



## Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"



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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



**SCOTT NEIL**  
Executive Director

*“Tell me, what is it you plan to do with your one wild and precious life?”*  
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

# Health & Fitness Studio

## Studio calendar and notes

Ashley will be continuing Yoga for Strong Bones (formally Yoga for Osteoporosis) and will be adding a new class in January called Tai Chi for Balance. Both classes will be held once a week with the possibility of adding a second class during the week.

Look for snowshoe outings on the calendars for January, February, and March. As always, weather permitting!

Now is the time to start thinking about the Pole, Pedal, Paddle! Liz is looking for Alpine and Nordic skiers, cyclists, runners/walkers, and kayak and canoe enthusiasts to participate in Bend's Pole, Pedal, Paddle race on Saturday, May 18.

## American Heart Month

February is American Heart Month, during which various national and local health organizations urge people to learn how to keep their hearts healthy, assess risks for heart problems, and adopt more active lifestyles. Here are some simple ways that you can protect your heart:

- Maintain a healthy weight.
- Get your cholesterol and blood pressure checked regularly.
- Drink alcohol in moderation, if at all.
- Reduce saturated fats and sodium in your diet.
- Engage in physical activity for at least 2.5 hours per week.



## What others are saying ...

*"Everyone seems to know me. I love when I walk through the halls and people say my name. It makes me feel welcome and at home."* - Lila Woelke, new resident

## Touchmark Foundation Food Drive



Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





**Name:** Sulma Pineda

**Position:** Housekeeping

**How would you describe yourself?**

Social, kind, love to share, and very friendly.

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

I have a wonderful 12-year-old daughter and a loving husband who I've been married to for 24 years.

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

Getting married and the birth of my daughter.

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

I have been at Touchmark for almost five years.

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

Interactions with the residents and my coworkers.

**What Touchmark value do you most closely relate to and why?**

"I am an ally." I relate to this most because I am here to help others.

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

**Activities:** Cleaning my house, being with family, spending quality time with my daughter, and shopping.

**Food:** Pasta and seafood.

**Movie:** *Titanic*.

**Music:** '80s pop and Bon Jovi.





*Left: Executive Chef Louis Chambrone hosted a food tasting for residents that featured upcoming menu items, one of which was a gyro, a first for some! Right: We made holiday decorations at our monthly quilling class.*



*It's always a great time when the fourth-graders from Seven Peaks School come for a visit and activity.*



*We celebrated the holiday season with the annual Wooden Toy Donation, the Food Drive packaging party, and a resident and team member holiday party!*

# SAVE THE DATE!

## **SOCRATES CIRCLE**

**Wednesday, January 2 from 2 - 3 pm • River Lodge Club Room**

Join a group of like-minded residents for an hour of spirited philosophical ponderings. This month's topic is: Why are Americans still uncomfortable with atheism? All welcome.

## **SNOWBALL FORMAL**

**Tuesday, January 15 from 2:30 - 3:30 pm • Deschutes Neighborhood**

Dress up and join us for our second annual Snowball Formal. Enjoy snacks, drinks, and a dance lesson.

## **CASCADE SCHOOL OF MUSIC CONCERT**

**Saturday, January 19 from 3 - 4 pm • Terrace Lodge Forum**

Cascade School of Music is back to delight us with two new performances: The Irish Band Leaves of Luck and The Cascade Jazz Ensemble. Please join us as we support these wonderful students and their love of music. All welcome.

## **BREW CREW: THREE CREEKS BREWING**

**Monday, January 21 from 4:30 - 7:30 pm**

We are headed to Sisters. Cost: \$5 trip fee and bring money to order off the menu. Transportation provided; sign up at front desk.

## **GREAT DECISIONS SERIES: MEDIA AND FOREIGN POLICY**

**Tuesday, January 22 from 2:15 - 3:15 pm • Terrace Lodge Forum**

Our Great Decisions Series continues with Alexis Wichowski, Adjunct Associate Professor of International and Public Affairs, Columbia University. Learn about the complex and rapidly evolving media landscape. All welcome.

## **VOLCANO SCIENCE PROJECT**

**Wednesday, January 23 from 1:30 - 2:30 pm • Deschutes Neighborhood**

Do you remember making a volcano in science class or helping your kids make one? On January 9, we'll construct one out of paper-mache; on the 16th, we'll paint it; and on the 23rd, we'll have the finale where we fill it with baking soda and vinegar to see what happens.

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



*Tumalo and Deschutes neighborhood residents enjoyed painting, the 5th Anniversary Party, and a barn dance.*

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