



Contributions abound



Message from
Leanne Gugenheimer
 —Executive Director

With new Estate homes under construction and The Grande and the Health Services Neighbourhood at Touchmark reaching full occupancy, I have had the pleasure to participate in the journey and see our community expand over the last few months.

Touchmark is composed of so many wonderful and caring people, enhancing one another and making our community like a colorful mosaic. The comparison of a mosaic can be made, because the beauty in it comes from the uniqueness of each part, and in this case, each person. Each addition is special and adds a gift of giving back to the greater community. Our community is generous, accepting, and giving. There are warm and welcoming “hellos” to newcomers from the concierge desk staff, coffee corner in the afternoons, happy-hour Wednesdays, bridge groups in the Fireside Lounge, and a warm environment in the Grande Hall, where people enjoy the delicious entrées and delectable desserts.

Touchmark at Wedgewood is strong and thriving, because of the residents who have made this their home and the many friendly, caring, and cooperative staff who strive to give their very best in all that they do. There are many

departments that deserve the respect, recognition, and rewards that hard work and dedication can bring. Our staff are like none other—going above and beyond, because that is the kind of people they are. A special “hats off” to our community and a thank you to each and every one.

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Leisure—it’s more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the

“Leisure is a form of silence, not noiselessness. It is the silence of contemplation such as occurs when we let our minds rest on a rosebud, a child at play, a Divine mystery, or a waterfall.”

—*Bishop Fulton A. Sheen*

queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find

a better quality of life through spending our time, money, and passion on leisure products.

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald's Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Touchmark, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Kathy Brown about how they define leisure—both individually and collectively.

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Roll through the waters with the Klondike (Vega) Ferry

by **Kathy Brown**
—Life Enrichment/Wellness Director

We were off at 9 am with two vans and 11 residents. We drove by the beautiful countryside and took in the wildlife and the many grass, grain, and canola fields. As we arrived, the ferry was waiting for us, and soon after boarding, we got out of the vehicles and walked around the ferry. Much to our joy, the operator ran the motors on low speed, which

extended the time it took to cross the Athabasca River.

We arrived on the opposite side and entered an area with huge sand hills and a natural forest filled with evergreens, jack pine, and good old poplars. As we drove, we returned to the flatland, where the quaint village of Fort Assiniboine sits. We lunched at the Westlock Inn and then started the trip home. Although tired, we all were quite pleased with our trip.



The group gathered for a photo before the Klondike (Vega) Ferry trip.



As the ferry crossed the Athabasca River, people got a chance to look at the unspoiled natural beauty.

Touchmark continues to grow

by Catherine Douglas
—Sales Consultant

Isn't it great to be right in the midst of this lovely summer weather? It seems hard to believe that Touchmark was once covered in snow.

The Sales team has been busy as usual, touring and introducing guests to the Touchmark community. We meet the most amazing people with such interesting backgrounds. It's really a pleasure to introduce them to our beautiful community. One of the most frequent comments visitors make is, "There really is a wonderful feeling here."

The Bungalow Sales staff were pleased to host the Pitch, Putt, and Pattie golf event at the Sales Centre. We had the perfect day! You will notice that the landscaping at the Sales Centre is complete with a little waterfall. It's such a tranquil sound. You also will notice the "sold" and "pending" signs on the lots around the property.

The Grande Sales staff are especially busy booking the suites that offer assisted living. It's fabulous to see people moving into the two floors at the east end of the building.

We look forward to continuing the summer with you and your family, sharing the fun and excitement that is Touchmark at Wedgewood!

Upcoming event

Tuesday, August 21, 9 am—Touchmark at Wedgewood's first-ever golf tournament.

Announcing Health Services Neighbourhood Resident and Family Council

by Leanne Gugenheimer
—Executive Director

Touchmark's Health Services Neighbourhood is pleased to have a newly appointed Resident and Family Council. In June, volunteers came forward to represent key executive positions. Mary Shubert holds the position of chair; Lydia

Czerwinski is the vice chair; and Lorraine Hanson is the secretary.

The Resident and Family Council meets bimonthly and is composed of residents, administrative staff, family members, and staff whose main purpose is to act on behalf of those living in the neighbourhood. The members discuss issues and develop recommendations, which are forwarded to management. Each concern or issue addressed will be posted in the neighbourhood for people to review.

We aim to ensure that all residents of the Health Services Neighbourhood are receiving care with dignity and are living in a supportive and caring environment.

