

News wrapped in fresh format

Happy holidays and seasons greetings from Touchmark! During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd love to hear what you think of our updated look.

Feedback is very important to us. Each year, Touchmark surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

We just completed this year's survey, and we're delighted that our Housekeeping staff were rated the second highest of all Touchmark communities in Canada and the US. This is a real tribute to the staff!

Whatever the time of year, we welcome your feedback.



Warmly,

Leanne Gugenheimer
Executive Director

Residents light up the world

Tony De Almeida learned the craft of lantern making while growing up in India. As years passed, Tony continued to foster his love for the art, and recently he held a class at Touchmark, teaching other residents how to create the glowing lanterns.

"He wanted to share his craft," says Life Enrichment/Wellness Director Kathy Brown, explaining that the idea for the class came from Tony.

A retired school principal and physics and math teacher, Tony slipped right back into the teaching mode, showing others how to make the precise folds needed to build the lanterns. ■



Tony De Almeida (far right) recently taught a Lantern Craft class at Touchmark. "I was excited to share this craft with other residents," says Tony, who has created many lanterns since he was a young man. Residents proudly display their lanterns. From left: Winifred Webb, Sophie Hunchak, Wendy Rempel, and Joan Bertram.

Holiday meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Touchmark community, you can take advantage of Touchmark's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Touchmark staff can help you design a memorable menu for your family dinners and holiday celebrations.

Call 780-577-5000 to learn more about the private dining room, catering, and the many amenities and services at Touchmark.

The beautiful Columbia bungalow includes 1,886 square feet, three bedrooms, and an elegant dining room. This home is perfect for the person who loves to entertain, as it has a second bedroom, located right next to the main bathroom, which can be used for hosting overnight guests. The spacious front bedroom can double as a den or office, and the large bright dining room opens into a cozy living room and a modern kitchen complete with granite countertops. The 15-foot-by-15-foot master suite has a roomy walk-in closet and an en-suite bathroom with a walk-in shower and molded seats. Touchmark is proud to offer The Columbia on



Call for your personal presentation of this suite today.

Lot 45. Catherine or Wavy would be pleased to show you this beautiful home at your convenience. Call today!

An exceptional corner suite in the Grande features large windows that filter extra light into the 644-square-foot home. The high ceilings add to the open feeling. In addition to the bedroom and bathroom, a spacious kitchenette features a full-size fridge, microwave, and ample cupboard space. The bedroom has a walk-in closet, and the bathroom includes a walk-in shower, grab bar along each side, and an emergency pull cord. The suite is located on the main level close to the dining room and an activity room and comes with assisted living services. ■

Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy *(cont.)*

(cont.) life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Touchmark, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact Director of Life Enrichment/Wellness Kathy Brown to become an active changemaker and contributor to the circle of life. ■

“I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life.”

—Aimea Saul, artist

Meet the Samalacks

Florence and Nick Samalack moved to Touchmark at Wedgewood in spring 2007. “We enjoy our new home,” shares Nick. The couple continues to golf at the Edmonton Country Club, where they have been members for more than 18 years.

Both Florence and Nick are Navy veterans of the Second World War, and it was during their time of service that they met. They have three children: Steven and Linda live in Edmonton, and Cynthia resides in Langley, BC. ■



Florence and Nick Samalack are close to their family, some of whom gathered for this five-generation photo. From left: Nick Samalack, Grant Houle, Florence Samalack, Andrew Houle, Alexander Houle, and Linda (Samalack) Melenko.

Coming Events

Thursday, Dec. 13, noon
Resident Holiday Celebration. Lobby.

Monday, Dec. 17, 7 to 9 pm
Resident, Family, and Staff Sleigh Ride.