



## Curiosity—and continued learning

Genealogy and astronomy are just two examples of educational classes Stanley and Carolyn Mitchell have participated in since moving to Touchmark three years ago. “Touchmark brings to us the opportunity to learn new things,” explains Stanley. “With classes held right here, attending is easy and accessible.”

“The astronomy class was one I was excited about, as I always wanted to learn more about it,” adds Carolyn.

Touchmark’s Life Enrichment/Wellness staff regularly schedule educational forums and classes for residents along with the many social and other activities reflecting seven dimensions of wellness.

Twice a year, Touchmark hosts a series of classes dedicated to guest speakers offering more in-depth classes on specific topics. Class offerings have included new media literacy, geology, and habits for healthy living. Often the presenters are professors or professors emeritus from the local university.

“There are lots of learning opportunities for a variety of interests,” says Stanley. “One of the classes we attended was on Alzheimer’s and mental health, which was very helpful.”

### **New experiences create memories**

The couple admit they like to try new things and continually learn. “New experiences we share together create a ‘remember when’ of shared

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history,” says Carolyn. Recently the Mitchells attended a concert at the Meridian Symphony, saw a play at the Idaho Shakespeare Festival, and have plans to visit the Starlight Mountain Theatre in a mountain community outside of Boise.

“The music of the area symphonies is a joy,” exclaims Carolyn. “It’s so uplifting and enriching. Now it’s so easy. The prearranged transportation to the concerts is much more enjoyable, because we don’t have to drive, and when we arrive at the venue, we are warmly greeted as ‘the group from Touchmark’ and led to our reserved seating.”

The surrounding area has no shortage of interesting activities for the Mitchells, whose key interests include art, human rights, geology, travel, and food. Exercise is another area of keen interest, and the couple work out nearly every day in the Touchmark Health & Fitness Club. “This has been vital to our health,” says Carolyn.

### **Like-minded people find each other**

“We’re very social people, and we like to be with our friends,” says Stanley. “That’s what’s happened here at Touchmark. We’ve become real fast friends with people who are like-minded and enjoy new experiences.”

Carolyn adds, “We became involved in the Touchmark Thespians group. It’s fun, a lot of work, and quite impressive: The sound, lighting, and staging are amazing.” Both Carolyn and Stanley have served as stage managers, and Carolyn has performed in the show.

Married 57 years, Stanley and Carolyn moved to Touchmark from another state. The two agree they have found a new group of friends with whom they can enjoy learning new things, sharing a glass of good wine, and savoring a fine meal.

“It’s about having fun, laughing, and sharing,” says Carolyn. “It’s just what we do.”



**Melissa Conrad**  
Vice President, Wellness & Marketing

**“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.”**

*— Henry Ford*

Because it’s back to school season, we’ve been thinking about the role learning plays in life, whether during our formative or later years. Learning can happen at any age as long as one has the curiosity and commitment to open his or her mind.

Not only does learning new things add more definition and enjoyment to your life, studies also show that it is particularly useful in keeping the aging mind sharp. Researchers from the University of Texas at Dallas recently experimented with adults ages 60-90 to gain insight into how learning new skills affects memory and mental cognition.

The results of the study showed that people who engaged in challenging new activities—such as digital photography and quilting—exhibited improvements in memory and problem-solving, whereas those who participated in activities with which they were already familiar—such as crossword puzzles and listening to classical music—did not.

Furthermore, the researchers observed that a hobby most improved individual brain function when it tapped the working memory, long-term memory, and other high-level cognitive processes at the same time. “The findings suggest that engagement alone is not enough,” says lead researcher Denise Park. “The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only the groups that were confronted with continuous and prolonged mental challenge improved.”

With that in mind, give yourself the gift of learning a new skill this autumn. There’s no better way to improve brain health while having fun at the same time!



## Health & Fitness Club

As summer comes to an end and the crisp air of fall creeps in, the normal routine kicks in and staying active gets a little more difficult. Lucky for us, Boise offers many exciting ways to stay active during fall! Stay active this September and October with:

- **Fall Flights:** The World Center for Birds of Prey gives you the chance to see stunning raptors in flight—a truly remarkable experience—every Friday, Saturday, and Sunday from September 22 to November 4.
- **Boise Depot Tour:** Experience Idaho's fascinating railroad history firsthand with a guided tour and open house at the iconic Boise Depot.
- **Corn Maze:** Idaho is famous for its many corn mazes. Most places even have pumpkin patches and hay rides. Grab your walking poles, a light jacket, and family for a fun day!
- **Boo at the Zoo:** Bring the grandkids for a day full of costumes, games, face painting, and, of course, the zoo!
- **Fall Harvest Festival at the Botanical Gardens:** This is a Treasure Valley classic! The Idaho Botanical Gardens hosts the Scarecrow Stroll, live music, and a wine and beer garden all within its beautiful grounds.

### Family swim is back

Join us on the last Friday of September and October from 5:30 - 7:30 pm. Bring family of all ages to swim and enjoy goodies from the bistro. Call Member Services at 208-319-5261 to RSVP.



