday, October 15

1:30 to 2 pm: Register your tabletop antique (One item per person. Item needs to fit on a tabletop.)

2 to 4 pm: Antique Appraisal Show in the Terrace Lodge Forum

RSVP today! Space is limited and event will fill up fast. Call 541-383-1414 or stop by any lodge front desk.



Celebrating an active lifestyle



Touchmark Active Aging day offered a full schedule of activities, including informative presentations, blood pressure screenings, Balance Master® demonstrations, massages, fitness classes, and more. The celebration was part of Active Aging Week, an annual health promotion event organized by the International Council on Active Aging to promote healthy and active lifestyles.

It's flu season

—Winona Phelps, RN

Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■