

## Celebrating the positives

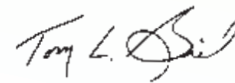
For Touchmark, the past year offered challenges as well as growth. While everyone in Central Oregon is affected by the recession, Touchmark took active steps, including budget reductions, to continue to thrive. For example, many people joined the Touchmark community in the last year, which resulted in an eight-percent increase in overall campus occupancy. Company-wide total occupancy is at an all-time high, along with new friends now sharing their plans to join our communities in the new year. As always, we deeply miss the wonderful residents who have passed. Knowing them, and working in their homes, while sharing each person's community spirit is a joy that will persist in our hearts and minds.

We continue to focus on providing an enriching lifestyle and excellent service. Two 2009 awards demonstrate this effort: (1) the Oregon Governor's Council on Physical Fitness and Sports recognized Touchmark and one other Oregon retirement community with the Governor's Council fitness leadership award for 2009; (2) the National Association

of Home Builders named Touchmark's Cliff Lodge and Terrace Lodge Best Independent Living Community and gave the lodges a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards.

In the fall, Touchmark welcomed Associate Professor of Psychology from Western Oregon University Robert Winningham, PhD, to the community for a presentation about the importance of ongoing brain stimulation. Members of the Bend community joined us for this practical and fascinating presentation. Touchmark later launched a Brain Builders class (see page four, as we're offering the popular class again).

As adventures come your way, may you and yours experience a joy-filled year.



**Tom Biel**  
Touchmark Executive Vice President

## Sweet swap



From left: Residents Nancy Hickman and Anita Helm and team member Deborah Beemer share the warmth of the holiday season while decorating the tree. Participants in the annual Ladies Cookie Exchange baked and swapped goodies with neighbors.

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Festive decorations, powder-white snow outside the window, and sharing treats with friends got everyone into the holiday spirit during the annual Ladies Cookie Exchange.

## Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

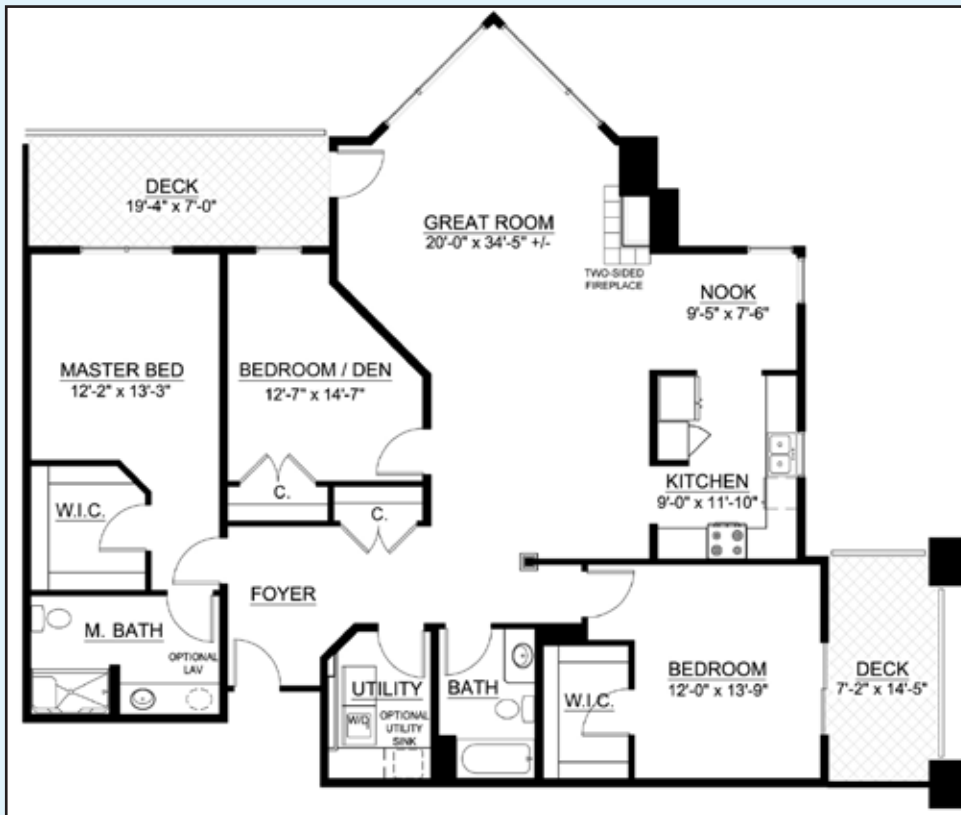
*Answers:*

1. Yesterday, Today, and Tomorrow

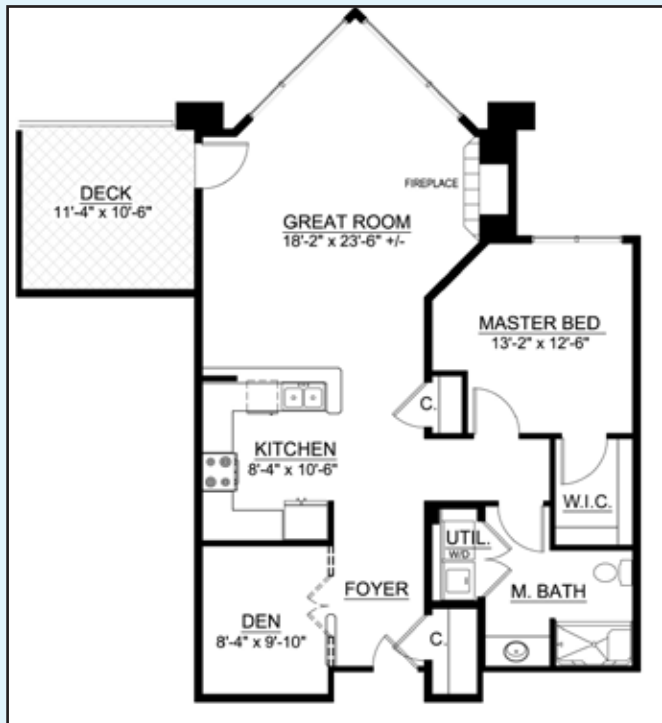
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry

3. Charcoal

## There's "snow" place like home!



Leave behind worries about frozen pipes and shoveling snow as you enjoy the Touchmark lifestyle. Morning light pours into this lovely corner home. Cliff Lodge home 98 is an east-facing home offering 1,871 square feet of living space, complete with three bedrooms and two bathrooms. Step out onto one of the two secluded decks for a breath of fresh air, or cozy up next to the gas fireplace and soak up the retirement of your dreams. Call today for a personal presentation.



As winter settles in for a long stay over Central Oregon, Cliff Lodge home 197 offers comfortable retirement living with all the amenities and services that make Touchmark the area's premier retirement community. This 1,054-square-foot, one-bedroom, one-bathroom home offers a gas fireplace, private deck, and a den. Call or stop by today and start living!

## Use it or lose it! Check out these classes.

### Attend the Clear One Health and Wellness Lecture

Learn new ways to keep your mind sharp. Retirement Counselor and Certified Geriatric Wellness Instructor, Joni Goodnight, RN, MSN, will present *Use it or Lose it! How We Can Maintain or Improve our Memory Abilities*.

The lecture is **Thursday, January 14** from noon to 1:30 pm in the Terrace Lodge Forum. The no-charge event is open to the public. There will be a light lunch provided. Sign up in advance. Call or stop by any front desk.

### Join the popular Brain Builders class

Every Wednesday, Joni will discuss and teach techniques for improving and maintaining cognitive function. The class is from Jan. 13 to Feb. 17 from 2 to 3:30 pm in the Forum. There is no charge for Touchmark residents. The cost for the public is \$25 per person. Space is limited, and reservations are required. Please call 541-383-1414 or stop by any lodge front desk to sign up. ■

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## 20in10: What's on your list today?



