

# Send a Valentine singing telegram

Tell your loved ones that you care by sending singing telegrams. Residents can order telegrams for other residents; staff can order telegrams for staff and residents; and even

family and friends can send telegrams. A telegram costs \$2, and all proceeds will go to the Heart and Stroke Foundation.

“Everyone enjoyed last year’s tele-



grams so much that we’re doing it again this year,” says Life Enrichment/Wellness Director Kathy Brown.

People can choose from a variety of songs, including *You Are My Sunshine*, *Ain’t She Sweet*, *Cuddle Up A Little Closer*, and *Heart of My Heart*.

To send a telegram, fill out an order form before February 11 and drop it in the ballot box by the front desk or call 780-577-5000. ■



**During last year’s festivities, staff sang fun Valentine’s telegrams for residents. Call today to order a telegram for this Valentine’s Day.**

## Let’s talk opera

Liliane MacCallum hosts an opera discussion group every Tuesday at 7 pm in the Fireside Lounge. They have studied voices, sets, designs, chorus, ballet in opera, and the origins of opera. They also have discussed “what is an opera supposed to do for you.”

To further enhance the learning experience, the group has traveled to the Scotia Theatre in the West Edmonton Mall to watch *The Metropolitan Opera: Live in High-Definition* series. (cont.)



**The opera discussion group has studied the many facets of opera and enjoys watching the *Metropolitan Opera: Live in High-Definition* series.**

(cont.) “Through the ease of modern technology, we can take in the beautiful set and sounds from The Metropolitan Opera,” says Life Enrichment/Wellness Director Kathy Brown.

The group has seen *Aida*, *Nabuccu*, and *Madame Butterfly*. The Met is televising live opera performances to 12 countries, including Japan, Sweden, Norway, The Netherlands, United Kingdom, Puerto Rico, and Canada. During its first season, more than 300,000 people from around the world attended the *Live in HD* performances. To learn more about this group, talk with Kathy. ■



**A group is ready to travel to see a live, high-definition performance televised from The Metropolitan Opera.**

## It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The

## “When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body’s ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don’t practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center ([www.sciencedaily.com/releases/2007/12/071213152540.htm](http://www.sciencedaily.com/releases/2007/12/071213152540.htm)) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Touchmark, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Director of Life Enrichment/Wellness Kathy Brown. ■

## Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Touchmark reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Touchmark Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at winetasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

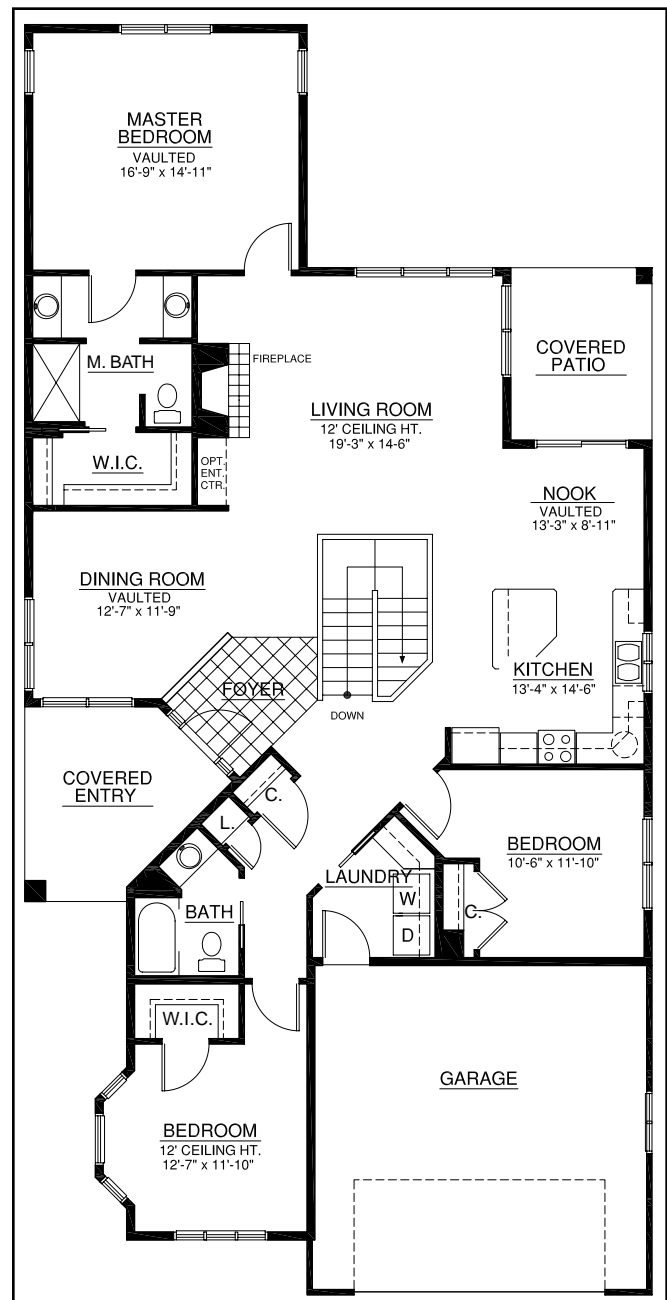
If you’re looking for an engaging retirement lifestyle that offers interesting social opportunities, call Catherine, Norlyn, Bruce, Carol, Shirley, or Wavy to learn more about Touchmark’s lifestyle and available homes.

### Suite 228

This home includes a large bedroom, a spacious corner kitchenette with a microwave and full-size refrigerator, and a walk-in shower.

The 690-square-foot suite comes with assisted living services and includes a bright bedroom featuring a walk-in closet.

## The Whistler



The Whistler bungalow boasts 2,034 square feet, three bedrooms, and two bathrooms. The floor plan is open, elegant, and includes a gorgeous centre staircase and high ceilings throughout. The oversized master bedroom is designed with vaulted ceilings, a large ensuite washroom, and a walk-in closet. The Whistler also includes a formal dining room, an open kitchen for easy entertaining, double garage, large windows, and a full basement with nine-foot ceilings. ■

## Touchmark store open to serve you



The Touchmark Store recently opened. Resident volunteers (from left) Gerry Smailes, Wendy Rempel, and Terry Shanahan are ready to serve you. People now can purchase all-occasion cards and some toiletries and groceries, including milk, bread, soups, and snacks. The store hours are from 11 am to 3 pm on Tuesdays and Fridays. If you are interested in volunteering, please contact Wendy.

### Coming Events

**Thursday, Feb. 7, noon**

Chinese New Year Buffet. Meet in the Grande Hall Dining Room for a tasty meal and then enjoy a film on China at 2 pm in the Marquis Room. Cost: Residents: \$7.99 plus gst. Guests: \$9.99 plus gst.

**Thursday, Feb. 14, all day**

Valentine Singing Telegrams. Choose a song for the staff to sing to your loved one. A toonie for the song—and a donation will be made to the Heart and Stroke Foundation. See the front desk for more information.

**Monday, Feb. 25, 11 am**

Touchmark Book Club will discuss *Heart Matters* by Adrienne Clarkson. All are welcome to join at anytime. Library.

**Friday, Feb. 29, 2 pm**

Birthday and anniversary party with entertainment by Larry. Grande Hall.