



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 Studio

Stay safe in the summer sun

On Saturday mornings we will now have Yoga for Relaxation and Moving Easy on a regular basis. Ashley Trottier will be teaching both classes. Yoga is from 9:30 - 10 am and is held in the Health & Fitness Studio, formally known as the Cliff Lodge Aerobics Room. Moving Easy is in the Terrace Lodge Activities Room from 10:30 - 11 am. Everyone is welcome to attend!

Hiking our way through summer

Photo on right: We hiked Lava Butte, elevation 5020. Pictured left to right; Tom Moses, Jim Courtney, Paul White, Ann Klein, and Steven Nistler. The photo below is a shot from another one of our Central Oregon hiking adventures.



What others are saying ...

"This is the best meal I have had in Bend, and I frequent fine dining establishments."

-Family member of resident following the Touchmark Farm-to-Table Dinner



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. View the Full Life calendar online for more information.



TEAM MEMBER

Spotlight

Name: Nathan Blackmon

Position: Executive Sous-chef

How would you describe yourself?

Intuitive, kind, and hardworking.

Share a bit about your family and growing up.

I was born in Miami, Oklahoma, and moved to Redmond, Oregon, at age 12. I recently bought a house and am considering getting engaged.

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

Graduating from the Angell Job Corps culinary program in Yachats, Oregon. I also gave up enduro dirt bike racing a few years ago and decided to buy a house.

How long have you worked at Touchmark?

Since November 2014.

What do you enjoy most about your job?

I love applying the Touchmark values in the assisted living and memory care neighborhoods.

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

I relate to all of the Touchmark values. I started as a line cook and worked my way up to executive sous-chef.

Outside of work what are your favorite ...

Activities: Hunting with hounds. I enjoy the challenge of breeding, training, and developing a pack of hounds. I love bringing the dogs to work to visit residents.



We celebrated the newly updated Resident Art Gallery!



We held an elegant black and white themed party to celebrate our 15th anniversary!



Tumalo and Deschutes neighborhood residents enjoyed an outdoor barbecue with all the fixings!



Save the date!

WALK TO END ALZHEIMER'S

Saturday, September 15 • 10:15 am - 12:30 pm • River Bend Park

Bus leaves at 10:15 am • Welcome ceremony at 10:45 am • Walk begins at 11 am

Please join us as we have all been touched by this disease one way or another. Donations are gladly accepted but are not mandatory to participate in the walk. The route is two miles, so be sure to wear good walking shoes and comfortable clothing. Sign-up at any front desk and request a registration form or register online at www.alz.org. Click on 'find a team' and type in Touchmark at Mt Bachelor. Transportation provided for the first 14 registrants.

RED CROSS BLOOD DRIVE

Tuesday, September 18 • 10 am - 4 pm • Terrace Lodge Forum

This is an excellent opportunity to give back without leaving Touchmark! The blood donated will be used throughout the Pacific Northwest. We have a goal of giving at least 20 donations. Call Bettie MacDonald at 541-312-1758 or Janet at 541-383-1414, extension 4159 to sign up.

HOLIDAY TOY PROJECT ORGANIZATIONAL MEETING

Wednesday, September 19 • 2 - 2:30 pm • Terrace Lodge Forum

If you would like to participate in this year's holiday toy project, please attend this meeting. The Central Oregon Woodworkers have agreed to make cradles and 20 model airplanes for children in need. We are looking for new participants who want to sand or paint the toys or make pillows, blankets, quilts, and other items to fill the cradles. All are welcome.

AROUND THE WORLD IN 80 MINUTES

Thursday, September 27 • 2 - 3 pm • Terrace Lodge Forum

Touchmark residents Ralph and Fran Brown have traveled the world. Join them for this special presentation as they share photos, stories, and memorabilia from their world cruise.

OUR ANCESTOR'S TALE: EXPLORING GENETIC GENEALOGY AND THE ROOTS OF MANKIND

Wednesdays, October 10 and 17 • 2 - 3 pm • Terrace Lodge Forum

Dr. Richard Brewer, a Touchmark resident, retired physicist, and genetic genealogist, will present a two-part discussion of modern DNA results that have reshaped our understanding of human origins. **Part 1:** Introducing Genetic Genealogy, modern DNA analysis techniques and research that led to sampling DNA of Pygmy tribes. **Part 2:** Unlocking the past with ancient DNA. Discusses analysis of ancient DNA and the roots of humankind, revealing similarities and divergences between archaic Neanderthal and modern humans.

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

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