

Alaskan cruise offers spectacular scenery and fun times

Eleven residents and staff embarked on a seven-night Alaskan cruise in early June. The Coral Princess ship launched from Whittier, Alaska, and docked in Vancouver, British Columbia. Some of the ports of call included Skagway, Juneau, and Ketchikan.

During the cruise, people observed majestic glaciers at College Fjord and Glacier Bay, dined on fine cuisine, and took in movies and stage productions in the ship's Princess Theater and the Universe Lounge. The 92,000-ton ship also featured a fitness gym, nightclubs, a casino, a spa with numerous steam baths, and rooms for enrichment classes. ■



Doris Douglas poses with the stunning Marjorie Glacier in Glacier Bay in the background.

(cont.)

Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The event is from Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Touchmark's Active Aging Week celebration. ■



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While the ship docked in Skagway, Alaska, the Touchmark group made sure to catch a ride on The White Pass & Yukon Route Railroad, which was built during the Klondike Gold Rush.



Al Rempel soars through the air on the zip line during a stop at Ketchikan, Alaska.



From right: Harriet Younie, Toni Trommlen, Mike Trommlen, Audrey Dickie, travel agent Joann Moloney, Wendy Rempel, Al Rempel, and Life Enrichment/Wellness Director Kathy Brown relax on the ship.



The group takes time for cocktails in one of the ship's suites.

The greater good of all



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

“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home

front. According to the Harrises, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of the greater good of all. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Kathy Brown. ■



In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.

Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Touchmark, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Touchmark today to learn more about this vibrant community or call 780-577-5000 to learn more about the summer’s featured homes. ■



Suite 320 includes 980 square feet, two bedrooms, and one bathroom. The suite offers laminate flooring in the living and dining room as well as en-suite laundry. The kitchen is complete with ample cupboard space and a cozy dinette area.

Wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

Celebrating Canada Day



More than 60 people attended the Canada Day event, which included tasty treats, entertainment by the Touchmark Glee Club, and a moose-calling contest.

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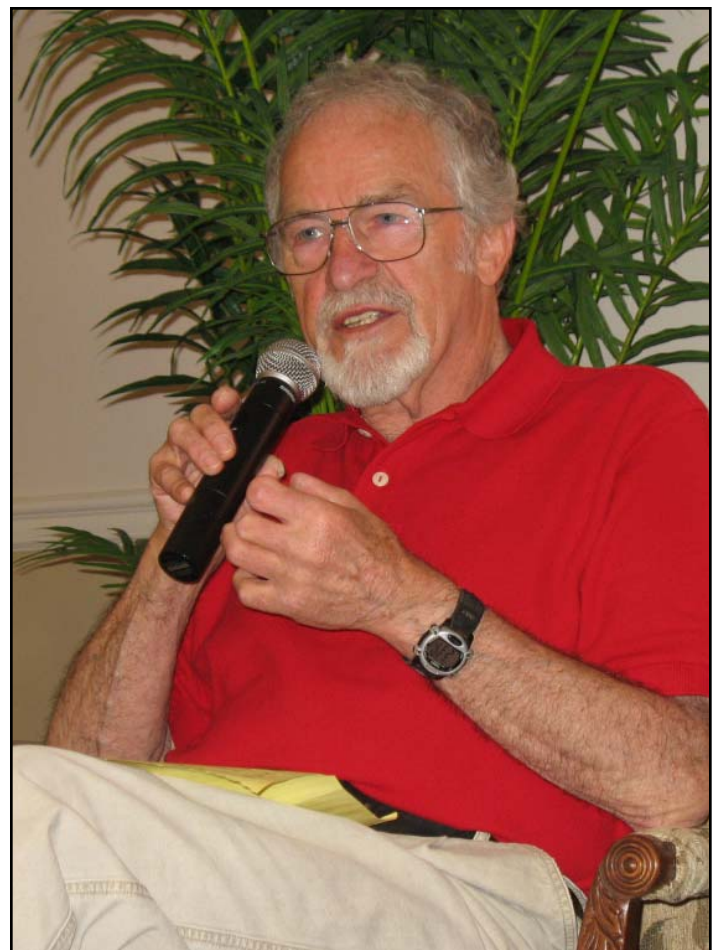


Event Committee Member Doris Douglas (left) and Life Enrichment/Wellness Assistant Brenda Edmonds pose by the special Canada Day cake.

Political cartoonist, artist, and author visits Touchmark

As an 8-year-old boy, Yardley Jones nearly lost his chance to become a famous artist. A firearm accident caused him to lose all the fingers on his left hand. Fortunately, one of the three doctors who worked on his hand declared that they must save Yardley's hand—for some day he might become an artist. Little did the doctor know that he was foretelling the future.

During a recent visit to Touchmark, Yardley shared fun stories about his career as an artist and author. He exudes energy and enthusiasm for active, vibrant living. After battling a stroke six years ago, Yardley now spends two hours a day running or riding his stationary bike.



Special guest Yardley Jones shares his story as a political cartoonist, artist and author on the Brenda Edmonds Show.



The Touchmark Glee Club sings during the Canada Day event.

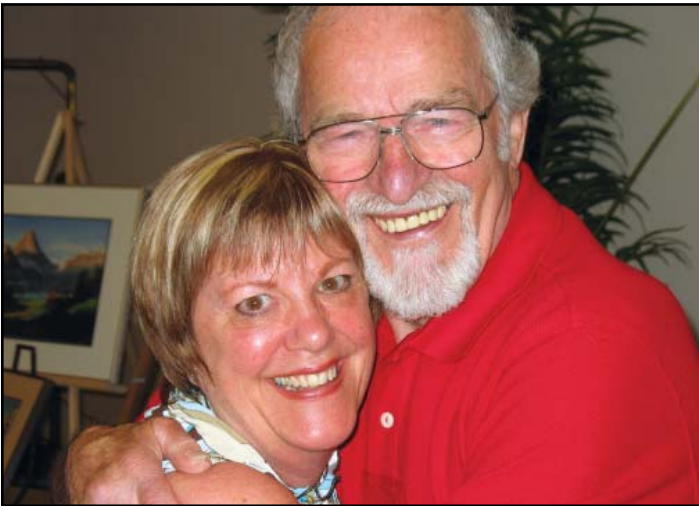
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(cont.) He also began participating in marathons at age 55 and has entered races all over North America.

His career as an artist continues to flourish. The Yardley Jones Studio keeps himself busy doing commissioned work. The studio features Yardley's cartoons as well as many breathtaking watercolour paintings. ■



Yardley Jones signs the Brenda Edmonds Show poster. In the background, samples of Yardley's paintings and pictures are displayed for guests to view.



Carol Dumsday, sales consultant, shares a hug with Yardley Jones

Coming Events

Friday, July 25, 7 pm

Summer Dance with Mr. Melody. Lobby.

Thursday, July 31, 10 am

Bus leaves for picnic at Hasse Lake Provincial Park.

Friday, Aug. 8, 7:15 pm

Country Dance with the Sounds of Country. Lobby.

Tuesday, Aug. 12, 9 am

Second Annual Golf Tournament at the Lewis Estates Golf Course. Cost: \$65, which includes 9 holes, golf cart, lunch, and prizes. Deadline to sign up is Friday, August 1. Call 780-577-5000 to register.