



Celebrate National Senior Health & Fitness Day

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

This year, the President’s Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled *Get Americans Moving*. One of the Council’s areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council’s work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn’t hard to see why they didn’t apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.
- Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.
- Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.
- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers.

- Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health-and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Touchmark. Life Enrichment Coordinator Beth-Ann Wesley is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.



Sales update

by Mattie Swanson

—Sales Manager

Spring is slow to arrive in Central Oregon, but sales of phase II construction are not! Currently we have eight lodge homes left in the first release of the Cliff Lodge. We are continuing to take priority reservations for the second and final release of the Cliff Lodge, which will be early summer. If you don’t have a priority reservation, now is the time to get one!

Also there are two wonderful lodge homes in the River Lodge now on the market. One is a two-bedroom penthouse overlooking the water feature, while the other is a two-bedroom overlooking the Deschutes River. Neither of

these will last long; anyone interested please contact me in the Sales Office.

The winner of this month's e-mail drawing is a lady from Bend, who is looking into Touchmark on behalf of her parents.

Touchmark skiers rip up the slopes!



Ten residents and staff members had a blast carving turns on the mountain. Pictured here are Don and Charlotte Miller along with Touchmark staffer Kerry Panton.

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 May is a story about a fitness routine or sport passion.

The active life

by Dave Thomas
—Resident

Jock (slang): an athlete. Example: Bill Cass. Bill began playing sandlot baseball at an early age. Choosing sides, using the bat to determine who gets to make first pick. “We used stones for bases, which must have caused more than a

few sprained ankles, but that’s the way it was,” jokes Bill.

Shortstop and second base were Bill’s favorite when he played ball at Bristol High School in Connecticut. Bill stood six feet tall and was also a natural when he played offensive end and defensive back for the football team at Bristol. But just to round things out, Bill played basketball, too. By the time he graduated midyear in 1945, he had lettered in all three sports.

After a short stint in the US Navy Air Corp, Bill received a \$300-a-year scholarship to the University of Connecticut (UCONN, the other Huskies) and right off the bat, he lettered once again in all three sports. He went on to major in business, and it was there, at UCONN, that he met his beautiful bride-to-be, Betty. He spent his summers in Vermont, Tennessee, and even in Canada, where he played semiprofessional baseball. One summer he even played ball for the Bristol Bees, a farm team of the Chicago White



Bill and Betty Cass have raised four sons and one daughter who share their love and enthusiasm for baseball, golf, and tennis.

Sox organization.

Once graduated from university, Bill promised Betty they would get married when she had her degree. Three months later they not only married, but Bill accepted a good paying job as an insurance agent at John Hancock Insurance Company, which was to be a lasting partnership for 35 years. Bill went through the ranks and retired after becoming a regional vice president. Their journeys have taken them to five different states (Oregon was number six.), and they've moved 13 times.

During that time, they raised four handsome sons, Bill Jr., Scott, Randy, and Tim and a beautiful daughter Lisa ("their reward"), who is their pride and joy along with Bill and Betty's 10 "wonderful" grandchildren. Their active and athletic lifestyles have been passed down to their children, who are all accomplished athletes in their own right. Each of them plays tennis, baseball, and golf, and they love spending time playing these sports together. And so, the beat goes on ... Who could ask for anything more than great health and a wonderful family? This is the true definition of success and fulfillment.

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

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Touchmark cruise winner sets sail May 26

Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband depart for Europe May 26. Once arriving in Athens, the couple will travel 15 days on the ms Rotterdam of Holland America Line and will visit Rome, Monte Carlo, Paris, Lisbon, Barcelona, and other "grand European capitals," which is the title of the cruise they selected.

A self-proclaimed art enthusiast, P.J. knew Europe would present an enriching experience. "The biggest draw was Paris. I literally tear up when thinking about standing in front of the Mona Lisa," says P.J.

P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing. "This is really a coveted trip

for me," says P.J. "I started dreaming about the trip at 17. ... I'm just very grateful [to Touchmark]. ... It will be life enriching—a once-in-a-lifetime gift."

To follow the couple's cruise adventures, visit touchmark.net/com/cruise/index.aspx.

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Bon appétit from father and son



Chef Keith Flint (left) and his son, "Master" Mason, work together to create fabulous meals. Keith, aka Chef du Jour, creatively serves the Wednesday night River Lodge dinners with Mason's assistance. "We appreciate the tasty, delicious meals they regularly prepare for us," says Life Enrichment Coordinator Beth-Ann Wesley. "We look forward to all the fantastic delights they have for us in the future."

Would you like to have two hours of Home Services offerings?

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

Remember Home Services when you need some help after surgery or when you are just too busy golfing to worry about spring-cleaning!

The first Touchmark at Mt. Bachelor Village resident to call and tell us what all these April showers will bring us in May, will be awarded two hours of spring-cleaning and/or personal care services, your choice. Also, remember to participate in the monthly theme day, scheduled for May 19. The theme is “favorite T-shirt day!”

Representatives from the state of Oregon visited us and completed our Home Health survey. We have received notification that we have been recommended for Medicare certification and are eagerly awaiting our provider number. We'll keep you updated!

Upcoming events

Tuesday, May 9, 11:30 am to 2 pm—Lunch at Cascade Culinary Institute.

Wednesday, May 31, 10:30 am—National Senior Health & Fitness Day with guest speaker Masters Olympian Dagmar Eriksson.

