



Spring has sprung



Message from
Leanne Gugenheimer
—Executive Director

April is a month of rejuvenation and renewal. The snow is melting, birds are singing, and the warmth of the sun can be felt all around our campus. Pretty soon we will enjoy seeing splashes of green buds on the trees. With the weather improving, there are many things to do and see at Touchmark. Why not come out and join in on our Life Enrichment/Wellness program; it offers something for everyone. Whether it be the morning exercises, seated yoga, or the Stepping Out walking program, it is the perfect time to get active and enjoy the outdoors. Take a moment to view the daily programs, events, and outings that are offered. You will be glad you did! Touchmark residents are a warm and welcoming bunch of people who enjoy one another's company and always make newcomers feel right at home!

Health Services Neighbourhood update

Congratulations to the entire team of dedicated professional staff who have made the opening of the Health Services Neighbourhood a true success. This is a milestone for Touchmark history. In just 40 days, we have welcomed 64 new residents to their new home! This is no ordinary feat.

We were able to accommodate and reunite couples in our semiprivate suites who would otherwise be separated in other centers. In addition, there were a few residents who were able to move to the Health Services Neighbourhood from The Grande as their care needs required 24-hour nursing services.

Others are making new homes in The Grande's independent living suites or in assisted living, as their spouse has now moved into the Health Services Neighbourhood. Recently, interested residents from The Grande and The Estate bungalows toured the Health Services Neighbourhood.

Special friends, families, and other visitors

At Touchmark, we love to see new faces and welcome visitors to our community! With so many people moving here in the last 60 days, I would like to ask that all family members, friends, caregivers, and other visitors stop by the Concierge front desk, where there is a Guest Registry book. Please be so kind to fill in your name, who you are visiting, the suite number, the time you arrived, and the time you leave. This enables us to properly account for the people in the building. Residents going out for extended periods of time also are encouraged to note their departure. I thank you for your cooperation. Happy visiting!

.....

The changing days of our lives

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

According to research by Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone

up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother’s house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and Webcasting. The net effect is less time for connecting generations and building relationship-based, real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Touchmark and beyond. For example, in April, in conjunction with West Edmonton Parent Link, Touchmark will be the first Edmonton retirement community to host a new intergenerational program called Rhymes That Bind. This new initiative will provide a weekly opportunity for Touchmark residents to sing nursery rhymes and share stories with mothers from the Edmonton area along with their young children. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment/Wellness Director Kathy Brown.

Touchmark is introduced to Physical Culture

Kathy Brown, Life Enrichment/Wellness director, is introducing Physical Culture to Touchmark. Physical Culture is an Australian method of exercise to music, which is adaptable to all ages, populations, and levels of fitness. (It was introduced to Canada in 1970.) Physical Culture includes every aspect of fitness—strength, agility, flexibility, posture control and correction, balance, relaxation, and endurance.

The group meets every Tuesday and Thursday in the Marquis Room at 10 am. Everyone exercises to their own physical abilities. This class is growing every week. Come out and join in the fun.

Upcoming events

Monday, April 23, 2 pm—Athol Murray College of Notre Dame Choral Group. Marquis Room.

Thursday, April 26, 2 pm—*Games from the Past* (intergenerational program). Come relive your childhood and teach the children of this generation some of the games you played in the past. Marquis Room.

Save the date!

Wednesday, May 30—Health & Fitness Day.

Taking part in enriching events

by **Kathy Brown**

—*Life Enrichment/Wellness Director*

Easter brunch and egg hunt

Earlier this month, there was a tasty Easter brunch and fun egg hunt at Touchmark. Kids hunted for chocolate Easter eggs in the lobby area.

Birthday and anniversary celebration

The Fireside Grill was busy with our monthly birthday and anniversary celebration. Activities Assistant Larry Dorosh, who escorts residents in the Touchmark van, filled the room with some wonderful tunes from the past and present. Some residents also sang a favorite song or two, and one resident shared her talents on the keyboard.

A lifestyle and home built for you

by Catherine Douglas
—Sales Consultant

Sales continue to be strong at Touchmark, and now that the Health Services Neighbourhood is up and running, friends, family, and visitors from the Health Services Neighbourhood are coming over to learn about The Grande and The Estates. It has created a great deal of traffic. Our new Show Home is coming along nicely, and we are eagerly awaiting the warmer weather when we can get the outside landscaping started. We have included a look inside to whet your appetite!



Touchmark's new Show Home is almost complete.

*More ladylike than I
She didn't want to stay too long
Perched way up in the sky.*

*I never really bounced her hard
When "Mama" might be spying.
I loved her way too much
To want to see her crying.*

*Some eighty years have passed
Since teetertotter days
But sometimes aren't there ups 'n downs
In lots of different ways?*

*No Mother now to watch our play—
The teetertotter gone.
So I must know how high to bounce,
And when I should let down.*

For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kathy Brown.

.....

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 April is an intergenerational story.

Teetertotter

by Frances Wagner
—Resident at another Touchmark community

*A much used teetertotter there,
Outside our kitchen window,
Where Mother could look out and see
What tricks we kids were into.*

My little sister always was