



# THE {FULL} LIFE

*Touchmark at Meadow Lake 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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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



**JIM JOHNSTON**  
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 Club

### **TOUCHMARK TREKKERS: TAKE A WALK ON THE WILD SIDE**

**Wednesday, May 15 • Bus leaves at 10 am**

Walk along the Boise River Greenbelt with its towering trees, lush river banks, and abundant wildlife. Everything will be in full bloom, so bring your camera! RSVP by May 10.

### **TOUCHMARK TREKKERS: HULLS GULCH HIKE & PICNIC**

**Wednesday, May 22 • Bus leaves at 10 am**

Common wildlife we might see includes great horned owls, kestrel, coyotes, mule deer, red fox, snakes, and lizards. Bring a sack lunch or order one for \$5. Participants must be able to walk without mobility devices for long periods. RSVP by May 17.

### **FAMILY SWIM NIGHTS**

**Friday, May 31 and June 28, 5:30 - 7:30 pm**

Bring your family to the pool for a fun time with treats for purchase at the Elkhorn Cafe. Take \$1 off all frappes, smoothies, and frozen yogurt! Adult supervision required.

### **THE LONGEST DAY BIKE-A-THON**

**Friday, June, 21 • All day • Health & Fitness Club Lobby**

Join us to raise awareness and show support for those affected by Alzheimer's. Becca will



donate \$2.50 for every mile ridden during the day. Our goal is to bike at least 26.2 miles.

### **TOUCHMARK TREKKERS HIKE TO BLUE LAKE & PICNIC**

**Tuesday, June 25 • Bus leaves at 8:30 am • Return by 3 pm**

Blue Lake Trail is a short moderate-to-advanced hike offering panoramic views of Long Valley, Lake Cascade, and Blue Lake. Participants must be able to walk without mobility devices for long periods. Cost: \$10/person for transportation and water; \$15/person with a sack lunch also included.

### **HOLIDAY HOURS**

We will be open for independent use only from 8 am - 3 pm on Monday, May 27 in observance of Memorial Day.

## Celebrating the solstice with purpose



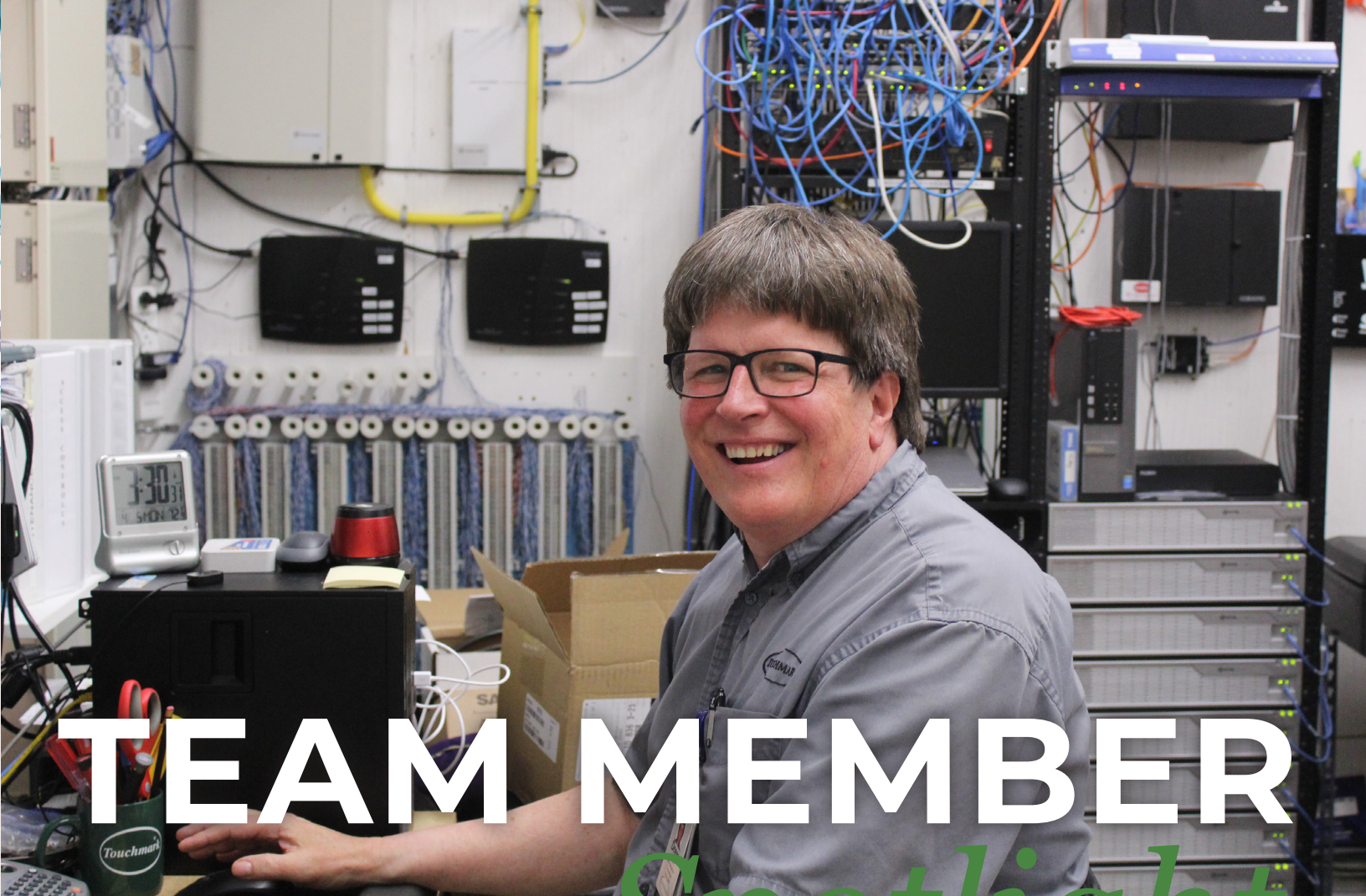
Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls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





