



New faces at Touchmark!



Message from
Michelle Belland
—Chief Operating Officer

Please join me in welcoming these new residents! Each of these folks brings something special and unique to our community. While they have varied backgrounds and come from different areas of the city and province, they all share a commitment to the Touchmark cornerstones of healthful aging.

Touchmark is more than a place to retire and put up your feet! With activities galore programmed by our Life Enrichment team, a vibrant social setting, and succulent gourmet meals, Touchmark is definitely Edmonton's premier retirement community.

Please join me in welcoming Touchmark's newest residents!



Maureen Huber



Gwen Smith

What will I do with the rest of my life?

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

An amazing number of citizens over the age of 65 view patriotism as a personal obligation. Patriotism for this generation is not just about parades, flags, and fireworks; it is confirmed by the millions of volunteers serving their communities—and the larger local, regional, and national needs—with their skills, talents, and resources.

A Harvard School of Public Health study done through the MetLife Foundation affirms what many of us know intuitively. People who participate in volunteerism—at a level that provides a mutual benefit to the volunteer and the project or organization—live longer, healthier, happier lives. Further findings state that although more people volunteer at midlife than in retirement, retirees do so with greater frequency. The outcome is satisfying relationships. One of the fundamentals of healthy aging is strong, personal, and satisfying relationships.

Officials estimate the dollar value of donated hours to be nearly \$8 million dollars annually as volunteers deliver Meals on Wheels, tutor school children, organize community events, and provide many more services. Immeasurable in dollars are the wisdom and experience people at this stage of life bring with their shoe leather and helping hands.

At Touchmark, our Life Enrichment community outreach program provides many opportunities for volunteer service both here and throughout Edmonton. We are building on the incredibly strong commitment to volunteerism

for which people in the Edmonton area have become known.

I would also like to add a personal “thank you” to all the readers of this column who do so much already. Thank you for caring and sharing.

Touchmark features artwork of Russian artist Mark Shtalman

This month, Touchmark is pleased to feature the artwork of Mark Shtalman, who was born in Russia in 1965. Shtalman attended the Leningrad Fine Art School for gifted children and later the High College of Applied Art. He also took classes at the famous Leningrad Academy of Art. His favourite Russian artist, Rafael Falk, made a strong and lasting impression on him. Shtalman now lives and works in Israel.



Residents are enjoying many pieces of beautiful artwork. This painting is by Russian artist Mark Shtalman.

Residents take advantage of Touchmark guest suites and services



Francis and Grace Rüter with Chef Winston.

Francis and Grace Rüter moved into Touchmark in 2005. They are thoroughly enjoying their new home. Having recently hosted a number of guests from Holland for their 50th

wedding anniversary, they like the idea of having access to the elegant, comfortable guest suites.

“The meals are terrific, and we enjoy all the amenities that are offered at Touchmark,” shared Francis and Grace. They feel secure here and know that support is available should they ever need it.

Imagine yourself living here

by Greg Greschuk
—Director of Sales



With house prices in Edmonton at record levels, there has never been a better time to realize the full value of your home. Many people are taking advantage of the situation and are moving to Touchmark to enjoy the maintenance-free and quality retirement lifestyle that they have always dreamed of!

June was a very busy month for us as we had several new members moving into Wedgewood apartments! Although the three-bedroom suites have already sold out, there are still great choices in the one- and two-bedroom suites, but they’re going fast!

Services to fit your needs within your community



Entertain friends or relax in a chair with a good book in this elegant bungalow.

Come and choose a bungalow from one of our 11 bungalow floor plans that best fits your needs, and our professional designer will work with you to finish your home to match your specific exquisite taste. Let us help you create a retirement life that matches the life you have become accustomed to!

If you are interested, or know of someone who might be interested in learning more about Touchmark, please call us at 780-577-5000.



Touchmark is an “aging in place” campus. Although 75 percent of residents at Touchmark will be active, independent retirees, continuing care services for those requiring long-term care will be provided. Scheduled for completion in January 2007, Touchmark’s Health Services Neighbourhood will provide traditional nursing care services in partnership with Capital Health. Touchmark is truly designed to accommodate the needs of residents for the whole of their retirement—in a high-quality, caring way.

Upcoming events

Wednesday, July 12, 2 pm—Meet the Neighbours Tea at Fireside Grill.

Thursday, July 20, 2 pm—Cooking with Winston.

Tuesdays, 2 pm—Knit & Kaboodle in library.

Wednesdays, 1 pm—Bridge in Monte Carlo Room.

Call 780-577-5000 for more information or to register.



Touchmark residents and guests enjoy a bridge tournament.