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

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

*“Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor.”*

— *Brian Tracy, author and speaker*

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it's up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Melanie Snow. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

**20in10**  
20 Tips to Wellness You Can Do in 10 Minutes™

## Recent events



Residents and staff collected nonperishable food items for the annual food drive. In mid-December, the Life Enrichment/Wellness team boxed up the food, and Life Enrichment/Wellness Coordinator Beth-Ann Wesley (standing, far right) delivered the 13 boxes to the MountainStar Family Relief Nursery. “Many residents volunteer their time at MountainStar, so it was great to give to this wonderful organization,” says Beth-Ann. “We’d like to thank all who donated food this holiday season. Your generosity is overwhelming.”



Resident Dorothy Blurton shows off her completed gingerbread house.

## A sampling of captions



*Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here’s a sample of some. Enjoy the creativity and fun!*

“Trying for a hole in ten.”

~ Resident Stella Mae O’Connell, Vancouver, Washington

“Hah! Bet you didn’t even notice my shoes are different colors!”

~ Resident Gail Kristensen, Sioux Falls, South Dakota

“One mixed up dude!”

~ Resident Eve Broussard, Appleton, Wisconsin

“FORE!”

~ Resident Frank Battershill, Edmonton, Alberta

“Arnie Palmer could do it!”

~ Resident Daniel Reitan, Fargo, North Dakota

## Coming Events

**Saturdays, Jan. 2, 23 and 30, 1:30 pm**

Money Bingo. Bring your quarters. Each game is 25 cents. Winner takes the pot. Terrace Lodge Lounge.

**Wednesday, Jan. 6, 11 am**

Snowshoeing at Mt. Bachelor. Please bring your own gear. Sign up at any lodge front desk.

**Thursday, Jan. 7, 8:30 am**

Men's Out to Breakfast at The Original Pancake House. Bring money for your meal. Sign up at any lodge front desk.

**Sunday, Jan. 10, 1:15 pm**

Piano performance. Enjoy the music of Bach, Schubert, Chopin,

Beethoven, and others. Terrace Lodge Lobby.

**Saturday, Jan. 16, 3 pm**

Cider and Cookies Social in Terrace Lodge Bistro.

**Tuesday, Jan. 19, 11:15 am**

Lunch out to Flatbread in the Old Mill. Bring money for your meal. Sign up at any lodge front desk.

**Wednesday, Jan. 20, 11 am**

Snowshoeing at Virginia Meissner Sno Park. Please bring your own gear. Sign up at any lodge front desk.

**Thursday, Jan. 28, 5 to 7 pm**

Winter Buffet Dinner. \$17 per person. Please make reservations in advance. Four Seasons.

## Lifestyle changes: an invitation from our qualified team

*“Use it or lose it is not just a catch phrase. It is the well-researched theory behind permanent lifestyle change that results in improved health and well-being.”*

*—Colin Milner, Founder and CEO, International Council on Active Aging*

Change is hard for most of us. Behavioral specialists cite different techniques to help create a new habit or—conversely—abandon or change an established one. Often, they tout the need to do something new 20 times or more before it becomes ingrained in our psyche and muscle memory. This requires commitment ... and usually support from an individual or group also committed to your positive-change program.

The value of support is especially well-studied in regard to physical activity, nutrition, and stress reduction—all important to an individual's well-being. Ordinarily, coaching and counseling are essential tools when making life changes that require discipline. A professional can offer specific techniques tailored to each person's uniqueness.

Elsewhere in this newsletter you will read about the *20in10* campaign that is part of Touchmark's 30th anniversary celebration. All of the tips for good, whole-person health and wellness can be done in 10 minutes or less, and they are building blocks for awareness and lifestyle change. These tips, however, are just the beginning of the journey for anyone who wants to make permanent change and create wellness goals for the new year.

Our team is ready to help each person create a personal plan of wellness. This plan will result in reaching achievable, positive goals based on specific outcomes that can improve the quality of life and result in permanent change.

To learn more about the “Lifestyles” class that will be offered to all new fitness class participants in January and any returning participants, contact Melanie Snow. We know you can do it, and we can definitely help. ■