### Kayak or paddleboard Quinn's Pond

Quinn's Pond/Bernardine Quinn Riverside Park, is a beautiful paddling pond next to the Boise River. Join us on Friday, September 14. The bus leaves the Club at 12:15 pm to try out kayaking or paddleboarding. We will play in the water for about two hours and have access to a shaded area on the beach for relaxing and snacking. No experience needed. Cost is \$35 per person and includes water, snacks, rentals, and transportation. Call Member Services at 208-319-5261 to RSVP.

### Club hours

We are open Monday - Friday 6 am - 8 pm, Saturday 8 am - 3 pm. On Labor Day, September 3, we will be open from 8 am - 3 pm for independent use. For a schedule of activities or questions, stop by or call the Club at 208-319-5261.

## Inspiring wellness

Every September, Touchmark joins with the International Council on Active Aging and celebrates Active Aging Week. This year the theme is *Inspiring Wellness*, which encourages older adults to get excited about discovering new and engaging activities. By focusing on the seven dimensions of wellness—emotional, environmental, intellectual, occupational, physical, social, and spiritual—everything we do benefits residents' overall health and well-being. Join us!

### FitOne Boise: Saturday, September 22.

The St. Luke's FitOne walk is about recharging, living healthier, and inspiring others. For more information and to join our walking team call Member Services at 208-319-5261.

### Best of Boise Bike Tour: Friday,

**September 28.** This is a perfect way to learn the history of Boise. The bus will load at 9:30 am. Participants must know how to ride a bike. Cost: \$40, includes bike, tour, and transportation. Call Member Services at 208-319-5261 to RSVP.





# TEAM MEMBER *Spotlight*

**Name:** Natasha Anderson

**Position:** Dining Services Assistant Manager

**How would you describe yourself?**

Spontaneous, fun, goofy, loyal, and dependable.

**Share a bit about your family and growing up.**

I grew up in Idaho with both parents and three siblings: two sisters and one brother. We spent a lot of time camping, water-skiing, attending church events, and cheering on my dad at the Meridian Speedway.

**What are some of the most significant events in your life?**

The birth of my daughter, Brooklyn, in 2014 and my graduation from Boise State in 2007 (B.S. in Exercise Science).

**How long have you worked at Touchmark?**

Five years this November.

**What do you enjoy most about your job?**

I love interacting with the residents, especially during Chef's Choice and special Life Enrichment/Wellness events.

**What Touchmark value do you most**

**closely relate to?** Hospitality: Even though my college degree is in the Kinesiology field, I just keep coming back to hospitality ... it is in my heart! I enjoy entertaining and serving people.

**Outside of work what are your favorite ...**

**Activities:** Camping, boating, live music, sporting events, dining out, traveling, and spending time with my family.

**Food:** Sushi, tacos, anything barbecue or spicy.

**Movie:** The entire *Rocky* series (except Rocky V).

**Music:** Willie Nelson, RHCP, Bruno Mars, Maroon 5, the Rat Pack.





*Outdoor fun included a trip to Zoo Boise and the Butterflies in Bloom exhibit, the Walk to End Alzheimer's at beautiful Julius M. Kleiner Memorial Park, a visit to Mini Joys Therapy Animal Farm, and an afternoon with Jean and Max Jenkins who went skydiving to raise awareness about Alzheimer's disease as well as funds to support care and research.*



# Save the date!

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## **RON AND LISA SMITH PRESENT AN ALL-AMERICAN SONGBOOK**

**Saturday, September 15 • 2 pm • Grand Lodge Front Lawn**

Direct from Las Vegas, our favorite husband and wife duo are back to take us through a journey of classic American music. All are welcome. No RSVP necessary.

## **THIRD ANNUAL FARM-TO-TABLE DINNER**

**Thursday, September 27 • 5 pm • Coeur d'Alene Room**

Spend time with friends, meet the neighbors, and join us for our third annual farm-to-table feast. Enjoy musical entertainment and a gourmet dinner featuring all locally sourced ingredients. Watch for more information about the menu and RSVP instructions. Cost: \$18.50 per person.

## **BOISE EDELWEISS BAND**

**Tuesday, October 2 • 7 pm • Coeur d'Alene Room**

This is Idaho's premier and oldest German band serving the Treasure Valley for over 35 years, specializing in authentic Oktoberfest beer garden music. These musicians are dedicated to the joyful sounds of traditional German music guaranteed to get your fingers tapping and your feet moving!

## **MURDER MYSTERY COSTUME DINNER PARTY**

**Thursday, October 25 • 5 pm • Coeur d'Alene Room**

You're invited to the Halloween bash of Mr. Hollingworth Kiljoy, a noted businessman. The attendees are high society sophisticates that live in a world of intrigue, gossip, treachery, and endless jockeying for social superiority. Things take a deadly turn when a blackout provides one of the guests the opportunity to advance their social agenda in a brutally direct fashion. When the lights come back on, a grisly crime is discovered! It's up to you and the others to work together to sift through the evidence and identify the killer in your midst. Prizes will be awarded for best costumes!

[View our {FULL} Life calendar online for a complete list of events: TouchmarkMeridian.com](http://TouchmarkMeridian.com)

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*Residents of the Owyhee Lodge enjoyed the great outdoors with a trip to the nature park and an afternoon milkshake run!*

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