



## Laughing ... “It gives you life!”

When Bev Kuhn is asked why she’s always smiling and laughing, she quickly answers, “It’s a good release and makes things go well.”

She says she laughs at any humor she finds. Pausing, she thinks about an example and then lights up as she describes her “fun table” of six women who enjoy eating dinner together each evening. “One woman brings a book of Yiddish phrases to share with the group. They’re common phrases we all know, and that sets the stage for a fun dinner.

“We’re all different and may not agree on everything, but we can talk about anything, laugh, and have a great time.”

Research has shown there are many real benefits of laughter, from managing pain to reducing stress, and Bev acknowledges laughter played a

big role helping her cope with the many demands of caring for her husband for five years as his Alzheimer’s disease progressed. “It was such a difficult time. I tried crying, but that doesn’t work, so I thought I might as well laugh about it. He had a great sense of humor!”

Before her husband’s diagnosis, the couple spent 20 years traveling across most of Canada and throughout the U.S. and Mexico in their RV. “He was a jokester! I’m not a joke-teller, but I love laughing at jokes when others share them.” Born in North Hollywood, California, Bev has lived most of her life on the West Coast. She and her husband owned a metal engraving business and raised three daughters. With her flair for design, Bev also was an interior decorator. Plus, she was a district manager for Avon, overseeing 150 representatives.

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### Life—and laughter—at Touchmark

“I’ve had more culture here at Touchmark since I moved in almost three years now,” she says throwing her head back with a laugh. “The music is amazing, but that’s not all. You can’t do everything there is to do ... there’s lots and lots to do.”

In addition to all the cultural events and activities, you can find Bev bubbling with enthusiasm at happy hours, chatting with people while she walks her dog, and signing up for “most anything.”

At the top of her list is the A-MAY-Zing Race, an activity patterned after the popular TV show, the *Amazing Race*. “I love it! That is the most fun! It’s a challenge, and I didn’t realize I was so competitive, but I jumped into it.” Her team (the Sweet Chicks) has won for the past two years. “And we plan to do it a third year: We’re tough!”

That competitive spirit also shows itself when she plays Wii Bowling, another favorite pastime.

Having crisscrossed North America with her husband, Bev still enjoys traveling and appreciates Touchmark’s organized trips. “We went to Cape Cod last fall, and we plan to go to Philadelphia, Pennsylvania, later this year. I’m excited to go to the Panama Canal next year.”

But ask Bev what she likes the most, and she quickly says, “The people! Not only the residents but the staff, too: They’re wonderful and very caring.”

When she’s not talking and laughing with friends and neighbors or playing Pegs and Jokers, Bev is busy with projects in her home. “I adore quilting and have an embroidery machine and a pretty extensive collection of quilts.”

Whether she’s bent over her sewing or raising a glass and toasting life with friends, the one common thread running through Bev’s full and fascinating life is laughter. “It gives you life!”



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

**“Humor is mankind’s greatest blessing.”**

— *Mark Twain*

Most people have heard the saying “laughter is the best medicine,” and while that may be an overstatement, laughter does offer some profound benefits.

In fact, recent studies have shown that laughter has the power to reduce stress and anxiety by shutting down stress hormones like cortisol and triggering dopamine production. It also increases oxygen intake by stimulating the heart, lungs, and muscles, and it is a natural pain killer.

Here are a few suggestions for increasing your laughter levels:

**Laugh when others laugh.** Sometimes your body just needs to get warmed up, and a few false chuckles can help you get started on the real thing.

**Learn to laugh at yourself.** Laughing instead of getting angry at yourself when you make a mistake will give you more reasons to laugh and may help you be a happier person overall.

**Browse YouTube.** Type in “funny videos,” and you will find thousands of opportunities to tickle your funny bone.

**Change up your radio stations.** There are a variety of ways to listen to recorded comedy, including CDs, humor podcasts, and satellite radio comedy stations.

**Schedule a weekly funny movie night.** Invite friends or neighbors and suggest taking turns hosting and selecting the film. When accompanied by others, many people are 30 percent more likely to laugh than when on their own.

Embrace every opportunity to laugh: after all, our health can be a laughing matter.



# Health & Fitness Club Update

Spring is in the air, and it's a perfect time to venture out and do some exploring. Boise is full of many adventures that are unique to Idaho. So, stay active this spring with these five fun outdoor activities:

**Take a stroll.** Did you know that Boise Parks and Recreation put together a historical scavenger hunt for greenbelt users? Check it out!

**Discover the amazing world of raptors eye to eye!** The World Center for Birds of Prey is an indoor/outdoor education center where you'll meet a wide array of birds from all over the world. Join a live presentation and then hit the surrounding hiking trails to explore the beautiful Boise foothills.

**Go to the Zoo. Lions, tigers, and bears, oh my!** Take a walk through the Boise Zoo and see the wide array of exotic animals.

**Bike, run, or walk out of the city.** Boise is known for its Ridge to Rivers Trail System, which features over 100 miles of trails that snake through the foothills and offer a quiet and relaxing trip.

**Take a bike tour of the city.** Boise Bicycle Tours offers a one-of-a-kind tour through our unique city. Learn about Boise's amazing past and discover great new places to eat!



## Friday, March 30 and April 27, 6 - 8 pm Family Swim Night

Bring your family for a fun time in the pool with delicious treats for purchase at the Elkhorn Café. All frappes, frozen yogurt, and smoothies will be \$1 off! Adult supervision required.

