



So much to do—choices everywhere!



Message from
Leanne Gugenheimer
—Executive Director

Summer is fast approaching, and I urge you to take advantage of all the warm temperatures and good times ahead. We are planning a wonderful barbecue in June to kick off the summer, and we invite all residents to join us by bringing their appetites.

The exterior front entryway will be transformed into a barbecue patio area with all the makings of a great, tasty feast. This will be a terrific opportunity to get to know one another as our community has tripled in the last few months.

The Touchmark van shuttle service is another way to take advantage of the warmer temperatures—whether it is to see the sights of the city, go to and from medical appointments, shop, or to go on scenic country drives. Currently, the van operates on a part-time basis (three days a week), with the posted schedule available for residents to plan ahead. We have just added Southgate Mall as an additional outing each week. Why not join us? Our terrific driver Larry is glad to assist wherever needed.

Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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—*Maya Angelou, poet*

During my travels as vice president of Wellness & Programs, I visit all of Touchmark’s communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- **Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.**
- **People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.**
- **The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”**

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Kathy Brown. You are invited to be an architect of this intentional community.

A whirlwind of activity

by Catherine Douglas
—Sales Consultant

Greetings from the busier-than-ever Sales team. Spring is here, and the Sales team is continuing to spring into action. The Grande has become a hub of activity. At present, all the Independent Living suites are occupied or are booked. We have waiting lists for almost all suite designs. The next couple of months will be very busy with more people moving in. Please greet the new neighbours!

The Assisted Living suites are going fast. We are seeing a great deal of interest in suites that offer extra support services. It’s wonderful for us as staff to be working hard on Touchmark’s philosophy of keeping people as independent as possible, for as long as possible.

You might have noticed lots of activity in the bungalow

sales area. We now have staff dedicated to bungalow sales. It is so exciting to see the development on lots 66 and 26. Some of you have already met the residents-to-be and have started making them feel that Touchmark is already their home. Your welcoming personalities are one of the reasons they chose Touchmark.

We look forward to an exciting summer full of continued growth.

Residents and children share Games from the Past

Last month, a group of children from Shine, a home-school program, gathered at Touchmark for a fun, interactive intergenerational program. Residents introduced the children to some of their favorite childhood games and toys from yesteryear. The children learned to play the marble game, hopscotch, tinker toys, and pick-up-sticks. The group also played skipping games, a ring-toss game, and the classic red light, green light.

“One resident wanted to play red rover, where you throw your ball over the roof, but, of course, our roof is too high,” smiles Life Enrichment/Wellness Director Kathy Brown. The afternoon ended with drinks and goodies, and everyone hoped to get together again.



Tinker toys were one of the games residents shared with children from a local home-school group at the recent *Games from the Past* event.

Providing a clean, healthy living environment



**Touchmark
Housekeeping
Manager
Annette Wood**

by **Annette Wood**
—Housekeeping Manager

I have enjoyed being a teacher and caregiver to my two daughters, and it is something I would naturally extend into my work atmosphere, as well. My family owned a dry-cleaning business, so I am familiar with the laundry and cleaning side of clothes and textiles. How I got into the housekeeping aspect of hospitality is a bit of a mystery.

Although, I did take Hospitality Industry training, which covered a multitude of mini courses, and my favorites were Life Skills and Customer Service. Just to keep my life hectic, I went to college and received a secretarial and legal secretarial degree. Later, I added teaching adults a second language and suicide intervention courses to my “life resume.”

I have been in the supervisory capacity in housekeeping for many years, and my work experience has taken me to Fort Nelson, British Columbia, on the Alaskan highway (A time I will always treasure.), to Northern Alberta, and to Leduc, Alberta.

I came to Touchmark because I saw a wonderful, caring group of people who are concerned about providing a unique choice of living to the precious older adults in this area. I thought, this is where I would like to be for many years. Touchmark is new and growing, and what an opportunity to involve myself with a rewarding and challenging community. In the three months I have been here, I have added six more staff, and this will continue to grow as the needs of the community grow.

My commitment to clean, comfortable homes in the Grande and the Health Services Neighbourhood is something I will do my best to maintain, and I look forward to meeting and building relationships with Touchmark and all the residents who live here.

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 June is an “I remember when ...” nostalgic story.

Grandfather

by **Harlene Lee**
—Resident at another Touchmark community

When I was small
He took my hand
And held it firm and tight
I seemed to see
In his old face, a soft and tender light
He was a tall
And silent man
A man of great sweet love
And in his great sweet tenderness
I too learned how to love
It wasn't long a time, I guess,
'Till I was grown and gone away
But I shall not forget the man
Who made me smile every day
And taught me how to pray

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 18. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kathy Brown.

Upcoming events

Tuesday, June 19, 9 am—Bus leaves for Klondike Ferry Day Trip. Please sign up for ride.

Friday, June 22, 5:30 pm—*First Day of Summer Barbecue*. Entertainment by the Music Men.

Monday, June 25, 2 pm—Wendy Duke entertains at the birthday and anniversary party.

Mother's Day fashion show

by **Kathy Brown**

—Life Enrichment/Wellness Director

A local clothing company, Personal Touch Fashions, came to Touchmark and showed off the 2007 spring fashions.

Touchmark's lovely residents "made" the clothes that afternoon. Thank you to our male escort, Ron Vernon, for helping the ladies around the Grande Hall.



Dressed in spring fashions, these Touchmark ladies look lovely at the Mother's Day fashion show.



Ron Vernon escorts his wife, Muriel, around the Grande Hall. Ron accompanied many of the ladies, as they modeled.



Stella Glen shares spring fashions with guests and residents.

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Meet Touchmark's driver—Larry Dorosh

Larry started working at Touchmark in November 2006 as the van driver and the graphics designer for Channel 17 (Touchmark's in-house TV channel).

Larry is a retired high school teacher, who taught 35 years



Larry Dorosh, Touchmark's van driver, is available to schedule trips around Edmonton.

in three countries: New Zealand, Australia, and Canada.

Now Larry lives in Edmonton and works at Touchmark as a “retirement hobby”—more or less. In his spare time, Larry travels to other retirement communities in and around Edmonton, entertaining older adults with his “one-man-band” music.

Larry shared, “I’m waiting quietly for the day that I can move into Touchmark with the rest of my co-workers.”



Trip to Rosebud Theatre

by Kathy Brown

—Life Enrichment/Wellness Director

Cabin fever was setting in, and it was time for a road trip—a day trip to the Rosebud Theatre in Rosebud, Alberta.

We ate a delicious lunch, while singers came around to all the tables to entertain. Then we walked over to the theatre, where everyone enjoyed a wonderful performance of *On Golden Pond*.



Patrons cluster outside of the Opera House, which seats more than 200 people.



Residents took a trip to the Rosebud Theatre’s opera house to see a performance of *On Golden Pond*.