



Welcome Scott Neil

Scott joins Touchmark at Mt. Bachelor Village as assistant manager/Sales from Waterford on South Hill, another Touchmark community in Spokane, Washington, where he was administrator in training for 18 months.

Scott is no stranger to Bend; he was born in Seattle, Washington, and lived in Spokane and Alaska, then lived in Bend for eight years before moving back to Spokane.

Scott and his wife Jennifer have two children: River, 6 years old, and Summer, 4 years old. Scott is an outdoor enthusiast, and his hobbies include skiing, white water kayaking, and golfing.



Scott Neil joins Touchmark as assistant manager/Sales.

Connecting the generations

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have pro-

vided wisdom and life experience to all of us via the political process, cultural enrichment, and critical thinking. In today’s society, however, it seems that we have forgotten the contributions of our elders through the ages.

**“One thing is certain,
and I have always
known it—the joys of
life have nothing to
do with age.”**

—*May Sarton, poet*

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and

boredom are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich each other’s lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Touchmark to support ongoing relationships among residents and guests of all ages. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment Coordinator Beth-Ann Wesley.

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 June is "I remember when" Helen Hawn loves to cook and bake wonderful mouth-watering tastes of delight. She shares her delicious treats with all of us here at Touchmark, and she still bakes snickerdoodles for the grandchildren, heavenly chocolate cookies, peanut butter cups, and let's not forget her quiche, which is out of this world. Here are her own recollections.

—Beth-Ann Wesley
Life Enrichment coordinator

Reaching out and other memories

by Helen B. Hawn
—Resident



My favorite recipes have all come about by touching the lives of others. We grew up on a farm in the state of Pennsylvania. Father was an avid gardener and fruit grower. All of this had to be shared and canned, which took up the summers of my growing-up years. Early memories of hungry men from Depression days coming to our door—mother would set them down on our porch to a nourishing meal, no matter what time of day.

Our "good" behavior treat was a family taffy pull with five brothers and a sister. The meal shared at family gatherings was always fried chicken, vegetables, and fruit pie, all homegrown. Mother took a dish of lima beans to potluck meals until her 90th birthday.

With an aunt being a nutrition professor, nothing but becoming a home economics major in college would do. I went on to share that knowledge with a rural community in central Pennsylvania for 50 years. A favorite recipe that still comes to mind is the Ham Loaf, which is still served

at the community church and helped to financially support all the women's activities at that church I attended and the Texas Sheet Cake, which was always requested by my husband (who was a Pennsylvania State University Agronomy Technician) when he gathered for departmental potluck lunches at the Pennsylvania State University.

Below is the tried-and-true Ham Loaf recipe, which hails from Helen's beloved Pennsylvania community church.

- 1 1/4 lb. ham ground
- 1 tbsp. brown sugar
- 3/4 lb. ground pork
- 2 eggs
- 1/4 tsp. pepper
- 2 shredded wheat biscuits, ground
- 1/2 tsp. onion salt
- 1 tsp. dry mustard

Sauce (optional)

- 1/2 c. brown sugar
- 1/4 c. vinegar
- 1/4 c. water
- 1 Tbsp. dry mustard

Combine meat mixture with 1 cup of milk. Mix all together. Make into a loaf. Bake at 325 degrees for about 45 minutes, baste with sauce if desired.

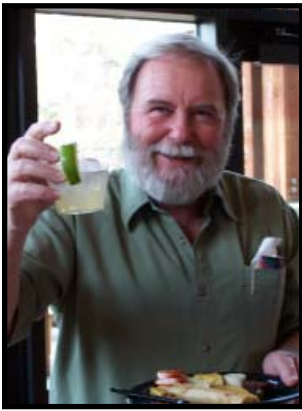
For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Coordinator Beth-Ann Wesley.

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May fiesta gives way to June Hawaiian Social

by Beth-Ann Wesley
—Life Enrichment Coordinator

In May, the Touchmark community came together for the second Cinco de Mayo Social Hour & Appetizer



Resident Dick Brewer lifts his glass to all at the recent Cinco de Mayo fiesta.

Night. There was music playing and beverages served by Touchmark staff member Kerry Panton. Last year Jim Goddard did the honors of tending bar, but this year his artwork was being featured at Umpqua Bank's downtown branch during Art Walk on the very same date and time. For all you artists, Art Walk takes place on the first Friday of each month downtown and at the Old Mill. We missed you, Jim.

Thank you all for turning out for what proved to be another wonderful event; what a fiesta it was. Arriba! Don't forget to see details on the upcoming Hawaiian Social Hour & Appetizer Night. Aloha!



Tasty treats and refreshing beverages, along with lots of fun, made for quite the fiesta on Cinco de Mayo.

Cliff Lodge homes going fast

by **Mattie Swanson**
—Sales Manager

Currently we have only seven lodge homes remaining in the first release of the Cliff Lodge, which is scheduled for completion this November. We are preparing to release the North Wing of the Cliff Lodge shortly, so be sure you have a priority reservation to get first choice.

Also, there are two wonderful 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 can contact the Sales Office at 541-383-1414. The winner of this month's e-mail raffle drawing is a couple from Bellevue, Washington.

Touchmark's unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don't have e-mail, you can still communicate with them electronically by using Web e-mail. Here's how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you're on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message** to a Resident.
- Write your message.
- Click **Send**.

The message is sent to a designated staff member, usually in Resident Relations, who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden's father lives at Waterford at All Saints in Sioux Falls, South Dakota. "My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love."

If a resident wishes to reply to an e-mail, he or she can contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response.

Residents living in Touchmark communities also can take advantage of several computers located in Touchmark libraries or business club rooms. For more information, please contact the front desk.

Upcoming events

Friday, June 9, 5 pm—Hawaiian Social and Appetizer Night with musical guests, The Ukeniks (the Central Oregon ukulele group).

Saturday, June 17, 10 am—River Trail Ramble, presented by Bend Metro Parks & Recreation District at Farewell Bend Park.

Saturday, June 17, 3:47 pm—Carol Deem's wedding in Great Room (All are invited).

Touchmark Home Services now Medicare certified and programs are soaring

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

As many of you have heard, Touchmark Home Services has now received official Medicare approval and is looking forward to continued growth.

We are in the planning stages for many community-related activities. Our involvement in the Relay for Life will occur this month from 6 pm, June 23 to 6 pm, June 24 at Central Oregon Community College, 2600 NW College Way, Bend, and we have chosen *It's a Small World* as our theme. Come out and see the home services staff dressed in authentic foreign garb, and join us for a nice stroll in the moonlight—or sunshine, for that matter, as we will be there all 24 hours. Your support would be appreciated.

Other ways we are participating in the community are by volunteering time with local hospice services, neighborhood foot clinics, ergonomic evaluation for medical offices, and other nursing and training projects.

We hope you share our excitement. Our goal is to continue to elevate and support the already outstanding services and reputation that Touchmark has earned within the Central Oregon community.

Stuck in the mud?



From left to right: Touchmark Executive Vice President Tom Biel and staff members Rich Steigleman, Mick Parsons, and Evan Teicheira drain water from the River Lodge pond for a tune-up and prepare it for summer enjoyment.

