



## Giving and sharing

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans.

Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left

their communities to volunteer. The awareness of how fortunate most of us are to have a home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a consistent, personal commitment to prioritize the needs of others over our own.

As we approach the season of giving with a heightened

**“Sharing is sometimes more demanding than giving.”**

.....  
—Mary Catherine Bateson

awareness of the vast needs around us, both local and national, it is an ideal time to take a personal inventory of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Touchmark offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There are also opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site ([Touchmark.com/volunteer-opportunity.htm](http://Touchmark.com/volunteer-opportunity.htm)) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

.....

## Celebrate the holiday season in your new home

Find more time for loved ones and important activities as Touchmark staff provide you with exceptional service. Touchmark offers a variety of amenities and services to fit your needs, such as caring for your home’s indoor and outdoor maintenance.

You can take advantage of the scheduled transportation and avoid winter driving or use the private dining room to host a holiday meal. Avoid the holiday stress, and instead spend your time making memories with friends and family.

This month, Touchmark is showcasing two lovely homes.

### ***The Yoho, 1,431 square feet***

This home includes a quaint kitchen, which is equipped with a bright nook that is ample enough to accommodate a larger dinette set. As one moves into the dining room/living room, the vaulted ceiling and large windows create a dramatic setting and give the illusion that one has stepped into a much larger home.

Down the hall are the laundry room, a second bedroom, main bathroom, and the master suite. The master bedroom has a lovely coffered ceiling and a walk-in closet. The ensuite bathroom is complete with a double-sink vanity and separate water closet.

The Yoho has plenty of room for development with the bright nine-foot ceiling basement. And as with all Touchmark bungalows, the Yoho comes with adaptations that allow for maximum accessibility.

### ***The Suite, 613 square feet***

Beautiful vaulted ceilings with lights bring a warm, open feeling to this suite. Large windows supply ample natural lighting and a spectacular western view, which is great for enjoying evening sunsets. Located on the third floor, this home has a personal balcony, and it comes equipped with a full kitchen with all appliances and a bathroom with a universally accessible bathtub.



**The ceiling lights and large windows brighten this suite, which is located on the third floor.**

## **Legendary performer Bobby Curtola sings at Touchmark**

Rock ‘n’ roll legend Bobby Curtola recently performed a special concert for Touchmark residents and guests.

Bobby sang a selection of his songs, including *Fortune Teller*, *Hand In Hand With You*, and *Precious Memories*, which he wrote in memory of Elvis. *Precious Memories* brought back many recollections for audience members.

“It was a fun afternoon. There was laughter and even a few tears,” says Life Enrichment/Wellness Director Kathy Brown. “Everyone was singing, clapping, and even dancing with Bobby.”



**Rock ‘n’ roll legend Bobby Curtola (with microphone) performs while audience members dance.**



**Bobby Curtola visits with his fans.**

Bobby shot to stardom as a 16-year-old in 1959. He performed on American Bandstand, The Wolfman Jack Show, The Bob Hope Show, and several others. Many of his albums soared on the charts, including *Fortune Teller*, which sold more than 2 million worldwide.

“We were delighted that Bobby shared his talents with our community. The performance was a thrilling experience, and many danced and sang along to the hit tunes,” says Touchmark Executive Director Leanne Gugenheimer.

Over the years, Curtola has earned numerous awards and contributed to many humanitarian efforts. In 1998, he was given Canada’s Order of Canada for his generosity to organizations around the world.



**Local media catch the action as Bobby greets an audience member.**



**Bobby recently performed a special concert for Touchmark residents and guests.**

## Upcoming events

**Monday, November 19, 11 am**—Book Club. *The Shipping News* by E. Annie Proulx. Library.

**Thursday, November 29, 12:30 pm**—Outing to the Shaw Conference Centre for the Festival of Trees and the Seniors Silver Bells Tea.

### 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.*

## Chef Winston

*by* Bill MacCallum

—Resident

Men come and go at Touchmark  
It’s the nature of the beast  
(Or the summons of the market?)  
We’ve lost one or two at least  
But the Master of the Feast  
Is with us still.  
And we are glad.

*For December, please submit a poem and/or photo feature highlighting “celebrating life.” Deadline for this issue is November 22. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kathy Brown.*

.....

## Kananaskis camping trip

In early fall, 15 people visited Kananaskis in the Rocky Mountains and stayed at William Watson Lodge, basking in the beauty of the countryside. Each cabin had a full kitchen, a large accessible bathroom, and a spacious deck, where people could sit and admire the mountains or feed the squirrels and birds.

The group took hikes to the lake via the path system, which was designed to accommodate mobility devices. The trip also included a drive to Kananaskis Village and an afternoon at the Town of Canmore. Some of the men took advantage of the beautiful mountain golf courses and

played nine holes at the Stuart Creek Golf Course while the women went shopping.

Ilse Grieser, who was part of the group, wrote this poem about the trip:

### **Morning Song in September**

Glass clear and brisk the air  
The frost on ground turned color fair  
The lake is dark and quiet  
And from the mountaintops shines  
The early morning light ...

A narrow path winds steeply up hill  
The forest stands majestically and still.  
And from the rugged gorge's rim,  
The tumbling water sings his hymn  
And echo down the valley.

The rising sunbeam's fiery breath  
Strikes over meadows on the crest  
And there—Oh, behold,  
All the willows glow in gold  
And fill the world with glory.

All around, see here and there,  
The glowing light is everywhere  
For the gift of seasons, thanks Lord on high  
I sing my song up to the sky,  
“You beautiful morning in autumn.”



**From left: Jerry Smailes, Wendy Rempel, Muriel Vernon sightseeing at Kananaskis Lake.**



**This group traveled to the majestic Kananaskis area for a recent camping trip.**



**The mountain cuts through the fog and clouds as residents gather for a picture.**