



## 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 Studio Update

## GENTLE FLOW YOGA

Wednesdays, March 7, 14, 21, and 28  
9 - 10 am • Cliff Lodge Aerobics Studio

Join us for the remainder of this six-week Vinyasa yoga class, led by certified instructor Ashley Trottier. This class is specially designed to appeal to both beginners and intermediate students. You will learn the language of yoga, fundamental postures, body awareness, breath work, and relaxation. Participants must be able to get up and down from the floor. Cost: \$5 a day to drop in.

In 2011, Ashley earned a Master of Fine Arts in Choreography and Performance from Mills College and completed her certification in Embodied Developmental Movement and Yoga through the School for Body-Mind Centering. Ashley is passionate about sharing her love for all types of movement. She is excited to have the opportunity to teach dance and yoga in our community.



## “We Still Do!”



Eleven couples marked Valentine's Day by renewing their marriage vows in front of friends and family. Resident Council Chairman and ordained minister Jack Keeney led the vow renewal ceremony on the day of love.

The ceremony included a flower girl (3-year-old daughter of Life Enrichment/Wellness Assistant Maggie Bussard) and short stories about each of the couples.

The reception featured a Champagne fountain, wedding cake, a display of wedding memorabilia from residents and team members, and local jazz musician Michelle Van Handel playing the piano and singing all the great love songs.

Among them, the couples have 525 years of experience and countless tales of love and adventure. Over the years, they've acquired great wisdom and secrets to a healthy and long marriage. Ken and Perry Stevens have been married 60 years. Perry offers this advice for a long, healthy marriage: "Have the same goals and thoughts on life and know how to be on the same page, as you never know where life will take you."

Central Oregon Daily and KTVZ covered the love-filled event.





# TEAM MEMBER

## *Spotlight*

**Name:** Jenny Davidson (right, blue star shirt)

**Position:** Dining Services Director

**How would you describe yourself?**

I think the one word that describes me best is “humane.” I love people: meeting them, getting to know them, caring for them, sharing with them, and—most of all—loving them!

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

I was born and raised on the Oregon coast. I have one older brother and two sisters—one of whom is my identical twin! Many in my family work at or have retired from the State Forestry Department, which brought many outdoors, camping, and wildlife experiences. Before all of the current regulations, I was able to fly around in a helicopter with my dad as he surveyed land for topographical maps.

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

The birth of my daughter in 2002.

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

Five years.

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

The residents, coworkers, and the overall atmosphere! It is truly a second home to me.

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

Excellence—I believe we all succeed when we hold ourselves accountable and produce the best of our abilities.

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

**Activities:** Camping, swimming, decorating, baking, and entertaining friends and family.

**Food:** Popcorn, lasagna, anything with ranch dressing.

**Movie:** *Grease!*

**Music:** All music.





*Life Enrichment/Wellness team members Liz Rupar and Naomi Johnson are leading a six-week Fall Recovery class.*



*We held a Snowball Formal in the Tumalo and Deschutes neighborhoods. Residents enjoyed dressing in their best and dancing to the music.*



*Ashley Trottier taught a dance class called Move to Love, Love to Dance!*



*Brrr! We also enjoyed real snow in the Tumalo and Deschutes courtyard one afternoon.*



*We enjoyed our trip to see The Old Time Fiddlers!*



*A local preschool came for a visit on Valentine's Day to deliver their special pieces of art!*



# Save the date!

## **BOB SANDERS' BICYCLE ADVENTURES**

**Tuesday, March 13, 2 pm • Terrace Lodge Forum**

Upon his retirement in 2010, Bob Sanders began touring the U.S. on his bicycle, including twice riding to the Oregon coast; from San Diego to the East Coast, and up to Yorktown, Virginia; and from Bend to the Iwo Jima Memorial in Arlington, Virginia. Join us for a fun slide presentation and account of his travels. All are welcome.

## **INSIDE THE HEARST CASTLE: A DOCENT'S PERSPECTIVE**

**Wednesday, March 28, 2 - 3 pm • Terrace Lodge Forum**

See the magnificent estate with gardens, terraces, pools, and priceless art from around the world. Resident Mildred Rochelle will share information and castle gossip from the 20 years she worked as a docent at this landmark. The film *Building the Dream* will be shown in combination with Mildred's presentation. All are welcome.

## **EASTER EGG HUNT**

**Saturday, March 31, 10:45 - 11:45 am • Memory Care Neighborhoods**

We are hosting our annual Easter egg hunt for families. Residents will hide the eggs and kids will find them. Snacks and drinks will be provided. RSVP to Maggie at 541-383-1414 and bring your basket.

## **THE CASCADE HORIZON BAND SPRING CONCERT**

**Sunday, April 29, 1 - 4:30 pm**

Take the bus to Mountain View High School for this fun spring concert, and hear music you love to hear! No cost. Sign up at any front desk.

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

## What others are saying ...

*"This trip was so nourishing!  
Thank you for providing this  
opportunity for us to enjoy  
local art."*

-Catherine Havelock, resident



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