



From Age-ing to Sage-ing—Tap into the “fountain of experiences”



Message from
Tom Biel
—Executive Director

At the start of this millennium, Touchmark’s Wellness & Programs Director Marge Coalman, EdD, interviewed Rabbi Zalman Schachter-Shalomi, who coined the term “sage-ing™” and founded the Spiritual Eldering® Institute (SEI). SEI offers transdenominational workshops on how to become a spiritual eldering leader and mentor.

What is spiritual eldering? According to Marge’s article that was published in the January-February 2003 *Journal on Active Aging*, the principles focus on four points:

1. Carrying out life review and contemplative work for personal mastery;
2. Harvesting one’s life and wisdom to create legacies for future generations;
3. Using the collective talents and experiences of elders to benefit a community through volunteering and community service; and
4. Preparing consciously for a serene death (just another fact of life).

According to Marge’s article and SEI, doing this work allows elders to be “wisdom-keepers, mentors, agents of revolution and healers of the planet.” Today’s sage is based on the traditional model of the spiritual elder. “The sage’s role is grounded in current research that supports lifelong learning ...,” says Marge.

This research supports our 2006 program, Let Your Spirit Soar. May this new year find you and your family safe and healthy—and your spirit soaring!



Construction progress

Al Levage
—Project Manager

Winter is upon us. Snow hit the construction site a few weeks ago and continues to give us a hard time. Temperatures during the past few weeks dove into the single digits and barely reached freezing in the afternoons. It makes for a long day for the crew, but in spite of the snow and cold, we continue to make good progress on both the Cliff and Terrace lodges.

We are framing the Cliff Lodge. A majority of third floor walls are framed, and we are starting the floor joists and sheathing for the fourth floor. The crew is roughing in the piping and heating ducts along with the refrigeration, fire sprinklers, and low-voltage electrical wiring.

The crew continues to pour concrete for the Terrace Lodge foundation. We have poured the A and C sections and now are working on minor plumbing. We plan to pour the last concrete slab early this year. Framing of the walls will also start at that time. You will notice that one

of the dirt piles is gone and only two remain for backfill. As soon as the snow can be removed and the ground thawed, these also will diminish. I appreciate all of your comments when we meet, and please do not hesitate to ask any questions. I trust your holidays were good. Best wishes in 2006.



Construction continues at Touchmark despite the harsh weather.

Mind, body, and spirit: solutions not resolutions

Marge Coalman, EdD

—Wellness & Programs Director, Touchmark

What is all this fuss about “mind, body, and spirit?” If one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote “holistic health” and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in “for sale” remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making “New Year’s resolutions” it might be more productive to look for “New Year’s solutions” to any and all concerns that create a feeling of ill-being, discomfort, or pain. Doing an individual inventory can be supported by the wellness professionals here at Touchmark. If health care providers need to be involved, Life Enrichment staff can help with that referral or contact. This year do an *internal*

check-up, and let us help you find the resources you are seeking to make 2006 a year of good health, happiness, and well-being.

“Is laughter really the best medicine?”

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two resources for well-being in an article just published in the *Journal on Active Aging* (vol. four, issue six).

For a copy of her article, visit touchmark.com/MAC-IsLaughterReallyTheBest.pdf.

Sales update

Mattie Swanson

—Sales Manager

Selling the homes in the Cliff Lodge is only part of the excitement of Touchmark’s largest construction project. Another big part is watching the building progress from my window in the sales office, visiting the site, and standing in the rough living rooms of the homes.

The views are magnificent from the Cliff Lodge. Even looking out from the first floor gives you a soaring feeling. I’m excited that future Touchmark residents will enjoy their new homes, and I’m pleased to be a part of the project. It isn’t often that one can see a project through from a floor plan to a finished home, from a tentative resident to a happy, satisfied community member. With half of the 39 lodge homes already sold and the building just under a year from completion, it is an exciting and rewarding experience.

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Bringing Up the Rear

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. Enjoy this story and colored-pencil painting by resident Valerie Emmert.

Valerie Emmert

—Resident

Central Oregon (as well as other parts of the state) is well known for its beautiful cattle ranches. One can drive for miles and see nothing but vast, rolling spreads of land with distant cattle grazing upon them, often resembling little black dots.

It was during such a drive that my husband and I came upon a rancher on horseback herding his cows down the middle of the road, just before reaching the little settlement of Summer Lake. This was rather an exciting venture because we were driving our little yellow sports car ... [and] the cows stood quite a bit higher than we. The rancher, accompanied by his two dogs, waved us on through; so we, too, wound up helping him to herd his animals along the highway. It was during that moment that I grabbed our wide-angled camera and took several pictures, one of which wound up as the painting.

At that time, I was a member of CPSA (Colored Pencil Society of America) and, with my husband, attended my second CPSA convention in San Francisco. Just prior to that, I had submitted slides of the cattle painting to the convention judge, who chose which works he desired for exhibition in one of San Francisco's art galleries for the duration of the week's convention. Out of 800 submitted slides, 197 were picked, mine being one of them. I recall how happy and grateful I was! I later learned that the judge picked mine because it presented a "picture of motion". Down at the bottom edge of the work, I had

painted the windshield wipers and part of the yellow car hood, thus the viewer sees exactly what we did as we slowly crawled along with the walking cows. Thus was born "Bringing Up the Rear".

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Share your art

Nostalgia is one of several themes identified for Touchmark's 2006 Let Your Spirit Soar program. Touchmark is publishing at least one resident's submission in the monthly newsletter. Since February is often known as "heart month," residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic "Heart-to-heart." Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Beth-Ann Wesley.

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Need Home Services?

Home Services offers the very best care, and the staff look forward to assisting you with your needs this year. Please call with questions or drop by and say hello before needs arise. Home Services will continue regular blood pressure and foot clinic services and will be adding new options throughout the year. The staff will communicate these new offerings as they occur, but should you have suggestions, give them a call.

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Bringing Up The Rear by Valerie Emmert

Touchmark shares food boxes with those in need

Kathrynn Hollis-Buchanan

—Accountant

The preparation was great, and the process was overwhelmingly rewarding. Our holiday party was a success, with 40 boxes of food put together by staff and community members. The time together was special. Those who have been involved with this in past years particularly felt the absence of a key player for this occasion.

When delivering one of the food boxes, the recipient was overwhelmed and asked me to convey many thanks to our community members for taking the time to help. The package arrived completely unexpected, and I can assure you that it fulfilled its purpose and brightened one family's holiday season. There were 39 more households that offered the same sentiments.

Making a difference in someone's life is the reason we are here. The season for giving is every day. Make this year significant for you and your family.

Upcoming events

January 9, 2 pm—Celebrate January birthdays with us.

January 9, 7 pm—Touchmark Book Club.

January 12, 8:30 am—Men's Breakfast at the Original Pancake House.

January 16, 10 am to 2 pm—Secret shopping day and lunch.

January 18, 2 pm—Hear from County Commissioner Dennis Luke about county issues.

January 20, 10:30 am—25th anniversary event with Feldenkrais Instructor Dwight Pargee.

January 24, 2 pm—Osher Lifelong Learning Institute. "Bend's future: Where do we want to go?"

January 25, 8:30 am—Women's Breakfast at the Original Pancake House.

January 25, 3 to 4 pm—Blood Pressure Clinic.

January 30, 9 am—Ski Day at Mt. Bachelor.