

# Celebrating active aging

In honour of Active Aging Week, the Touchmark community hosted an Active Aging Walkathon and enjoyed a lively performance by the gymnastics group Dynamo 55+.

“It’s clear that the key to living longer—and better—is to stay active. Several recent studies have shown there’s a strong relationship between physical activity and mental acuity, and other research links social connectedness to healthy aging,” says Touchmark Life Enrichment/Wellness Director Kathy Brown.

“With these two events, we celebrated the importance of an active lifestyle.”

## Active Aging Walkathon raises approximately \$3,500

People from around Edmonton joined the Running Room and the Touchmark community for a walkathon that benefited CNIB. Guest participants, including seven residents from Caleb Manor retirement community, helped raise \$1,000 for the event.

Touchmark Executive Director

Leanne Gugenheimer welcomed everyone to the event, and Conservative Candidate for Edmonton-Spruce Grove Rona Ambrose made a few remarks.

Touchmark Fitness Instructor Inge Telzerow led the crowd in stretching exercises, and then the walk began.

After the walk, everyone gathered in the lobby to enjoy cake and musical entertainment by Dwayne Cannon. *(cont.)*



Preparing the crowd for the start of the Active Aging Walkathon, Touchmark Life Enrichment/Wellness Director Kathy Brown waves a starter flag. Participants selected a 500-meter, a one-kilometer, or three-kilometer run/walk.

(cont.)



**Touchmark and the Running Room hosted the Active Aging Walkathon, which benefited CNIB. The Running Room provided watering stations, banners for the start and finish areas, and numbers for registered participants.**



**Member of Parliament and Conservative Candidate for Edmonton-Spruce Grove Rona Ambrose (front, right) joined the Walkathon.**



**People participate in the Active Aging Walkathon.**



**Touchmark residents Walter Hunchak and Grace Ruitter were the first to cross the finish line after completing a three-kilometer walk.**

### **Dynamo 55+ perform**

With members between 75 and 84 years, the group dazzled the crowd with a rhythmic, artistic, and acrobatic gymnastics performance. The Dynamos have performed around the world, sharing their motto of “being young at heart” and promoting the importance of active aging for both the body and mind. ■



**Members of the Dynamo 55+ performance rhythmic, artistic, and acrobatic gymnastics.**

## Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore; I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century.

Norma Duquaine, who lives at Touchmark on West Prospect, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Touchmark lifestyle—and the fall’s featured homes—call 780-577-5000 today. ■



Within the 1,524-square-foot Robson bungalow, you’ll discover a bright breakfast nook with bay windows, a large living room with a gas fireplace and vaulted ceiling, and a spacious master bedroom with a coffered ceiling and large walk-in closet. The laundry room offers extra space as well as full cabinets and a sink. A large deck awaits your patio furnishings where you and guests can enjoy outdoor meals.



Apartment suite 127 comes with assisted living services and offers 604 square feet, one bedroom, and one bathroom. It is located on the main floor in close proximity to the complimentary laundry room, the activity room, resident mailboxes, and dining room. This comfortable apartment suite also features a patio and corner kitchenette.

## Nutrition news—eat those blueberries



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

**“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”**

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the (cont.)

(cont.) phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The Canadian Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Touchmark, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Life Enrichment/Wellness Director Kathy Brown or Executive Chef Vinod Lohtia. It’s never too late to make good dietary choices that support active aging. ■

## Swinging at the second-annual golf tournament

Gathering at Lewis Estates Golf Course for Touchmark’s second-annual golf tournament, a group played nine holes of golf, despite the rainy weather.

“We all had a great time, but every time I plan this event, the weather is either rainy or cold,” laughed Kathy Brown, Life Enrichment/Wellness Director. “Maybe



**Al Rempel (left) and Bill Glen at the Lewis Estates Golf Course**



**The winning team (from left) Otto Babichuk, Carol Dumsday, Stella Glen, and Ralph Robbins.**

(cont.)

(cont.) someone else should pick the date for next year.”

Following the tournament, the group gathered for a tasty buffet lunch at the Club House and awards. This year’s winning team was Stella Glen, Carol Dumsday, Ralph Robbins, and Otto Babichuk. Don Smailes and Stella Glenn received awards for longest putts, and Otto Babichuk received an award for the longest drive.

Ray Williams was recognized as the most fashionable golfer, and Aline Bell won an award for the most honest player. The most mature group award went to team number four, which included Don Smailes, Ron Vernon, Marvin Sawyer, and Catherine Douglas. ■

## Touchmark vice president featured in recent issue of The Journal on Active Aging

In the current issue of The Journal on Active Aging, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, writes, that “individuals engaged in the greater good of all ... are experiencing a better quality of life as they age.” Her article, titled “Enrich the lives of older adults through civic engagement,” highlights the benefits of social involvement, provides several examples and offers tips to supporting civic engagement work.

“Along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead fuller, more satisfying lives.”

“The full article can be seen at [TouchmarkEdmonton.com/common/pdf/civic-engagement-enrich-lives.pdf](http://TouchmarkEdmonton.com/common/pdf/civic-engagement-enrich-lives.pdf).” ■



Otto Babichuk celebrates after winning the award for longest drive.



## Recent events



In 1908, Lucy Maud Montgomery's creation of a loquacious red-headed girl in the novel *Anne of Green Gables* became instantly popular. One hundred years and 50 million copies later, this beloved character is enjoying her centennial celebration. In honor of the publishing of *Anne of Green Gables*, Touchmark residents attended a special high tea celebration. The tea included a showing of the movie series, which will be shown monthly through the end of the year, and original recipes from Lucy Maud Montgomery's personal published recipe book. The tea was from Murchie's Tea & Coffee, which is resident Harriet Younie's family's tea company. Doris Douglas (left) and Harriet Younie enjoy tea while watching *Anne of Green Gables*.



During a nice evening, Touchmark's cowboy poet and bus driver Earle Nault (standing) entertains people with stories.



Residents recently traveled to the Fallen Four Memorial Park, which honours the memory of four Royal Canadian Mounted Police constables who were killed in 2005. The memorial opened this July and is located in Mayerthorpe. "It was a solemn and moving experience felt by all who went that day," says Kathy Brown, Life Enrichment/Wellness director.

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## Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning (*cont.*)

(cont.) and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



**The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.**

## Coming Events

**Friday, Oct. 17, 7 pm**

Oktoberfest with entertainment by Friends & Neighbours. Lobby.

**Tuesday, Oct. 28, 1 pm**

Tour of Art Gallery of Alberta.

**Friday, Oct. 31, 2 pm**

Dressed in costumes, students from a local elementary school will perform a small Halloween program for residents. Costumes are encouraged.

## Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at [www.prudential.com/media/managed/LTCCostStudy.pdf](http://www.prudential.com/media/managed/LTCCostStudy.pdf). ■