

# Celebrating Remembrance Day

The stately sound of bagpipes resounded through the lobby as veterans marched to their seats for the Remembrance Day service, which was planned by the Touchmark Events Committee.

Resident Donna Stewart Williams emceed the event while

resident Ron Vernon introduced all the veterans who live at Touchmark. During the service, Edmonton Police Service officers in full dress uniforms paid their respects by saluting the veterans. Many in the audience were brought to tears by resident Lillian Ferguson's touching reading of the poem *Please Wear*

*a Poppy*, a moving poem about a mother of a fallen soldier who encourages strangers to remember and pay tribute to "the gallant men who died in the war."

The Touchmark Glee Club performed beautiful renditions of *O God, Our Help in Ages Past* and  
(cont.)



Resident Gilbert Dorey poses with his granddaughter Toma Carmel, who played the bagpipes for the Remembrance Day service.



Residents Florence and Nick Samalack, who are the only veteran couple living at Touchmark, served in the Navy.



Resident and veteran Ernest Dalwood (left) and Lieutenant Alan Younghusband watch and listen to the Remembrance Day service.



Resident and Major Frank Battershill (left) talks with Lieutenant Alan Younghusband. Both men spoke during the service.

(cont.) *We'll Meet Again*. Front Desk Supervisor Kim Brietkreutz conducted the group, and she also performed a solo during *Beyond the Sunset*.

“This event made me feel so proud to work here and be part of this community,” says Touchmark Life Enrichment/Wellness Director Kathy Brown.

Attendees also heard from Major Frank Battershill and Lieutenant Alan Younghusband, who shared their thoughts on what Remembrance Day means to them. ■

## Enjoy the season without the worry

Some meteorologists predict this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout North America.

For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Touchmark offers snow and ice removal and scheduled transportation.

Visit Touchmark or call 780-577-5000 today to learn more about this winter’s featured homes. ■



**With 901 square feet, a vaulted ceiling, and a spacious dining area, suite 308 offers comfortable living. The bay window welcomes in the view from the third floor. Just steps from the elevators, this suite features two bedrooms, one bathroom, a full kitchen, and washer and dryer. To learn more about this suite or available bungalows, call today.**

## New hours for Bungalow Sales Centre

Monday through Friday:  
9 am to 5 pm

Saturday, Sunday, and  
holidays: noon to 5 pm

## Make daily deposits in your bank of well-being



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

*“The silence allows you to listen to the wind, your step, the fragrance of love.”*

*—Signpost along the “walk of silence” at Lake Orta*

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone (cont.)

(cont.) calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Touchmark, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Touchmark Life Enrichment/Wellness Director Kathy Brown for information on the program opportunities that will provide meaningful moments throughout your day. ■

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## Touchmark can help you create the ideal celebration

Whether you're planning an intimate dinner for two or a larger gathering with family and friends, Touchmark's catering team can help you plan a personally designed menu. On the day of your event, dine in one of Touchmark's beautifully appointed rooms and enjoy the personalized service.

People from the Edmonton area are invited to schedule their gatherings at Touchmark and dine in a comfortable atmosphere while enjoying delicious food and quality service. For more information or to book your event, contact Executive Chef Vinod Lohtia at 780-577-5007. ■

## Touchmark marks Health Care Aide Week



The Touchmark community recently paid tribute to health care aides. “These wonderful women give from their heart ... enriching the lives of those they touch,” says Maureen Tiedemann, Assisted Living manager. From left: Maureen and health care aides Carolyn MacLeod, Ida Babcock, and Maria Ewert. Other aides not pictured: Rosmena Gonzales, Rosie Gonzales, Lyn Miller, Neila Recla , Gina Rillera and Zinaba Youssuf.



Resident Monica Reilander (left) and Health Care Aide Marie Singh pose together. Throughout the week, a digital photo frame continuously ran images of aides and residents interacting and sharing special moments. Bernie Plesniewicz, RN, created tissue corsages for each aide, and everyone enjoyed delicious baked treats during the week.

(cont.)

(cont.)



**Resident Ida Pears (left) poses with Health Care Aide Salina Ip.**



**Health Care Aide Sophie Kabeya (left) walks with resident Wilma Rix.**

## Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4					2

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).

Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.

## Coming Events

**Monday, Dec. 22, 10 am**

Tao Hoover Duo Holiday Performance.  
Marquis Room.

**Tuesday, Dec. 23, 2 pm**

Monthly birthday party. Entertainment by  
Derek Sanders.

**Monday, Dec. 29, 11 am**

Book club meeting: *Losing Julia* by  
Jonathan Hull. Library.

**Wednesday, Dec. 31, 7 pm**

New Year's Eve Dance with entertainment  
by Colleen Lazaruk. Lobby.

## Recent events



Grade Four students from Good Shepherd Catholic School presented a Halloween parade and some musical numbers for Touchmark residents. After the performance, the children went around the room meeting residents and shaking their hands.



Sophie and Walter Hunchak get into the spirit and don costumes for the Halloween party.

(cont.)



**Resident Wendy Rempel and her dog Layla come dressed up to greet the young visitors.**

**Sudoku #2**

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

**Answers to the puzzle on page 5**