



OREGON GOVERNOR'S COUNCIL ON
PHYSICAL FITNESS AND SPORTS

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September 29, 2009

NEWS

For Immediate Release

The Oregon Governor's Council on Physical Fitness and Sports has announced the recipients of its first annual Senior Leadership Awards. Touchmark at Mt. Bachelor Village in Bend is one of two retirement centers to receive the Governor's Council Leadership Award for 2009.

According to Melanie J. Snow, the director of Touchmark's Full Life Wellness and Life Enrichment program, "we encourage and support residents to live happier, lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, residents take 'ownership' of their goals and well-being."

The Touchmark Full Life Wellness and Life Enrichment Program is marked by individualized counseling, personalized planning and tracking to identify and meet each resident's needs, abilities and goals. Touchmark emphasizes physical activity in four exercise quadrants: cardiovascular, strength training, flexibility and balance/mobility. Touchmark offers a variety of structured activities, such as the Stepping Out program, tai chi, Silver Fit, yoga and others. The program also utilizes the beautiful surroundings of Bend for walking, hiking, cycling, snowshoeing, skiing and fly-fishing. Touchmark partners with local professionals, neighboring communities and the Bend Athletic Club to provide ongoing events and opportunities for participation and enhanced quality care and education for the maintenance of a healthy lifestyle.

The Oregon Governor's Council is proud to present to Touchmark at Mt. Bachelor Village the official Senior Leadership plaque signed by the Governor and marked with the seal of the State of Oregon. It reads:

The Governor's Council on Physical Fitness and Sports hereby presents to Touchmark at Mt. Bachelor Village the 2009 Annual Fitness Leadership Award in recognition of its contribution to the health and fitness of its citizens.

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