

Touchmark opens workshop

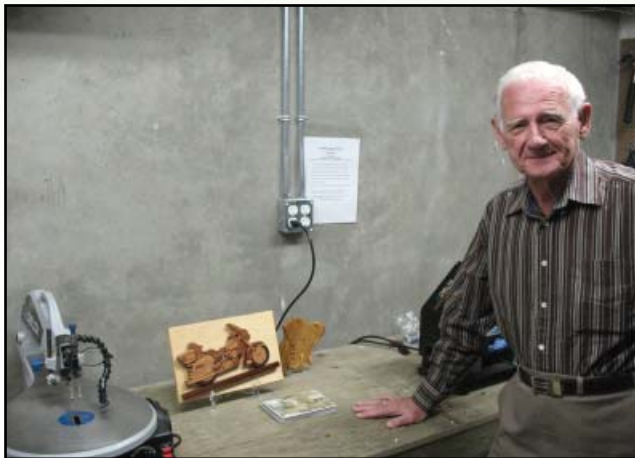
Touchmark celebrated the opening of its workshop with an open house. Several people visited and toured the area, which operates as a work station for residents.

People can use the workshop to create lovely wood creations, clean

their golf clubs in the utility sink, and fix small equipment parts.

Resident Mike Trommelen helped set up and oversaw the donations of tools. "I'd like to express a big thank you to Mike for his help and to everyone who

donated tools for the workshop," says Life Enrichment/Wellness Director Kathy Brown. ■



Resident Mike Trommelen stands near a meticulously carved wood motorcycle that he created.



Al Rempel and Iris Morrison discuss how to fix a problem.

Glee Club performs



During a recent open house, the newly formed Touchmark Glee Club performed. Life Enrichment/Wellness Assistant Kim McDonald, who works in the Health Services Neighbourhood, conducts the choir.

The mind-body connection affirmed

"When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn't just stick with traditional research."

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. "Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn't. We've simply provided irrefutable data showing that it is true." *(cont.)*

(cont.) Felten's field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body's immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body's resistance to illness and disease continues.



What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to 'just participate' in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.

At Touchmark, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Life Enrichment/Wellness Director Kathy Brown. ■

Fitness—a way of life at Touchmark

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

Touchmark's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial

assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Touchmark services and amenities, visit or call today.

Suite 311 includes 658 square feet, one bedroom, and one wash-room. The home is located on the third floor near the elevator and includes a northern view. The wash-room features a walk-in shower with molded seats, and the ample bedroom has nice closet space with organizers. The home has lots of wall space to hang art. (cont.)



Call to tour suite 311 today.

(cont.) The Robson number 11 duplex has two bedrooms and two bathrooms. The lovely open entrance welcomes you to 1,524 square feet of living space.

The in-floor heating in basement will keep your feet warm in the winter, and when summer returns, you can enjoy the big deck. The home includes a conveniently large laundry room. ■

Coming Events

Monday, Jan. 14, 7 pm
South Africa Slide Show.
in the Marquis Room.

Friday, Jan. 18, 2 pm
International Hat Day.
Wear your special hat to
the Mad Hatter's Party in
the Marquis Room.

**Thursday, Jan. 24,
5:30 pm**
Robbie Burns Dinner
in the Grande Hall.
Enjoy bagpipes and a
performance by Highland
Dancers. Limited seating.
Please RSVP by Jan. 16.

Tuesday, Jan. 29, 2 pm
Experience wellness
with Reiki Master Iris
Morrison. Marquis Room.

Touchmark gives food boxes to people in need



From left: Residents Bill MacCallum, Alba Martinovich, Seniors Outreach Network Society Executive Director Fran Matthews, residents Wendy and Al Rempel, Olive, and Life Enrichment/Wellness Director Kathy Brown. Touchmark delivered 12 food box hampers during the recent holiday season to the Seniors Outreach Network Society. This is the second year that Touchmark has partnered with the society to help older adults in need. The Society offers no-charge services to assist older adults and relies on volunteers to provide home visits, grocery shopping, clerical duties, fund-raising, and more.

Welcome new staff to Touchmark

Brenda Edmonds recently joined the Touchmark team as the Life Enrichment/Wellness assistant. Born in Wetaskiwin, Alberta, Brenda has worked in events and activity planning for several years, including serving as the activity director at the Victorian Order of Nurses (VON) for 20 years. In

1997, she won the VON Canada Centennial Award.

For the past six years, Brenda has worked as the recreation coordinator at The Churchill Retirement Community. "My most memorable event was The Brenda Edmonds Show, where I interviewed many notable guests," she says.

My Brenda's past interests have been participating in Kingsway Toastmasters, The Edmonton Caring Clowns, Alberta Women's Archives Association, and (cont.)

(cont.) Edmonton (Host) Lions Club. Brenda jokes that her present interests are driving, working, and driving.

“The highlights of my life have been my children, Dorian and Todd, and my three grandsons, Reese, Riley and Cooper,” shares Brenda. ■



Brenda Edmonds recently joined the Touchmark team.

Destination ... Discovery



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

“If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time.”

—Ann Davlin, dancer at 93 years of age

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I’ve referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

“I didn’t realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of.” This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person’s days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

“There are so many things to do all the time; it’s hard to choose one.” It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Touchmark’s various events and offerings. To support your development of new “destinations of discovery,” contact Kathy Brown, director of Life Enrichment/Wellness.

May 2008 bring you good health and much happiness. ■

Memorial benches placed around campus

The Touchmark Memorial Project is a unique way to pay tribute to the legacy of the outstanding, dearly-departed citizens who have enriched the lives of (cont.)

(cont.) others. The first wave of the project involves the construction of palatial, crafted benches overlooking the grounds of Touchmark and the ravine of the surrounding tranquil neighbourhood. Four benches were recently placed around the campus, and there is room for more.

Future endeavours may include the installation of paintings, a fountain, an aquarium—all created to enhance the remembrance of those who contributed to the idyllic community. The memorial project will beautify the residential grounds and heighten the essence of the neigh-

bourhood's natural settings.

With the names of contributors gratefully acknowledged in the structures, the project will serve as a long-lasting monument to those who accentuated the well-being of the community.

For families, the memorial doubles as a loving tribute to those dynamic people who touched their hearts. Call Touchmark for more information at 780-577-5000 or visit TouchmarkEdmonton.com ■



Memorial Committee members Wendy Rempel, Don Smailes, and Pearl Warshawski (sitting) are helping bring memorial benches to the Touchmark campus. Pearl purchased this bench in loving memory of her husband, Dr. Stan Warshawski. The bench was the first of four recently placed around the campus to honor and remember loved ones with providing a place for people to rest and enjoy the lovely area. If you'd like to learn more about this ongoing project, please talk with Life Enrichment/Wellness staff.

Residents join 37,000-plus people at popular holiday event

To celebrate the holidays, a group from Touchmark traveled to the Shaw Conference Centre for the Festival of Trees and the Seniors Silver Bells Tea.

The event celebrated its 23rd year of bringing joy to attendees and raising money for good causes. Funds from this year's event will go to the University of Alberta Hospital. The festival concludes with a black-tie gala and silent auction.

The Touchmark group attended the tea and enjoyed tasty treats and entertainment. Afterward, people toured the Festival of Trees, which showcased hundreds of creatively decorated trees, wreaths, and gingerbread houses. (cont.)

popular holiday event (cont.)



Ruth Walker, Winifred Webb, and Audrey Dickie enjoy some tea and treats at the Seniors Silver Bells Tea.



Santa visits with Wendy Rempel.



The Festival of Trees showcased hundreds of decorated trees.