



## Have fun: It matters

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Depending on one’s definition of “delightful,” leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous random studies that correlate things like nature, water, pets, poetry, music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

**“The crucial element is that you do something that is inherently delightful to you.”**

—Dulce Zamora, writer and health researcher

Professor Blair Justice, PhD, at Texas School of Public Health has written extensively about the correlation of stress and illness—*dis-ease*. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts Affect Your Health*, focuses

on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the process and progress of disease can be mediated by the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body’s ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable,

it can’t be done in a state of fatigue. For someone dealing with a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the Institute for Complementary and Alternative Medicine in Vancouver, BC, states, “It’s about checking in.” She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better? Or am I just doing this because it is a “duty.”

At Touchmark, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun.

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## From Scotland to Canada—meet June and Graham Clarkson, MD

by Hazel Clarkson

—Daughter of June and Graham Clarkson

I would like to introduce you to a wee bit of Scotland that has happily settled into Touchmark—June and Graham Clarkson, MD. Graham grew up in the industrial port city of Glasgow in Scotland. At 17, he joined the British Army as a Forward Observation Officer with the Royal Field Artillery in Europe. He nearly died after a grenade exploded as it met with his helmet. However, once recovered, Graham went on to learn to speak and write Chinese with the hope of serving with British Intelligence in Asia. Yet, Graham re-



**June and Graham Clarkson, MD**

turned to Glasgow and studied medicine.

In the meantime, a beautiful redhead left the picturesque town of Melrose, Scotland, for Exeter, England, to study occupational therapy. Glasgow was where she started to practice her profession, and in Glasgow, June and Graham met and married. They then headed north

to a small village in the Scottish Highlands that just happened to be located at the start of the “Whiskey Trail!”

“We have many amusing tales to share of village life and of working in a small rural medical practice,” laughs Graham. The couple moved with their two wee girls across the vast ocean to Moose Jaw, Canada. Graham worked as Medical Officer with the Royal Canadian Air Force. Now, there is a real Canadian history lesson. Before becoming the Deputy Minister of Health for the province of Saskatchewan, he was the first executive director of the Saskatchewan Medical Care Insurance Commission—the first commission of its kind in Canada.

“In this position I was responsible for the implementation of the first Medicare program in Canada that was initiated by Tommy Douglas, the premier of Saskatchewan,” says Graham. “I advised Premier Douglas on the actions that should be taken to implement the program.”

Following on his work in Saskatchewan, Graham was asked for advice regarding the introduction of Medicare in other Canadian provinces. Through Graham’s work one would think June and Graham would have had enough excitement packed into the years they spent in Regina. Oh no, and not to be outdone, through a blistering hot summer, June carried and delivered twin boys!

Years later, Graham was invited to be the Deputy Minister of Health and Welfare in New Brunswick and implement Medicare in that province (the last province to implement Medicare). What is telling of the success of

the implementation of Medicare in Canada, was that the physicians in New Brunswick could not wait to have the plan implemented and were clamouring at Dr. Clarkson’s door.

The Maritimes were idyllic places to live, but June and Graham moved to Edmonton, where Graham was a professor in the Department of Public Health Services at the University of Alberta, and Special Health advisor to Peter Lougheed, Premier of Alberta, and to the Alberta Minister of Health.

Graham also did health care consulting to several provinces, the territories, and the Federal Government, which included work with Canada’s Indian and Inuit populations. As always, June provided a wonderful home life for Graham and the kids. She was the “caddy” for the kids’ swimming, badminton, and other sport interests, and Graham’s ever-faithful tennis partner. The family moved to Washington, D.C., for awhile, but returned to Edmonton, where Graham continued to practice medicine, serving mainly in rural communities in Ontario and Alberta and serving as a visiting Public Health officer for the Peace River and Bonnyville Districts of Alberta. June also volunteered with the Grandview Hospital Auxiliary, Meals on Wheels, and other organizations.

Through his dedication and commitment to the medical profession and the public it serves, Graham has contributed to the improvement of health and wellness in different parts of the world and played a major role in making universal medical care a reality in Canada. Through her dedication and commitment to her family and the community, June has contributed to the achievements of Graham, her children, and grandchildren, and to making the communities in which we lived better places. Now retired and living at Touchmark, Graham and June look forward to future life adventures.



## **Lifestyles. Homes. Enrichment.**

The summer is often when people take time to relax and recharge their batteries. Then as autumn arrives, with thoughts of another cold winter approaching, joining a maintenance-free, secure community like Touchmark sounds very appealing.

Beat the rush and take the time now to tour this growing

community. With 11 bungalow floor plans and over 40 different apartment floor plans, you are certain to find a home that meets your discriminating needs.

Come and join people who have already made the decision to join the Touchmark community and begin living the retirement life that you deserve!

If you are interested or someone you know is interested in learning more about Touchmark, please call 780-577-5000.



**This two-bedroom apartment suite offers a bright and classy dining and kitchen area.**



**The Banff Bungalow living room creates a perfect atmosphere for hosting guests.**

## Let Your Spirit Soar

*Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for August is a recipe with a story.*

## Mrs. Conrad's Treat

*by Elaine Schumacher  
—Resident at a Touchmark community*

This recipe is not unusual or exotic; in fact, there are a number of variations for it. It is simple to make. When our son was in second grade his teacher would bring treats for the children. This was a favorite, and she gave the recipe to him.

- 1 cup sugar**
- 1 cup white syrup**
- 2 tablespoons butter**
- 1 ½ cups peanut butter (smooth or chunky)**
- 6 cups Special K cereal**
- 1 package chocolate chips**
- 1 package butterscotch chips**

Bring sugar, syrup, and butter to boil for just one minute. Add peanut butter. Mix well and fast. Pour over six cups of Special K cereal. Spread in a buttered jelly roll pan. Pack down. Cover with melted chocolate chips and butterscotch chips. Put into refrigerator until firm. Cut into bars.

This is a good recipe to make in the summer, since you don't need to use the oven. Through the years these bars have remained a family favorite. I couldn't even guess the number of times and various occasions for which I have made these bars. Whenever I use this recipe, I have great memories of this teacher. It wasn't only her treats that were special, but she herself was special.

*For September, please submit a book review of your favorite book. Deadline for this issue is August 16. For a list of the guidelines, monthly themes, and deadlines, please contact Pauline MacLean at the front desk.*

## Celebrations galore



Touchmark residents and staff never miss an opportunity to celebrate special occasions. Last month, Pearl Warshawski, Hariet Younie, and June Clarkson celebrated their birthdays. Shown are Pearl (left) and Hariet.

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## What others are saying



*“Touchmark is a super enjoyable and welcoming environment to live in. The residents are great and the A1 staff is fantastic and helpful. We also like the fact we have our own little place to reside in.”*

— John and Ruth McLeod, Residents

## Upcoming events

**Thursday, August 17, 2 pm**—Cooking with Winston.

**Tuesdays, 2 pm**—Knit & Kaboodle, presented by Melanie in Library.

**Thursdays, 7 pm**—Bridge in the Monte Carlo Room.

Call 577-5000 for more information or to register.



**Chef Winston (left)** has been catering his fabulous creations to former Edmonton Oiler player Georges Laraque. Touchmark wishes Georges the best as he has been traded to the Phoenix Coyotes. Come learn some of the culinary techniques that Chef Winston used when catering for Georges.