

Celebrating and honoring resident volunteers

Touchmark is celebrating and honoring volunteers during April with a High Tea on Wednesday, April 30.

“We want to acknowledge and thank those who invest their time and energy into the community,” says Life Enrichment/Wellness Director Kathy Brown. “There are a number of resident volunteers who contribute, and this event will be a fun way to say thank you.”

What resident volunteers are saying:

“I like to welcome new people who have moved into the community,” says **Audrey Dickie**, who serves as a Friendship Ambassador.

“It’s important to be involved in the community,” says **Wendy Rempel**, who enjoys being a member of the Event Committee.

During the warmer months, **Alba Martinovich** delivers the monthly calendars to people living in the bungalows. “I enjoy meeting people, being outside, and getting my exercise.” ■



Don Smailes finds pleasure in serving. “My philosophy is that serving is the best model,” says Don, who helps maintain the Touchmark community. Don helps look after the recycling and garbage rooms on each floor of the Grande and clears ice from the sidewalks around the community, when needed. “I get personal joy out of helping,” says Don. Don shares that he enjoys the friendships he’s formed with the Housekeeping and kitchen staff and that he finds these volunteer activities “good therapy” for his hip and back.

Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child *(cont.)*

“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”

—Patrick Cullinane, MS

(cont.) to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem like a small contribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous.

The intergenerational programs at Touchmark encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world by the Center for Intergenerational Learning at Temple University. They include improvements in:

- Academic achievement, school behavior, and life skills of middle-school youth;
- Reading skills of young children;
- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

If you're interested in sharing your talents and changing a young person's life while making a genuine difference in communities, contact Touchmark Life Enrichment/Wellness Director Kathy Brown. You'll find opportunities both on our campus and in the broader community. Program offerings include one-to-one, small groups, and large sessions with children and youth of all ages. ■

Do you know about the popular Posture & Balance Class?



Participants of the new Posture & Balance Class use exercise balls to strengthen their core muscles. The class helps people learn and execute proper posture, which is key for healthy aging. "The class has been very popular, and there is still great interest from other residents who want to sign up for the next session," says Life Enrichment/Wellness Assistant Brenda Edmonds, who leads the class. The class structure allows Brenda to provide more individualized attention to participants, teaching them how to reduce their risk of falls and improve their balance.

Chiropractic services available

With 20-plus years of experience, chiropractor Janet Beckhuson, DC, now is offering her services at Touchmark. Janet will see clients Mondays, Wednesdays, and Fridays from 10 am to 1 pm. Each treatment takes about a half hour and includes heat, massage, and adjustment. A first-time visit is \$70 and includes a physical exam and adjustment. Each subsequent visit costs \$20. Call Janet at 780-489-8609 to book an appointment.

Treat yourself to a massage

It's time to treat yourself to a relaxing and rejuvenating massage. Call Jody Makarus, RMT, at Healing from Head to Sole for an appointment ~ 780-903-4325.

A lifestyle with heart

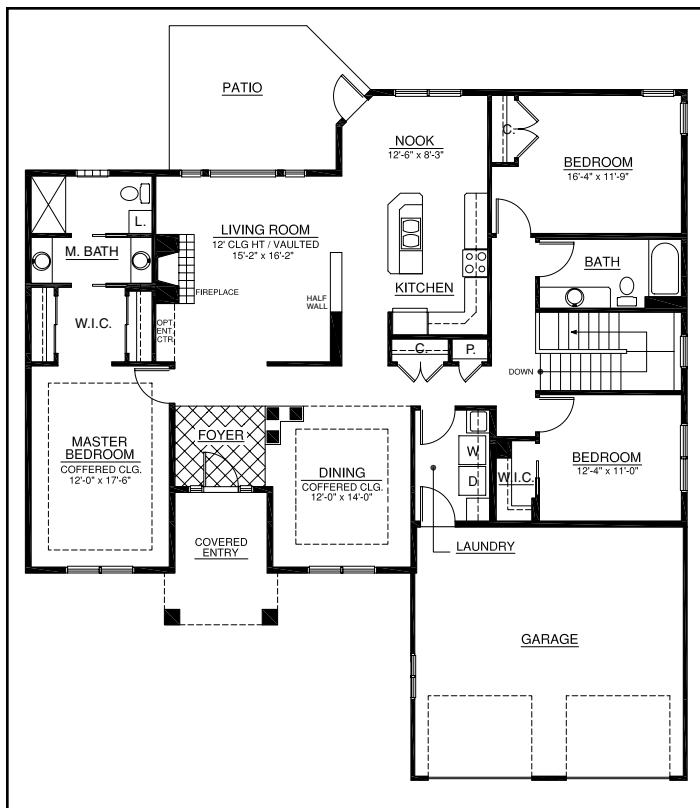
For residents, staff, and friends of Touchmark, volunteerism is celebrated throughout the year, and Touchmark welcomes volunteers and provides opportunities for people to assist with programs and services, such as resident committees, musical entertainment, social events, and more.

People use their special skills and rich backgrounds to help create a vibrant community.

Call today to learn more about Touchmark's active lifestyle and elegant homes. ■



Located on the third floor, this suite includes 1,043 square feet, two bedrooms, and two bathrooms. The suite features custom flooring, a fireplace, vaulted ceilings, a beautiful bay window in living room, and in-suite washer and dryer. The home also includes a spacious master bedroom.



The 2,071-square-foot Kananaskis bungalow includes a formal dining room with coffered ceiling, an open living room with 12-inch vaulted ceiling, and a gorgeous master suite with his-and-hers closets and sinks. A beautiful patio sits right off the kitchen nook.

Coming Events

Friday, April 11, 2pm

Spring Fling Dance in the Marquis Room. Please wear formal spring attire.

Friday, April 18, 10 am

Hiking Club at River Valley Trails. This will be the first hike of the season. Meet in the lobby at 10 am. Touchmark will provide transportation.

Monday, April 21, 8 pm

Edmonton Philharmonic Orchestra. Grande Hall Dining Room.

Tuesday, April 22, 1 to 4 pm

Personal Touch Fashions clothing sale in the Marquis Room.

Volunteers support women in need



The Knit & Kaboodle group made baby blankets, scarves, and hats for the WIN House, (Edmonton Women's Shelter). From left: Wendy Rempel, Ilse Grieser, Life Enrichment/Wellness Director Kathy Brown, and Lillian Ferguson get ready to deliver the blankets to the women at the WIN House. (Linda Celmainis and Maureen Huber contributed to the group's effort but are not pictured.) The group also received some anonymous donations.



Harriet Younie wears a white nurse's cap.



Morris and June Simons look over pictures at the Retired Nurses Luncheon.

Honouring retired nurses



People enjoyed a special meal and shared memories and mementos at the recent Retired Nurses Luncheon.



The display featured a variety of interesting items. Residents Ernest and Joan (a retired nurse) Dalwood shared medical instruments that were more than 100 years old. Ernest's great aunt, who was a friend of Florence Nightingale, passed the items down through the family.