



An event you won't want to miss



Message from
Leanne Gugenheimer
—Executive Director

We don't take good health for granted—we know you don't either. We celebrate it! The Touchmark community welcomes you to join us on May 30 from 10 am to 3 pm for our first Health & Fitness Day! There will be a variety of vendors, displays, interactive events, demonstrations, a smoothie sample bar, a heart-healthy lunch, entertainment, and many prizes! We will kick off the event with a group Stepping Out walk around the perimeter of Touchmark, using our new fitness “walking sticks.”

Mark your calendar! There will be so much for you to see and do—bring along a family member, invite a friend, and tell all your neighbours!

Recognizing Touchmark's talented resident artists **“A picture says a thousand words”**

Did you know that through our Concierge desk there are numerous high-quality note cards available? The next time you sit down and write your family and friends, wouldn't it be nice if you could use a beautiful card that displays the work of Touchmark's talented resident artists? More than 60 international submissions were reviewed by three outstanding artist educators, and Touchmark at Wedgewood is pleased to acknowledge Grace Ruiters for her

contribution. Proceeds benefit the Touchmark Foundation, a public charity devoted to finding ways to help older adults receive support and services. Individual cards are only \$2 each and a set of eight cards is \$10.



From research to practice

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

This year, the theme for Touchmark's Wellness Day (Wednesday May 30) is *Make Every Day a Fitness Day*. According to Canada's Physical Activity Guide to Healthy Active Living for Older Adults, research over the past year has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

The most successful transitions for inac-

tive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Touchmark is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Kathy Brown.

You can live here!

by Catherine Douglas
—Sales Consultant

Spring is here and the Sales team is hopping! Spring is the time for new growth, and Touchmark continues to grow, too. In the past few months, we have seen a tremendous amount of people move in. If you are new to the community, welcome! If you see new residents, please say hello and welcome them home.

The Health Services Neighbourhood has completed its admission phase and is full—64 suites. At this point, there are only a few Independent Living suites left in The Grande. We currently are keeping waiting lists for several suite designs. Some lovely Assisted Living suites are still available. Our bungalows are seeing a lot of traffic. Spring is the time for activity and change, and that is certainly reflected in the busy days the Sales team is experiencing.

We have just opened two new Show Homes as our previous Show Homes are now occupied. Our most recent addition

is a new Sales Centre for our bungalows. Please ask one of the Sales staff for an appointment if you would like to view the Show Homes. We'd be pleased to show them off.

Once again, we would like to thank all residents for just being themselves. Your friendly faces, welcoming smiles, and infectious laughter are the best advertisements for Touchmark. Thank you for continuing to be a part of the Sales team!

Live, laugh, dream, and play



Residents participate in laughter exercises led by award-winning educator Billy Strean, PhD, CPCC, CLL, (aka “Professional Humor Dude”), who has been teaching, coaching, and leading workshops for over 25 years. He came to Touchmark in March and held a Humor/Life Balance Workshop. One resident commented on, “how good they felt afterwards.”

“Getting to know you ... getting to know all about you”

by Maureen Tiedemann
—Assisted Living Manager

I have enjoyed the roles of teacher and care provider for all my married life. As my four children grew up, I taught piano, led a Girl Guides company, supervised Sunday school, and sat as director of the Education and Fellowship

boards at my church.

I learned sign language at Grant MacEwan College to meet family needs and was a registered Family Day Home. When all the kids were in school, I joined the “out of home” work force as a Community Support Worker, working in group homes, day programs for the developmentally disabled, and, finally, as a supportive roommate for a challenged woman.

Wanting a change from this solitary work, I decided to go back to Grant MacEwan for my Residential Aide Certificate and worked the next three years with the Canterbury Foundation. I started in the Alzheimer’s unit, and then worked in the Court as the nurse’s “right-hand man.”

I come to the Touchmark community to share my love of people and my passion for caring. I look forward to getting to know each of you in the next few months. As Charles Dickens wrote, “no one is useless in this world who lightens the burden of it to anyone else.”

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International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the

research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own.” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- Surround yourself with a positive support system
- Maximize individual capacity—do as much as you can
- Make sure your “whole person” shows up every day
- Take on self-responsibility
- Choose optimism
- Recognize that life happens and make a decision to be positive

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

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Knitting residents warm heads and hearts

A group of four residents stopped by the Misericordia Community Hospital in late March to share a bit of warmth. The group (seven in total) had been knitting baby toques for the nursery since January, and four representatives from the group visited the hospital to donate their efforts. In all, 37 toques were donated, ensuring the Misericordia nurs-



A group of residents knitted lovely baby toques for the nursery at the Misericordia Community Hospital. Recently, four members of the group delivered the toques. Clockwise from the left: Jacquelyn Henkel, Ilse Grieser, Lillian Ferguson, and Harriet Younie.

ery would have ample supplies to maintain the babies' body temperatures in their first, precious days of life.

"It was fun and easy for us to do the knitting," said Jacquelyn Henkel, who had worked in the Volunteer Services area for 30 years and is a retired volunteer of the Misericordia Community Hospital, "and we are just really pleased to see that such small things will be doing so much."

- Manicure and cut flower bouquet
- Rose Petal Manicure and Pedicure with a bouquet of flowers
- One-year of monthly manicures—Prepay for 11 months and get the 12th at no charge
- New set of sculptured Gel Nails with three additional fills (offering price break)

Men's and lady's services:

- Waxing
- Manicures and Pedicures
- Polish Changes
- Brow Tinting
- Sculptured Gel Nails

Location:

Touch Cuts in The Grande

Slow down and enjoy your surroundings

With the arrival of the warmer weather and dry road conditions, please drive slowing through the beautiful Touchmark community. Please keep to the 30-kilometer speed limit and watch for people. Let's stay safe and share our roadways with pedestrians.

Nailz & Detailz offers specials in time for Mother's Day

Nailz & Detailz is offering esthetic services to Touchmark residents. Hours are Tuesdays from 8:30 am to 5 pm by appointment. Please call 780-633-1619.

May has many new specials, including the following packages:

- Rose Petal Soak Manicure and Pedicure Package

Upcoming events

Thursday, May 10, 2 pm—Mother's Day Fashion Show and Tea.

Friday, May 11, 10 am—Touchmark Hiking Club at Wagner Park.

Friday, May 18, 2 pm—Entertainment by The Notes.

Wednesday, May 30, 10 am to 3 pm—Health & Fitness Day. Join Touchmark for a Stepping Out walk and gather useful health information from displays and presenters.