**Name:** Drew Noack

**Position:** Maintenance Technician

**How would you describe yourself?**

Easygoing. As I've gotten older, I realize I don't sweat the little stuff, and I try to avoid stress at all cost.

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

I was born in Oakland, California, and moved to Boise when I was 12. I grew up fishing, skiing, and backpacking. I went to college in Salem, Oregon for two years before moving back. I met my wife Heidi on a blind date when I was 27, and married her six months later. Thirty-two years later we have a daughter, two sons, and two grandchildren. Life couldn't be better.

**What are some of the most significant events in your life?** Raising a loving family that shares the same values and love of life that was passed on by my parents.

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

Off and on for 20 years.

**What do you enjoy most about your job?** The opportunity to learn new skills and the day-to-day interaction with both the residents and my fellow coworkers.

**What Touchmark value do you most closely relate to and why?** "I value laughter and shared memories," and "I wear a positive attitude and maintain a sense of joy." It seems like that's the way I try to live my life and when I reflect on the past, those values are at the forefront.

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

**Activities:** Fishing and more fishing.

**Food:** Anything barbecued.

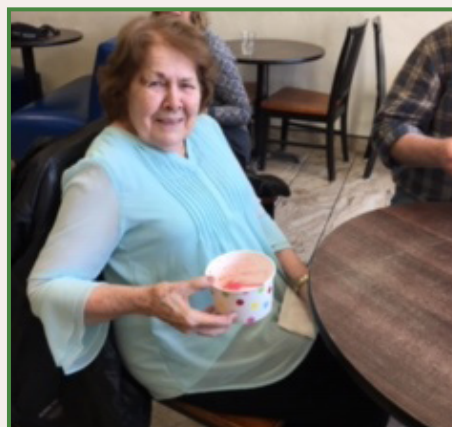
**Movie/TV:** *Sometimes a Great Notion*.

**Music:** Rock, rap, and alternative.





Community fun included a beautiful day for spring planting, a pub crawl, spring crafts with Kadi, and a visit to Boise State for a tour of the dorms and entertainment by Michael McCormic, Jr.



Residents of the Owyhee Lodge enjoyed music therapy, an outing for frozen yogurt, and a visit with furry friends.



# SAVE THE DATE!

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## **HISPANIC FOLKLORIC DANCERS OF IDAHO (HFDI)**

**Thursday, May 2 at 7 pm • Coeur d'Alene Room**

The HFDI dazzle audiences with traditional and regional Mexican dances performed in colorful dress. More than just entertainment, the group is also a celebration of culture and heritage.

## **THE BOISE CHORDSMEN BARBERSHOP PERFORMANCE**

**Monday, May 13 at 7 pm • Coeur d'Alene Room**

The Boise Chordsmen return to campus to entertain us with some great barbershop tunes. Along with some of their regular repertoire, they will perform several songs from Les Miserables.

## **PAR-3 PAR-TEE GOLF TOURNAMENT & BLOCK PARTY**

**Friday, May 31 at 2:30 pm • Meadow Lake Village Golf Course**

Join us for an afternoon of golf and fun benefiting the Meridian Fire Department Local 4627 Project Safe (Smoke Alarms for Everyone). Foursome: \$160; individual: \$45, includes two drink tickets and snacks. The Block Party starts at 4 pm with live music, food trucks, and beer.

## **8TH ANNUAL FATHER'S DAY WEEKEND CLASSIC CAR SHOW**

**Saturday, June 15 at 10 am • Grand Lodge Front Lawn**

This event celebrates fathers and their families with classic cars, live music, lunch, beer, and ice cream. The car show is a family-friendly event that raises funds for the Wyakin Foundation, a Boise nonprofit organization providing programs for post-9/11 veterans.

## **LONGEST DAY TORCH RELAY**

**Friday, June 21 from 6 am - 1:30 pm**

We are once again hosting a torch relay around our campus. If you would like to be part of this meaningful event, sign up at the concierge desk in the Grand Lodge. You can walk, run, ride your bike, drive your golf cart, solo or in a group. Participate for 15 minutes or up to one hour.

## **WESTSIDE DRIVE-IN LONGEST DAY FUNDRAISING**

**Friday, June 21 from 1:30 - 6 pm • 929 West State Street, Boise**

Once again, Westside's Chef Lou Aaron will donate 15% of all food sales (including his famous prime rib) to the Alzheimer's Association Greater Idaho Chapter. Touchmark will provide transportation during the hours of 1:30 - 5:30 pm for residents who wish to pick up some delicious food and support a great cause.

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

**TOUCHMARK AT MEADOW LAKE VILLAGE**  
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