



April is Volunteer Month—Renew your commitment to volunteer



Message from
Kathleen Best
 —Chief Operating Officer

Volunteerism is part of the American way of life. Society literally could not exist without it. We depend on volunteers to fund-raise for worthy causes, tutor and mentor youth, run businesses, and provide valuable consultation.

Volunteers have a wealth of experience that many institutions could not afford to pay for out of pocket. They are used to solve serious social problems in thousands of communities.

The idea of volunteering is not a new one. Looking back to our nation's beginning, people volunteered for activities ranging from raising barns and caring for neighbors to fighting for freedom in wars. Although many things have changed since then, the need for volunteers has not. If anything, we are now at a period where we need more volunteers.

April is national volunteer month, so this is a great time to look around in our community and decide how we can help others. There are programs in this area that support mentoring and tutoring children, providing companionship to older adults, running community theaters and arts programs, cleaning highways and parks, staffing essential community organizations, and offering physical and spiri-

tual aid to the hungry and homeless. For every person, I truly believe there is a place to volunteer and contribute to the good of others.

Touchmark also has numerous opportunities to share personal talents. As our community grows, we will need dedicated citizens to contribute to the Resident's Council in areas such as Home Life, Dining Room, Event Planning, Health, Library, Parking and Transportation, Sunshine, Ambassador, Worship, and Community Volunteers.

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Deadline looms to make cruise reservation



You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be made by April 10. This cruise is

extremely popular and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. The rates for this spectacular seven-night cruise are \$1,585 for an outside cabin or \$1,785 for an outside cabin with balcony. (Travel to and from New York is not included.) A \$250 deposit will hold your spot for this colorful cruise on the Star

Princess that sets sail from New York October 21, 2006. Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

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Stewardship—it's more than managing money

by Marge Coalman, EdD
—Vice President of Wellness & Programs, Touchmark

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over 50. Social Security resources and retirement benefits provided

“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”

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—Norman Lear, producer and playwright at age 65

in the private sector do not look as promising as they did even a few years ago. Most of us are going to need more resources than we originally planned. A second major concern is premature retirement. Although 62 might have been the right age to consider retiring when the original Social Security system was enacted, most employers now are hoping to retain or gain the experience of the knowledgeable employee with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward.

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Discover divine dining

Dining Services Manager Mike Bates and Sous Chef Cristian DiFrancesco have been wowing guests at several luncheons since they joined the Touchmark team in early March.

Serving dishes such as grilled salmon or Marsala chicken with divine salads and desserts, potential residents have been getting a taste of what is to come in daily dining.

Give us a call and come taste resort-style retirement.

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Community grows; great apartments still available

by Miriam Knapp
—Sales Associate

April is a month for visitors to see the newly occupied Grandview independent living apartments. The first resident, Dorothy Barber, moved in April 1, and six others are scheduled the first week of April. This is an exciting month for all of us as we look forward to new friendships developing and watching the community come to life just as the flowers are blooming.

Great apartments are still available. Call the Sales team at 405-340-1975 for more information.

