



Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a

celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Touchmark supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Kathy Brown. Good food, good health, good company, and good conversation are the goals of the Touchmark dining experience.

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Fall brings new excitement

by Catherine Douglas
—Sales Consultant

Fall is a time of new beginnings, and we are thrilled and honoured that so many people have chosen Touchmark as their home to continue their life adventure.

Many people have joined Touchmark since the last update. The suites that offer assisted living are filling quickly. For those who enjoy following the construction, there has been lots of work on the bungalows lately. We are planning to have the Yoho home on lot 64 furnished and ready for viewing soon, and we’ll start construction on more bungalows this fall. If you’d like more information on the

bungalows, talk with the Sales team. We'll be glad to share. We are all looking forward to the continued growth of the community, and with growth comes many new adventures, which are a real joy to share.

This month, Touchmark is showcasing a lovely bungalow and a beautiful one-bedroom, one-bathroom suite.

The Bungalow

The Robson is a 1,524-square-foot, two-bedroom, two-bathroom bungalow, which exudes warmth and coziness. The spacious kitchen is complete with a separate eating area. Off of the dining room, a door opens to a large private deck. The living room boasts a vaulted ceiling and a lovely gas fireplace as a focal point.

A coffered ceiling dresses up the master bedroom, and the bathroom is complete with a walk-in shower. As in all Touchmark homes, the closets are large walk-ins. The second bedroom could easily convert to a den or office. The main bathroom and laundry room can be found en route to the ample double garage.

The Suite

This beautiful one-bedroom, one-bathroom suite is located on the main level of The Grande in close proximity to amenities like our Art Studio, Monte Carlo Games Room, massage therapy services, Touch Cuts Hair Salon, and Dining Room.

The 644-square-foot suite features a spacious bathroom, including a bathtub with grab bars, and as in all Touchmark suites, this home has a pull cord on the wall in case of an emergency, day or night. There's a full kitchen with sparkling white appliances, including a microwave, stove, oven, refrigerator, and dishwasher. This suite also has a lovely southwest view that allows people to look onto the breathtaking Wedgewood Ravine.

If you'd like to tour the Robson bungalow or this suite, invite a friend and visit us.



This suite has a full kitchen, which includes a microwave, stove, oven, refrigerator, and dishwasher.

Upcoming events

Friday, October 26, 7 pm—Whist Drive.

Wednesday, October 31, 2 pm—Pumpkin Pie Contest.

Stay healthy—avoid the flu

by **Nona Phelps, RN**
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details.

For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

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Residents and staff participate in Touchmark golf tournament

Touchmark at Wedgewood held its first-ever golf tournament at the Golden West Golf Course. Several residents enjoy golfing and suggested the tournament to Life Enrichment/Wellness Director Kathy Brown, who orchestrated the event. “Everyone enjoyed themselves—even with the sour weather,” shares Kathy.

The tournament was scored, and participants received awards. The Best Team Spirit award went to team one, which included Nick Samalack, Wavy Collins, Aline Bell, and Roy Barnard. “Since the weather was so windy and cold, we felt everyone deserved to win a best team spirit award just for coming out,” says Kathy.

Florence Samalack won the Ladies Longest Putt award, and Gordon Parchewsky received the Men’s Longest Putt award. The Winning Team award was given to team three, which included Bill Glen, Donna Parchewsky, Ralph Robbins, and Touchmark Sales Consultant Catherine Douglas. After golfing in difficult weather, the group returned to the warmth and comfort of Touchmark to enjoy tasty steak sandwiches, barbecued by Executive Chef Winston Barrett.



Aline Bell bundles up.



Roy Barnard (left) and Nick Samalack



A group putts on the green.



From left: Bill Glen, Donna Parchewsky, Touchmark Sales Consultant Catherine Douglas, and Ralph Robbins won the winning team award.



Team one prepares to eat delicious steak sandwiches. From left: Nick Samalack, Roy Barnard, Aline Bell, and Sales staff member Wavy Collins.

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.

Limpin Limericks

by **Bill MacCallum**

—Resident

Pauline's monarch of all she surveys.
Though her power is great, we don't mind it.
Every day, beyond measure
For her it's a pleasure
To learn what we want and then find it.

Though Leanne is the boss, she can smile
As the woes of the day start to mount.
What she can't solve today
She'll move out of the way.
This is stuff. It is people who count.

Kathy Brown, Kathy Brown
Got a minute Kathy Brown?
Are our lives a little richer
'Cause you're here? I'll say! You betcha!
'Nuff of this. Now, back to work Kathy Brown!

Who pampers the tresses of those who wear dresses
At Touchmark? Why, Heather, that's who!
She can turn out - quite nifty -
Balding men beyond fifty,
All the follicly unchallenged, too.

For November, please submit a story and photo that conveys giving/sharing. Deadline for this issue is October 24. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kathy Brown.

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many

individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.” To read Marge’s article, visit Touchmark.com/community-involvement.htm.

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