## Saturday, April 21, 9:15 am Boise Bicycle Tour

Ride with us and experience the things that make Boise so unique. We will enjoy lunch after the tour. Cost is \$37 per person, lunch not included. The bus loads in the Health & Fitness Club parking lot.



## Heart-healthy gift ideas

Last month was Heart Month, and Rebecca Vincen-Brown, Health & Fitness Club Manager, appeared on KTVB's noon news show to share some heart-healthy gift ideas for Valentine's Day. Among the items she discussed were:

- A smart watch, such as from Apple or Samsung, which provides reminders to breathe or meditate as well as track exercise, standing, and steps to keep us accountable to move more.
- A high-quality water bottle, which supports drinking eight 8-ounce glasses of water each day.
- Dark chocolate (especially paired with blueberries or almonds), which provides heart-healthy antioxidants, polyphenols, flavanols, and monounsaturated fat. To offset dark chocolate's bitterness, she suggests eating it with fruit.
- Red grapes/wine. The resveratrol in red grapes and wine can be beneficial for the heart. (Remember, for wine to be heart-healthy, it needs to be consumed within guidelines—no more than one 5-ounce glass/day for women or two 5-ounce glasses/day for men.)

Of course, these make healthy gifts any time of the year!





# TEAM MEMBER *Spotlight*

**Name:** Dorie Dege

**Position:** Meadows Assisted Living Concierge

**How would you describe yourself?** I think of myself as a warmhearted person. I am friendly and a good listener, and I can tell people feel very comfortable around me. I am honest and have a great sense of humor.

**Share a bit about your family and growing up.** I was born and raised in Southern California. My mom and dad loved to fish, so we spent summer vacations on the Colorado River fishing, swimming, and waterskiing. I have an older brother and sister who babied me growing up, so my mom always said I was spoiled, and she was right.

**What are some of the most significant events in your life?** Marrying the “boy next door” when I was 21; having a son and daughter who make me so proud to be a mom; moving to McCall in 1992 from San Diego not knowing anyone; and last, but not least, my three grandkids who have given me more love and joy than I could ever imagine.

**How long have you worked at Touchmark?**  
10 years on March 11! Woohoo!

**What do you enjoy most about your job?**  
The people! I love the interactions with the residents. I really feel a connection to them, and as much as I do my best to enrich their lives, they enrich my life so much more. We have such a great group of team members here at Touchmark, and we all work together as an awesome team!

**What Touchmark value do you most closely relate to?** Compassion—this is at the core of my soul. I do my best to find compassion in everything I do.

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

**Activities:** Gardening is my passion! Long walks, swimming, traveling, reading, and watching the grandkids play flag football and soccer!

**Food:** I love Mexican food, steak, chocolate, popcorn, and my French toast.

**Movie:** *Starman*, *Pretty Woman*, *Finding Dory*.

**Music:** Rock and roll, blues, and country.





*We had a groovy time at our 2nd Annual '70s themed Fondue Party.*



*Left: It was a chilly but beautiful day for the Elk Feed and McCall Winter Festival. Right: Residents were asked to partake in the Shakespeare performance Around the World in 80 Days.*



*At the Mardi Gras celebration we had a parade, costume contest, and themed food and beverages.*

# Save the date!

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## **IRISH DANCE IDAHO**

**Thursday, March 15, 7 pm • Coeur d'Alene Room**

Under the direction of Shawna Ingram, these dancers are taught and drilled on the difficult technique required for traditional Irish step in the Muenster tradition. Don't miss this rhythmic, high-energy performance!

## **PUB CRAWL WITH TAMI AND JIM**

**Thursday, March 22, 3 pm**

Enjoy friends, drinks, and appetizers with Tami and Jim on a pub crawl to three well-known watering holes in Boise. We will visit Fork, Bittercreek Alehouse, and The Matador. All are within an easy walk on the same block, near Eighth and Idaho. Cost is \$35 per person which includes a drink at each establishment, light food, and a designated driver.

## **MTCHS RESIDENT TECHNOLOGY WORKSHOP**

**Friday, April 6, 10 am • Coeur d'Alene Room**

Did you just receive a new tablet, smartphone, or other device and are not quite sure how to use it? The tech savvy students from Meridian Technical Charter High School will be happy to provide you with a tutorial, any time between 10 am and 1 pm. No appointments necessary.

## **SILENT MOVIE WITH SEAN ROGERS**

**Wednesday, April 25, 7 pm • Coeur d'Alene Room**

Musician Sean Rogers has performed piano and organ concertos with numerous orchestras around the world. Join us for great music, popcorn, candy, soda, and some classic silent movies accompanied by Sean on the piano. There might even be a singalong!

## **OUTING TO SHOSHONE FALLS AND LUNCH AT IDAHO JOE'S**

**Thursday, April 26, 8:45 am**

Shoshone Falls is a waterfall on the Snake River in southern Idaho. Sometimes called the Niagara of the West, it is 45 feet higher than Niagara Falls. After our visit, we will have lunch at Idaho Joe's in Twin Falls. The menu offers breakfast, lunch, and dinner and includes fresh-baked pies, homemade soups, and tasty sandwiches. Cost is \$5 per person for access to the falls, plus bring money for lunch.

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

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