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Explore with Edmonton's public transportation

Resident Bill MacCallum wrote the following article about a recent Life Enrichment/Wellness event.

Like most active members of modern society, many older adults have access to the Internet. It was on the Internet that Liliane, my wife, learned of the Edmonton Transit System's campaign to get older adults riding its buses, especially in the off hours. The Seniors on the Go Travel Training is a program put on by the Edmonton Transit System (ETS) with the goal of meeting some of the transportation needs of older adults, who are rapidly approaching the million mark in population. Citizens have expressed anxiety about the crowded state of our city streets, safety issues concerning older adults, and the number-one polluter of our atmosphere, the private automobile.

One morning in late June, 12 of us had a 34-passenger city bus all to ourselves as we traveled to The Works Art & Design Festival in downtown Edmonton. The cash-fare box, which normally requires \$2.25 from older adults for a one-time fare, was not in operation. The nonstop trip to Sir Winston Churchill Square in front of city hall took 40 minutes, and while we watched the early summer scenery slip by, our young hostess (a university student named Alyssa) showed us the comfort and safety features of the buses, which normally serve our area on routes 101, 103, and beyond.

The features include ramps to accommodate persons with walkers and areas inside where mobility aids are secured. Many buses have the "kneeling" feature that enables



Touchmark residents gather in front of a city bus, taking advantage of the no-charge Seniors on the Go Travel Training program.

passengers to enter and exit at curb level (no stepping up or down). ETS will supply signs (we were given samples) that enable passengers to signal the bus driver that a ramp, kneeler, etc is needed. It's all part of the community effort to persuade Edmontonians of all ages to leave their cars at home or even surrender their keys for good, without losing their feeling of independence.

For many of us, it was a rare experience, even though we are decades-long residents of the Edmonton area. The Touchmark group was only the second group to take



Residents step onto the bus for a trip to The Works Art & Design Festival in downtown. The group also learned about the many features and services available through the Seniors on the Go Travel Training program, which makes city travel more accessible to older adults.

the city up on this special offer. However, the program filled very quickly for the remainder of July and August, as it was festival season in our city. We experienced The Works, a nationally acclaimed celebration in the heart of Edmonton's downtown. It was great just to sit in the warm sun, watch the clouds reflected in the glass pyramid in front of us, listen to a spectacular band performing live, or poke around the tents that displayed works of art for sale, the close-by public library, Citadel Theatre, and other venues, where more serious works were showing. Edmonton's downtown, we all agreed, is a beautiful place, but how often do we avail ourselves of this treasure, just wander about, and take it all in? I think I'll do it on my own next time, and make a full day of it. Two hours was just too short.

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Rehabilitation and health services available to you

by **Tricia McGallan, BsCOT**
—Occupational Therapist

Touchmark's Health Services Neighbourhood has an excellent rehabilitation department. It consists of an occupational therapist, who works four days a week; a physical therapist, who is available on an as-needed basis; and two part-time therapy assistants.

Services offered include:

- Designing a walking program following a mobility assessment
- Assessing a resident's ability to transfer from the bed to a wheelchair
- Providing individual range of motion programs
- Developing individual exercise and strengthening programs
- Using hot packs for pain relief
- Assessing wheelchairs, cushions, and walkers
- Making wheelchair repairs
- Assessing a resident's position in bed
- Evaluating swallowing difficulties

We welcome any suggestions you may have. For more information, please call 780-577-5037.

Relax with Healing from Head to Sole

Take a deep breath. Relax. The world can wait for 15 minutes. Soothe your body and mind by treating yourself to a massage. Thursday is the perfect day for a massage, anytime from 9 am to 3 pm.

Enjoy this one-time, limited offer for the month of August. No doctor referral is required for this 15-minute head/neck or arms/hands massage.

- **15 minutes—\$20**

Doctor referrals are required on all other initial treatments, allowing the therapist to design a program specifically for you.

- **30 minutes—\$45**

- **60 minutes—\$70**

Call Healing from Head to Sole at 780-903-4325 to make an appointment. Cash or cheque is accepted, and receipts are available. Gift certificates also are available.

Meet Healing from Head to Sole therapist Jody Makarus

Jody, a registered massage therapist, graduated from Grant MacEwan College in 1998 and was introduced to Touchmark during the 2007 health and wellness day in May.

“I have a passion to ensure that wellness will continue to be communicated to all walks of life,” says Jody, who has lived in the Edmonton area for the past three years.

Drop by Healing from Head to Sole on Thursday or call 780-903-4325 for a visit.