



Deadline looms to make cruise reservation



You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be made by April 10. This cruise is

extremely popular and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. The rates for this spectacular seven-night cruise are \$1,585 for an outside cabin or \$1,785 for an outside cabin with balcony. (Travel to and from New York is not included.) A \$250 deposit will hold your spot for this colorful cruise on the Star Princess that sets sail from New York October 21, 2006. Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

Stewardship—it's more than managing money

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

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

“The curtain is going down on the second act of my life, and it's rising on the third act. It's a Shakespearean play, five or six acts; this is clearly Act III, but I'm sure it's not the last act.”

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—Norman Lear, producer and playwright at age 65

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over 50. Social Security resources and retirement benefits provided in the private sector do not look as promising as they did even a few years ago. Most of us are going to need more resources than we originally planned.

A second major concern is premature retirement. Although 62 might have been the right age to consider retiring when

the original Social Security system was enacted, most employers now are hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward. To participate in Touchmark Life Enrichment planning and programming, contact Life Enrichment Coordinator Beth-Ann Wesley. Your energy, wisdom, and life experience are welcome and appreciated.

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A day of shopping and fun



Sunriver Village Mall shopping and lunch trip to the Trout House proved to be a complete success. The weather, food, and shopping were fantastic!

Sales update

The roof is on the Cliff Lodge, but there is no slackening of interest and inquiries regarding Phase II construction. Currently, there are only 12 lodge homes remaining on the market, while the River Lodge has two resales available.

Please contact Mattie in the sales office if you are interested in these wonderful lodge homes. The monthly e-mail address winner is a couple from right here in Bend who visited Touchmark just a few weeks ago!

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Take advantage of clinics from Touchmark Home Services

by **Kathrynn Hollis-Buchanan**
—Home Health Administrator

With the current staff, we have been tending to several 24-hour home care cases involving many new services. The team we have built is competent, professional, compassionate, and highly skilled.

Our home health nurses have monthly footcare clinics scheduled throughout the Bend area and are working on several vaccine, educational, and prevention clinics.

We will continue to hold a minimum of two blood pressure clinics per month in the River Lodge, and we encourage everyone to participate in this easy, fast health screen. It is a good way to prevent future problems and/or identify others, and it helps you provide your physician with a regular accounting of this vital information.

We keep a record of this information for each resident who attends the clinic, so we are able to recognize acute fluctuations and/or ongoing increases that may be indicative of other, underlying problems.

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 April is a story with a photo.

His memory carved in wood

by Annis Oetinger

—Resident

We've all heard the story of George Washington and the cherry tree. Nothing was ever said about what use was made of that tree trunk. An entirely different cherry tree resides in the home of Dave and Mary Thomas. The tree started life outside Dave's family home in Columbus, Ohio. When it needed to be removed in 1947, Dave's father turned it into an exquisite sculpture (pictured below).



Dave Thomas stands with his father's sculpture.

Dr. Bertram D. Thomas and his wife moved to Columbus from Seattle in the years of the Great Depression. Dr. Thomas assured his wife that when the Depression was over, they'd move back to the beautiful Northwest. That never happened. He spent his entire career in Columbus and worked for Battelle, the Business of Innovation. He had graduated with

a PhD in Chemistry from the University of Washington and later received a number of honorary degrees, including from Ohio State University where he served on their Board of Trustees.

In addition to his professional life, Dr. Thomas created intricate wood sculptures. Dave remembers a chess set with all the figures done in careful detail of medieval costumes. It took Dr. Thomas five years to complete the set. Then

he turned to making a box to hold the set. On the cover of the box St. George in the upper right corner sat astride his horse and menaced the dragon in the lower left with his lance. A shield rested on St. George's shoulder, and the box could be opened only by turning that shield.

With this sort of background it's easy to understand that Dr. Thomas used a mathematical concept when it came to carve the trunk of the cherry tree. The wood had been slowly curing for five years before the carving started. Incised into the base is the title—actually a double title: Moebius and Madonna.

Engineers and mathematicians are probably familiar with a moebius strip, but it's not likely to be in everyone's vocabulary. It means that the figure has only one surface—that is, you can trace with your hand the entire form and end up where you started without lifting your hand. Our picture shows the easily recognizable Madonna in a contemporary design. It's the sort of sculpture that makes the viewer wish to run a hand over the smooth wood and feel the warmth. The sculpture now rests on a base of maple, which Dave's mother brought from France.

Dave and Mary, along with other family members, recently returned to Columbus for a ceremony when Dr. Thomas, who died in 2004, was honored with the creation of a million-dollar endowment for scholarships in chemistry at Ohio State University. The memory of his life will endure with that endowment, and the fondest memories of him stay in Dave and Mary's house here in Touchmark with the lovely form of an old cherry tree.

For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Coordinator Beth Ann Wesley.

Welcome Sharon Meyering to the Touchmark team



**Office Assistant
Sharon Meyering, the
newest face at the front
desk.**

Sharon grew up in Minnesota and lived in Orlando, Florida, working in marketing and community relations with the *Orlando Sentinel*.

She moved to Eugene five years ago and recently moved to Bend to pursue investment opportunities and enjoy the great outdoors, rafting, running, and biking.

Upcoming event

Wednesday, April 12, 10:30 am—Presentation by Umpqua National Bank & Club Carefree 50 Travel.

