



Nutrition—important for brain and body

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let's focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

1. Shop the perimeter of the grocery store and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.

2. Start the day with as many fresh fruits and grains as possible:

juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.

3. Drink at least seven glasses of water every day to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise— aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out: www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Touchmark we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Kathy Brown.

An enriching lifestyle

Build your ideal lifestyle at Touchmark with specialized home options, a dynamic Life Enrichment/Wellness program, and excellent services and amenities. Forget home maintenance, enjoy superb meals cooked by Chef Winston, build new friendships, and expand your hobbies.

Discover the Touchmark lifestyle today. Call Greg Wilkes or Shelly Hines at 780-577-5000.

Congratulations Grace Ruitter

Grace's artwork has been selected for use in the 2006 Let Your Spirit Soar note card collection.



Resident Grace Ruitter sits with her painting that was selected for the 2006 Let Your Spirit Soar note card collection. Life Enrichment/Wellness Director Kathy Brown recently hosted a high tea in honour of Grace and her artwork.

contrast with dark background. Nice colour usage. Best work in group. Very attractive. Displays sensitive treatment worthy of recognition.”

“I like the freedom of the watercolours—a wet look. Colours are realistic. Nice loose lines.”

By year's end, the cards will be placed in a collection and sold, with all proceeds benefiting the Touchmark Foundation, a not-for-profit public charity providing programs that enhance the lives of seniors. A calendar featuring the artwork will also be created.

Three artist-educators reviewed the art and made the selections. Their comments about Grace's painting, titled “Lily,” included:

“Good work—shows skillful handling of watercolor. Good

Countless older adults and their families will benefit from Grace's important contribution. Touchmark invites you to purchase the note cards collection and support the Foundation.

Upcoming events

Thursday, October 12, 2 pm—Cooking with Chef Winston.

Friday, October 13 and 27, 2 pm—Art classes with Grace.

Mondays and Wednesdays, 10 am—Neighbourhood stroll.

It's time for flu shots

by **Winona Phelps, RN**
—Nurse Consultant, Touchmark

Touchmark promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

Stay healthy this year— get your flu shot!

The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one

day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

Drop-in clinics for influenza immunization will begin in November, which is an ideal time to get vaccinated, but December or even later can still be beneficial.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated. Capital Health provides free influenza immunization to those who are at high risk for developing complications from influenza disease. These people are:

- Children 6 months up to and including 23 months of age.
- Persons 65 years of age or older.
- Residents of continuing care, lodges, or other chronic care facilities.
- Adults and children with specific chronic illnesses such as heart disease, asthma, or diabetes.

Influenza clinics for the Edmonton area

Visit the Capital Health Web site to find a location and time near you: www.capitalhealth.ca/YourHealth/Campaigns/FluSeason/Edmonton_St_Albert_Strathcona_County.htm.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the Capital Health Web site at www.capitalhealth.ca/YourHealth/Campaigns/FluSeason/default.htm.

Welcome Don and Gerry Smailes to the Touchmark family

Don and Gerry Smailes come from sturdy Saskatchewan stock. Don was born in Prince Albert in 1938—the fifth of 14 children. Gerry was born near Yorkton in 1941—the last of eight children. They were high-school sweethearts, although Gerry kept Don guessing as he sought to win her heart.



Gerry and Don Smailes

In 1960, they moved to Alberta, where jobs were more plentiful, and married on February 4, 1961. Don began working at the Royal Alexandra Hospital as an orderly and went on to become the first graduate of the respiratory therapy program. Gerry worked as a nursing aide as they began their married life. Don enjoyed pioneering in his new profession and soon found himself leading the largest, most progressive team in the nation.

Meanwhile, God began blessing their marriage with children: two daughters, Kelly and Terri, and a son, Evan. Gerry became a full-time mom and somehow managed to keep up an in-home sewing business in addition to her homemaking responsibilities. She specialized in bridal wear and decked out many happy brides in style.

Don, recognizing the need for oxygen/respiratory homecare in the Edmonton area, cofounded Alberta Respiratory Services in 1969. From its inception, the company was unique.

“The goal was to make money, but mostly to fulfill the physicians’ order and meet patients’ needs,” says Don. “The guiding principles were doing what was right, commitment to developing people, and being good stewards of the resources God had blessed us with. There was a sense of calling that God really wanted us to provide leadership in this new field and truly care for those entrusted to our service.”

In 1978, Don retired from the hospital to give full attention to the home care business. He found great joy in serving and interacting with his home care patients, often singing to them and providing a listening ear.

The venture grew to become a national company called Vitalaire. In 2003, Don was honoured by the Canadian Home Care Association and received Her Majesty’s Golden Jubilee Medal in recognition of his contribution in assisting those with respiratory handicaps to a fuller life.

Don and Gerry are very involved in church activities and enjoy the friendships forged in their faith community.

As the years passed, Don and Gerry found new avenues for adventure as their children grew. They welcomed a son and daughter-in-law, six grandchildren, and three grand-dogs into their hearts. Don and Gerry are committed to family and are kept busy with the delightful job of being grandparents.

In 1991, Don retired from active service in Vitalaire, continuing to serve as chairman of the board. He soon discovered he was not well suited to inactivity. He has always enjoyed physical labour and is happiest out in the bush with his chain saw.

He recently started a volunteer ministry, Expressions of Love, through the church to help those in need of practical assistance with yard work, repairs, and odd jobs. This group has provided an excellent outlet for his energy as well as opportunities to mentor younger men in the church.

Gerry continues to be involved with friends and neighbours, and she has enjoyed hosting and participating in book clubs. She has a real gift for entertaining, and both she and Don enjoy hosting people in their home. Recently, they had the opportunity to “adopt” a young couple from China and help them acclimate to Canada. This friendship

has proved a great experience in sharing cultures.

Retirement has also brought a new freedom to travel, and Don and Gerry have enjoyed various trips with family and friends to such exotic locales as Hawaii, Costa Rica, Mexico, Brazil, Alaska, the Caribbean, and, most recently, China. They’re looking forward to a 34-day cruise, which includes Panama, South America, and the Caribbean. Don and Gerry are excited to join the Touchmark community.

“We are enjoying making new friends and are looking forward to hearing and joining in everyone’s life story.”



Jeannette enjoys a meal in the dining room.

What others are saying

“I really like all the people, especially the staff. And I love my big roomy suite.”

Jeannette Kusovac
—Resident

Cruising into another adventure



Waterford on South Hill residents Bette Westover (left) and Marie McGough have been friends since they were 5 years old. The two are among a group of Touchmark residents joining Touchmark’s Fall Foliage Cruise on the Star Princess, which sets sail from New York October 21.