

Dog performers shine like stars

A full house (65-plus people) attended the hour-long Dog Star Performers show. The dogs rode skateboards; hit a punching bag while the song from *Rocky* played; dressed up like *Pretty Woman*; played basketball, football, and volleyball; and more. After the show, audience members met with some of the furry performers.

Carol and Dan Falleur brought their Golden Retrievers (Boomer and Bailey) to showcase their talents. “We had so much fun today.” says Carol. “What a nice group. It seemed like this really made their day. Everyone was so appreciative and excited to be there. We look forward to future shows.” Dan also was the photographer and videographer for the event. *(cont.)*



(cont.) Cindy Dale brought her three Pomeranians Junior, Jewel, and JJ. Sandy and Jim Schneider visited with their Shelties Ty and Breeze. Jim also acted as the master of ceremonies, entertaining the crowd with his dialogue. ■



Hearts a beatin' and minds a buzzin'

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University

of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is

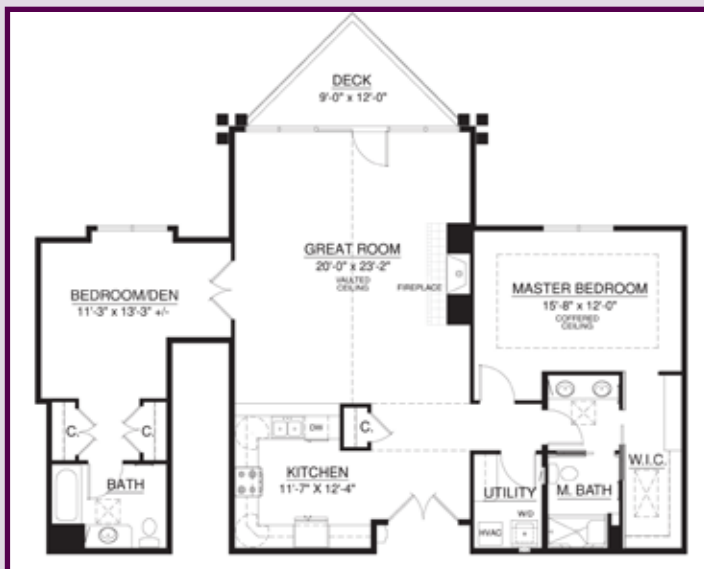
especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research."

If you'd like to learn more about Touchmark's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

This is the life!



Who says you have to leave home to go on vacation? Cottage 18—Touchmark’s only cottage home currently available—can be your year-round base camp for relaxation and adventure. This 1,800-square-foot home offers three bedrooms, two bathrooms, and access to the award-winning Touchmark lifestyle. Boasting easy river access, a spacious attic, covered patio, and cozy gas fireplace, this lovely cottage is not to be missed. Call today for a personal presentation.



Your penthouse awaits! Lodge home 423 offers soaring vaulted ceilings, a gas fireplace, and a spacious open floor plan in the award-winning River Lodge. Watch the change of seasons and take in the view of the water feature and cliffs from your private deck. With 1,574 square feet of living space, two bedrooms, two bathrooms, and access to all of Touchmark’s amenities and services, this home offers everything you need for the retirement of your dreams.

Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon

(and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Touchmark, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

Coming Events

Sunday, Feb. 7, 11:30 am to 1:30 pm

Sunday Brunch in the Four Seasons. Reservations required.

Sunday, Feb. 7, 3 pm

Super Bowl Potluck Party. Pregame starts at 4 pm, and kickoff is at 6 pm. Terrace Lodge Forum.

Thursday, Feb. 11, 11 am

NorthStar Neurology's Richard Koller, MD, presents information on strokes. Terrace Lodge Forum.

Friday, Feb. 12, 11:30 am

Enjoy the music of 11-year-old Aimee Vanderock and 12-year-old David Vanderock as they play violin and bass. Heritage Dining Room.

Saturdays, Feb. 13 and 27, 1:30 pm

Money Bingo. Bring quarters and join your neighbors for some friendly competition. It's 25 cents per game, and the winner takes the pot. Terrace Lodge Lounge.

Wednesday, Feb. 17, 4 pm

Complimentary hearing aid checks with *(cont.)*

(cont.) Beltone. Terrace Lodge Forum.

Thursday, Feb. 18, 5 to 7 pm

February Birthday Prime Rib Buffet. Your dinner is free if your birthday is in February! Reservations required. Four Seasons.

Saturday, Feb. 20, 7 pm

It's time for the opera! Watch Giacomo Puccini's one-act opera *Il Trittico*. Terrace Lodge Forum.

Sunday, Feb. 21, 1 pm

Central Oregon Symphony outing at Bend High School auditorium. No charge. Sign up at any lodge front desk.

Wednesday, Feb. 24, 4 pm

Neil Ripsch plays tenor saxophone in the Terrace Lodge Forum.

Thursday, Feb. 25, 5 to 7 pm

Wine dinner. Reservations required. Four Seasons.

Winter adventure

And they're off! Crunching snow and the lilt of friendly conversation could be heard during Touchmark's first snowshoeing outing of 2010. Residents handily completed a two-mile trek through a winter wonderland of snow. Right: Touchmark snowshoers pause during their recent winter walk: (from left) residents Hilary Kenyon, Jack Welch, Jane Drey, Dick Brewer, Val Jones, Dorothy and Ken MacDonald, and Touchmark team member Beth Ann Wesley.



Brain Builders



Word Mine Activity

Inside the phrase “You’re my hero” are several words, using two or more letters. Two examples are below. Find as many as you can.

You’re my hero

emery

hey

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

rumor	eye	ye	home
rum	myrh	humor	homer
her	more	our	or
moo	merry	hour	you
rhyme	moor	oh	hey
	hurry	rye	here

Answers (other answers may be possible):

New year, new decade!



Residents Chuck Piersee (left) and Don Miller look forward to all the adventures awaiting them in 2010. Revelers bring appetizers, desserts, wine, and a spirit of festivity to Touchmark’s annual celebration.



From left: Helen Vandervort, Beryl Goddard, Touchmark team member Beth Ann Wesley, Sam Seidenverg, and Betty Royce dress to the nines to celebrate with friends and neighbors.



From left: Ceil Hermann, Jean Crowell, and Emmy Lou Owen ring in the new year at Touchmark’s New Year’s Eve celebration in the River Lodge.

In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.

A Food Valentine

Cabbage always has a heart;
Green beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care;
So Lettuce get together,
We'd make a perfect Pear.

Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips meet.

Don't Squash my hopes and dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.

I'll Cauliflower shop and say
Your dreams are Parsley mine.
I'll work and share my Celery,
So be my valentine.

www.basicjokes.com



Want to learn to play Canasta?

Residents Jim or Beryl Goddard will be leading a Canasta group, starting in February. The group will meet Mondays at 1 pm in the fourth-floor Club Room in the River Lodge. Each player will receive a copy of rules. If you are interested in learning to play, please contact Jim or Beryl Goddard. ■

A friendly reminder

Please remember when you're driving on the Touchmark campus that the speed limit is 14 mph. Thank you! ■

2010

20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.