



A life in balance: simplicity

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it’s time to simplify. Here are a few ideas to consider:

1 Just say “no.” Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don’t hang onto things you don’t want or need. Clean out the closet and drawers and throw or give things away. If it’s broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Life Enrichment Coordinator Beth Ann Wesley. It’s never too late to simplify and make choices for well-being and a life in balance.

Upcoming events

Monday, March 13, 2 pm—Celebrating March birthdays and anniversaries.

Wednesday, March 15, 2 pm—Laughter is the Best Medicine. Please come ready to share a funny story/event and even a clean joke or two.

Monday, March 20, 10 am to 2 pm—Secret Shopping and Lunch Day. It’s a secret—be sure to sign up in the library as there is room for 19 in the bus.

Call Beth-Ann for more information or to register.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for March is Humor and Life Balance.

THE OUTHOUSE

by **Jim Goddard**
—Resident



How familiar THE OUTHOUSE,
a few years ago.
Better than a bedpan,
but difficult in snow.

THE OUTHOUSE experience
was a highlight of my life
It became a refuge for youthful strife.

When I was naughty and sent to my room,
to escape confinement, would often declare
“I have to go potty!” and off I would zoom
Mom with a smile and Dad with a glare!

When septic tank and sewer systems
forced THE OUTHOUSE to be IN-HOUSE—
To be IN-HOUSE in THE OUTHOUSE was a boring
affair
No fly, bee, mosquito, or spider to scare.

So for being IN-HOUSE in THE OUTHOUSE
please don't despair.
If you really, really have to GO,
You really, really won't care!

For April, submit a story with a photo. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Coordinator Beth Ann Wesley.

Spring sales are blooming

by **Mattie Swanson**
—Sales Manager

Congratulations to our February drawing winner—a lovely lady from Encinitas, California.

Sales of Cliff Lodge continue to be brisk; only 12 lodge homes remaining on the market. The River Lodge has one home available with another coming on the market in late March. The Central Oregon real estate market also continues to be strong, and predictions call for it to remain strong throughout 2006.

To keep pace with the rapid growth of the area and demand for Touchmark's offerings, Touchmark home prices will increase April 1, 2006. Call today for more information.



Welcome new Touchmark staff members

Please welcome these people to the Touchmark community.

Daniel Reynolds, personal care assistant,
Home Care

David Torres, personal care assistant, Home
Care

Dennis Durling, personal care assistant, Home
Care

Jennifer Troth, physical therapist, Home Health

Kathy Gomez, RN, director of Professional
Services, Home Health

Lisa Logan, personal care assistant, Home Care

Sharon Meyering, office assistant, Operations

Construction update

by Al Levage

—Project Manager

Even though the weather has been very challenging, projects are very close to the original schedule. The Cliff Lodge walls have gone up, and now we are preparing the roof system. We'll install the plywood roof sheathing in March, and the roofing will not be far behind. The subcontractors working on the interior are busy preparing the electrical, mechanical, and fire sprinkler systems. The first portions of drywall begin once the roofing starts.

Some people have asked why all of the windows were not set at the same time as the fourth floor. Typically on a project of this size, the windows will only be placed to the level where a floor or roof exists above. That way the windows won't get broken.

At the Terrace Lodge, all of the concrete slabs have been poured, and the carpenters are busy framing the walls for the maintenance and laundry areas in the garage level. The steel structure around the entry and dining hall areas has been set in place. Walls are being set at the south end, along with the rolling out of the second floor joist.

The construction crews are expanding their hours by half and hour increments as the days get longer. We are all very proud to be part of this project knowing that each one of us will have had a share in the construction of such a wonderful community. We're also hoping for a warm, dry spring!

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Medicare Part D is in place, but many still have questions

by Winona Phelps, RN

—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

From red hats to fitness—Touchmark offers enriching activities



Members of the Be Fit class show off their enthusiasm for health and wellness.



Touchmark ladies proved once again that they are full of style and class. Many of them wore their favorite outfits adorned with fancy red hats. They looked fabulous!

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled “BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you’ll learn:

- ▶ **“How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.**
- ▶ **Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.**
- ▶ **If you are likely eligible for additional government benefits that can save you money on your medications.**
- ▶ **If it makes sense for you to start comparing the plans that are available in your area.”**

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is www.SocialWorkers.org. And, of course, Touchmark staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

