



## Community partners



*Message from*  
**Leanne Gugenheimer**  
—Executive Director

Georges Laroque, formerly with the Oilers and no stranger to Touchmark at Wedgewood, particularly with our award-winning Touchmark Executive Chef Winston Barrett, joined together for a new venture. George and Winston worked with Edmonton's CityTV "Celebrity Chef" program, where George volunteered his time to cook for charity.

Prior to the show's air date, George had been apprenticed by Winston on how to make stuffed chicken breast with wild mushroom and cranberries, stuffed zucchini rings, and marbled mash with sweet potato and red skin topped with a brandy cream sauce. This recipe is on CityTV's Web site, [www.citytv.com](http://www.citytv.com).

We invite you to come into Touchmark's Fireside Grill or the Grande Hall dining room to taste more delicious dishes. At Touchmark we have remarkable meals, catering to special diets and individual preferences, and retirement living is redefined.

## We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the "war to end all wars—World War I" were recognized and interviewed. Those who are still alive are scattered around the world and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War I veteran, Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007), died at 115 and is the oldest authenticated veteran from any conflict. It is amazing

that someone could survive through all the health epidemics, storms, disasters and challenges the last 115 years have presented to the human species. In today's world, everyone has a better chance for living a long, productive life

than most of Emiliano's counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter and more abundant food have increased the average adult's lifetime to the late seventies. The percentage of people over the age of 100 in North America is the

**"I've got too much energy, too much ambition, too much get-up-and-go. I have to do something."**

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report's* feature on *centenarians still working*

fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 than ever before. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Touchmark is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Kathy Brown. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

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## Be part of a terrific community

*by* Catherine Douglas  
—Sales Consultant

Hooray! Summer is here! The Sales team is thrilled to see the sun and feel the warmth on our faces. If you haven't already met our two new Sales consultants, please say hello to Wavy Collins and Sandra Harvey. They will be working strictly on the sales of bungalows (our lovely Estate Homes). Pat Davidson, who was the relief concierge, has now become our move-in coordinator and Sales assistant. Carol Dumsday and Norlyn Bitangcol continue to show homes in the Grande. It's wonderful to add to our dynamic team.

More people have moved in since last month, and our Touchmark family continues to grow. You also will notice that we have several homes being built. Additional homes will start popping up over the summer as more clever people plan to make Touchmark at Wedgewood their new home.

Please come for a tour of our Show Homes. The landscaping is looking good, and we love to show off! Feel free to drop in or give us a call at 780-577-5023. Thank you again for making Touchmark a great place to live and a great place to share with others!

## Wellness fair successful

The weather cooperated for the Stepping Out walk led by MLA Mo Elsalhy, City News reporter Carmen Leibel, and CityTV reporter Asha Tomlinson. All participants enjoyed the day, and it was nice to see residents, guests, and visitors interacting and learning about ways to improve wellness.



Participants enjoy good weather during the Stepping Out walk.



Residents and visitors participate in the many activities during the recent Wellness fair.

Vendors included Hawkstone Pharmacy, Hawkstone Physical Therapy, iHear Unicare Inc., Callingwood Vitamin Centre, Eye Trend, Optimal Health Acupuncture, Alberta Motor Association, Healing from Head to Sole (massage therapist Jody Makarus), Nailz & Detailz, Reflexologist Andree Audette, and Reiki master

Iris Bougie. Other activities featured Cindy Cinats demonstrating Exerstrider poles, belly dancing with Leslie McEwan, music by Morris Simons, The Stony Plain Seniorita Kickers, and chair aerobics with Inge Telzerow.

in our actions.

*For August, please submit a recipe with a story. Deadline for this issue is July 20. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kathy Brown.*



**Healing from Head to Sole offered neck massages at Touchmark's Wellness fair, one of 12 vendors.**

### 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 July is a poem featuring patriotism and community service.*

## Land of the free—Land of the brave

*by* **Winifred Webb**  
—Resident

Brave they were as they came west from near and far.

Travelled by covered wagon, cooked over campfires, fought off hostile enemies. Finally, when they arrived at their destination, sod houses were built. They lived without water, electricity, and most of our “must have” conveniences. Still, for the most part, in spite of the hard work, they were happy and led lives worthy of emulating. They have thrown us the flag. Let us pick it up and introduce its values into our modern way of life. Stand tall, be brave enough to act and free enough to include the whole world

## Meet the Hjorleifsons

Finn was born and raised in Manitoba and lived in the town of Selkirk, where many of Icelandic descent resided. When he was 18, his family moved to Maple Ridge, B.C. After he finished school, he did a number of odd jobs, and ended up as a Co-op store manager in Simpson, Saskatchewan, where Irma was a teacher. After they were married in 1954, Finn joined the Edmonton Police Force, where he worked for 25 years before retiring in 1980. For a few years thereafter he worked in the hardware section of the west-end Co-op store.

Irma was born and raised in the Dust Bowl of southern Saskatchewan. She became a teacher and taught in several small Saskatchewan towns before getting married. She and Finn had two children, Kilburn and Karen. While her children were at school, Irma completed her education degree and later earned a degree in library science. For the latter years of her teaching career, she was a school librarian—an almost perfect job.



**Finn and Irma have traveled the world and now enjoy their Touchmark lifestyle.**

When Finn and Irma both retired, they moved to Vancouver Island and lived there for almost 14 years before moving back to Edmonton.

According to Irma, “We have spent our retirement being lazy, enjoying friendships, and cruising much of the world. But one of these

fine days we may have to stay home and enjoy the many wonderful people we have met at Touchmark.”

For their neighbors here at Touchmark, that sounds like a great idea.

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## Hiking—good for the body, mind, and spirit



The City of Edmonton’s River Valley parks are a great place to enjoy wildlife and different plants that grow in the area. Here, members of Touchmark’s Hiking Club stop amidst the trees in the Whitemud Ravine National Reserve.

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## What’s new in the Health Services Neighbourhood

Ever since the community’s opening February 12, the staff have been busy admitting residents, completing assessments, and holding family conferences. Three new physicians joined the medical team, new staff have been hired in all departments, and the community continues to grow and refine services and processes. Outdoor land-

scaping has begun to take shape, and in June a resident barbecue kicked off the summer.

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## Touchmark welcomes new director of care

*by* Donna Hayne  
—Director of Care, Health Services Neighbourhood

I am thrilled to have the opportunity to share my experiences with Touchmark and all the wonderful people living and working here. I have been married for 23 years (a newlywed to some of you) and have a son and a daughter, both of whom are in the wonderful teenage years. I am also a nurse, with many years of experience caring for the elderly. I feel fortunate to be working in this area and love it more each day. During my career I spent over 15 years with the Good Samaritan Society at the Dr. Gerald Zetter Care Centre in Edmonton, working in management and holding various other roles. My office is on the first floor at the Health Services Neighbourhood, so please feel free to stop by anytime.

### Upcoming events

**Saturday, July 21, 8:30 am**—St. Albert Farmers Market.

**Tuesday, July 24, 2 pm**—Birthday and Anniversary Party.

**Wednesday, July 25**—Dress Western Day.

**Sunday, July 29, 2 pm**—Ladies Summer Tea.