



# THE {FULL} LIFE

*Touchmark at Mount Bachelor Village Newsletter*

2019  
ISSUE 3



## One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

### **Improved circulation**

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

### **Increased bone density**

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

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## CONTINUED FROM PG. 1

loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

### More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

### Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



*"In every walk with nature, one receives far more than he seeks."*

– John Muir



ANNE WILSON  
Life Enrichment/  
Wellness Director

April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and

thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.

## Health & Fitness Studio

On May 18 we will be participating in Bend's Pole, Pedal, Paddle (PPP) for the fifth year in a row! The PPP is a six-leg relay race that starts at the top of the Leeway run on Mount Bachelor for the alpine leg, a five-mile Nordic ski leg, then a 22-mile bike ride back to Bend followed by a five-mile run along the Deschutes River, then a kayak course down and back on the Deschutes River ending with a half-mile sprint to the finish at the Les Schwab amphitheater for a big party!

This year's participants (in order of event) are Bob Ramsay, Liz Rugar, Nan Bogdan, Linda Spadoni, Hilary Kenyon, and Leslie Koc. Liz and Linda are Touchmark team members and the rest of the team are residents.



## What others are saying ...

*"To you and all your staff, we are so fortunate and grateful for having you in our lives. Thank you very much for the wonderful loving care you give. It is way beyond care for the physical; it's care that makes all the difference for residents' spirits; for their happiness. Your care means the world to us."*

- Resident's daughter in a letter to a Touchmark nurse

## Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety of activities to bring awareness and raise money

for care and research. For example last year, Touchmark teams hosted a wide range of events, including a 5K fun run culminating in an explosion of color, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.





# TEAM MEMBER

## *Spotlight*

**Name:** R. Ireene Brees

**Position:** Resident Services Supervisor

**How would you describe yourself?** I go by Ireene. What does the “R” stand for? My birth name is Rose Ireene. I was named after my mom Rosalina. To this day, my parents have never called me Rose or Rose Ireene. Even when I was in trouble, the full name was never used. My dad’s name is Ernie. If you jumble the letters, it spells Irene. He gave me an extra “e” for emphasis. I’m quiet, shy, and soft-spoken. Never do I want to be in the spotlight, but I am always willing to help.

**Share a bit about your family and growing up.** I have an older brother. We were your basic family of four, born and raised in Silicon Valley. I now have a family of my own. I have four kids: Kaitlyn (23), Tyler (21), Nicholas (17), and Jared (15). We moved to Oregon about seven years ago to get the kids out of the “rat race.”

**What are some of the most significant events in your life?** I was almost born on an airplane when my mom was traveling from the Philippines to the U.S. The plane touched down, she was rushed to the hospital, and I

was born five hours later. I was the first person in my family to become a U.S. citizen.

**How long have you worked at Touchmark?**  
Two-and-a-half years.

**What do you enjoy most about your job?**  
I love the people I work with. It is rewarding knowing that I’m making a difference.

**What Touchmark value do you most closely relate to and why?** I think I relate to all, but if I had to pick one, it would be compassion. I honestly believe that without that quality then everything becomes robotic. People need to be cared for as well as know that someone cares for them. It is a quality that I have taught my kids, and I am always so proud when I receive compliments about them.

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

**Activities:** I’m always up for anything new.

**Food:** Mexican and Italian.

**Movie:** I love horror but am always on the lookout for a heartwarming, feel-good movie.

**Music:** Country and ‘80s.





*We had a great time at the Life Stories session where we learned how to share our own composition with family and friends.*



*We held a resident discussion group.*



*Our fitness field trip was to a local gym.*



*The Dining Services team pulled off another phenomenal seasonal dinner.*



*Tumalo and Deschutes neighborhood residents had a wonderful time at the Easter egg hunt.*

# SAVE THE DATE!

## **THIRSTY THURSDAY SOCIALS**

**Thursdays from 4 - 5 pm • Terrace Lodge Lobby**

Join us each Thursday for a social hour with friends and neighbors. Hors d'oeuvres and one hosted cocktail provided. All residents and friends welcome.

## **MEN'S ONLY BRIDGE CLUB**

**Tuesdays and Saturdays from 9 am - noon • Terrace Lodge Lounge**

Beginning in May, this is a new group for all levels of play, including those willing to learn.

## **TRIP TO HIGH DESERT MUSEUM**

**Wednesday, May 15 from 9 am - noon • Leave from Touchmark**

Take the bus to this one-of-a-kind museum with artful exhibits, alluring animals, engaging programs, and meaningful history. Be prepared to walk. No cost for those ages 65+. Bring money for snacks.

## **DRUM CIRCLE**

**Sunday, May 26 from 2 - 3 pm • Terrace Lodge Forum**

Join Gabriel for this monthly drum circle. Drums and instruments are provided, but you are welcome to bring any instrument you own. No experience necessary. All welcome.

## **NEW DISCUSSION GROUP: AS LIFE CHANGES**

**Tuesday, May 28 from 11 am - noon • Four Seasons Private Dining Room**

Join resident Renee Blank on the last Tuesday of each month to discuss a wide range of topics related to adjusting to life changes. All residents welcome.

## **LEVELS OF CARE PANEL DISCUSSION**

**Wednesday, May 29 from 2 - 3:30 pm • Terrace Lodge Forum**

This discussion will help residents and family members learn how Touchmark can accommodate changing needs and receive recommendations of service providers in the greater community that provide services we may not offer. Refreshments served. All welcome.

## **BEATLES TRIBUTE BENEFIT CONCERT**

**Thursday, June 6 at 7 pm (doors open at 6 pm) • The Tower Theatre**

Every year we raise awareness and funds for the Alzheimer's Association and this is our day! Enjoy drinks, a bake sale, and music from Juju Eyeball, the Cascade School of Music, and Pedestria. All proceeds to benefit the Alzheimer's Association. Tickets: \$25/person.

## **CAMP POLK TOUR WITH DESCHUTES LAND TRUST**

**Thursday, June 20 from 1 - 4 pm • Leave from Touchmark**

Jane Meissner from the Deschutes Land Trust will hop on board the Touchmark bus to be our tour guide to Camp Polk. On the way there, you will observe wildflowers, butterflies, and pollinators.

## **THE LONGEST DAY MEMORY CARE LUNCH**

**Friday, June 21 at noon**

Join us for lunch on The Longest Day.


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

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