

Touchmark launches redesigned Web site



Check out Touchmark’s updated Web site, TouchmarkEdmonton.com. Among other features, you’ll find:

- Life Enrichment/Wellness calendar
- Slide show of homes
- Seasonal e-cards to send to friends
- Options for text size

Destination Discovery—whole-person wellness



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

Mather LifeWays Institute on Aging, Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- *“Wellness is fully integrated into the organization;*
- *Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;*
- *Benefits of the wellness program are extended to others (beyond the resident population).”*

The respondents were grouped into three categories. About half (51 percent) were identified as “tenderfeet,” with almost no culture of wellness. Twenty-eight percent were labeled “travelers”—communities that are moving toward a culture of wellness. The third group was referred to as “trailblazers,” because they had most or all of the components.

For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities (*cont.*)

(cont.) operated in the US and Canada. I work with the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

Experience quality design throughout

Touchmark suites and bungalows include stylish design features that can add extra comfort and convenience. Many homes offer universal design features, like spacious bathrooms, easy-to-turn doorknobs, and single-level living with no steps.

“When constructing and designing homes, our goal is to meet the needs of people while adding style and comfort,” says Touchmark Vice President of Architecture Joseph Billig. “In all communities we aim to create homes that offer high-quality design features,” says Joseph.

If you’d like to see and experience a Touchmark home, call 780-577-5000 for your personal presentation. ■



Suite 206 offers ample storage and two spacious walk-in-closets. The 901-square-foot home includes one bedroom, a den, and one bathroom, which features a bathtub as well as a stand-up shower. A large, private balcony extends the living space.

“Senior living communities are increasingly focused on cultivating a culture of wellness for their residents, staff, and community—to improve quality of life and to avoid illness and reduce health care costs.”

—The National Whole-Person Wellness Survey (2008)

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about our Life Enrichment/Wellness program, contact Life Enrichment/Wellness Director Kathy Brown. ■



The Waterton bungalow offers 1,638 square feet, two bedrooms, and two bathrooms. Entertain by the beautiful corner fireplace in the living room, which features a 13-foot vaulted ceiling. The master bedroom also has a vaulted ceiling and a walk-in closet. A large kitchen and a bright eating nook connect to the deck.

Hiding and seeking—the Touchmark scavenger hunt

During the recent scavenger hunt, people scoured the campus for 25 items. Teams worked together searching for pieces and picking up clues. At one point, they visited the workshop, naming three types of tools in the room and bringing back a screw that was sitting on the workbench. “The event combined the traditional scavenger hunt with brain games,” says Life Enrichment/Wellness Director Kathy Brown. “You could see the wheels turning and hear laughter in the hallway. It was a fun event.” ■



The Vernon Squirrels, which included (from left) Ron and Muriel Vernon, Antoinette Simard, and Ruth Walker, earned the Best Team Spirit award with all their laughter and enthusiasm.



The Fabulous Four garnered the Most Creative award for their assortment of hat pins and great smelling items. From left: Ilse Grieser, Aline Bell, Pearl Warshawski, and Audrey Dickie.



Frank's Commandos won the Best Dressed award. The team included (from left) Wayne Evans, Frank Battershill, Edgar Schwanke, and Life Enrichment/Wellness Assistant Brenda Edmonds.



After a three-hour search, the points were tallied and the Best Scavengers award went to the Magpies team, which included Don and Gerry Smailes and Wendy and Al Rempel. This team managed to get all tasks but one, securing their winning spot.

Team member attends training

During April, members of the Life Enrichment/Wellness teams from around North America gathered for yearly training. The theme for this year's training was *Destination . . . Discovery*.

Touchmark's Life Enrichment/Wellness Director Kathy Brown attended the two-and-a-half day training seminar, gathering practical information from speakers and making a presentation about events happening at Touchmark. She also presented details and photos of Touchmark's trip to Kananaskis last fall.

"The Life Enrichment/Wellness professionals across the company are a talented and energetic team with a common purpose—to enrich people's lives," says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. "The annual gathering promotes the exchange of new ideas." ■

Meet Janet Beckhuson

Chiropractor Janet Beckhuson, DC, recently started offering her services at Touchmark. She sees clients Mondays, Wednesdays, and Fridays from 10 am to 1 pm. She brings more than 20-plus years of experience to the position.



Janet Beckhuson, DC, now is offering chiropractor services at Touchmark.

"I'm looking forward to continuing to meet everyone," says Janet.

Each treatment takes about a half hour and provides 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.

Janet's daughter, Jessica, also works at Touchmark, covering the front desk in the evenings and Sunday mornings. When Janet has a free moment, she enjoys spending time with her grandchildren, reading, playing chess, and hiking the ravines with daughter Jessica. ■

Thinking spring—and summer

Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking shoes and head out for a walk or hike is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one's body, mind, and spirit.

However, the commitment to a group-exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose. As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■

Dancing toward spring and summer



Kathy Brown, Life Enrichment/Wellness director, leads the Bunny Hop as people scurry to join the line.



Residents Ron and Muriel Vernon participate in a Spot Dance.



Resident Antoinette Simard (left) and Sales Associate Catherine Douglas have fun at the Spring Fling Dance.

Coming Events

Wednesday, May 28, 2 pm

Learn the who, what, when, where, and how of geocaching from Vonn Bricker, director of Integrated Land Use for the Fish and Wildlife Division of Sustainable Resource Development. All are welcome, and no reservations are required.

Wednesday, June 4, 2 pm

The Brenda Edmonds Show with local celebrity and artist Yardley Jones.

Saturday, June 14, 10 am to 4 pm

Touchmark community garage sale.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities, some of their talent and creativity is featured in the newsletter.

MY MOTHER

By **Maureen Tiedemann**, Assisted Living Manager

There's a query on her forehead
For she knows that she has missed
Some pieces of the chit chat
And she's surely lost the gist.
Her body's tilted forward
And her head is slightly cocked,
Her eyes are always moving
To determine who has talked.

She often feels frustrated
And wonders what was said
When she turned and faced away from us
With no eyes behind her head.
Will she miss some certain detail
That affects the information
Which she could use to help, to heal,
To aid the situation?

For all of us who love her
There is seldom any doubt
Of the love and active caring
That her life is all about.
So even if some words have not
Been heard or understood
We all know that we are cherished
Through her role of motherhood.

June's focus is celebrating the good times; the deadline is May 20.