

# Order of Canada recipient visits Touchmark



Order of Canada recipient Kenneth Poyser (far right), who is the son of resident Ray Poyser (left), was the honoured guest on the first Brenda Edmonds Show of the year. Kenneth has been a champion for hemophilia research and funding for four decades and was appointed to the Order of Canada in recognition of “his lifelong dedication to improving the lives of those living with hemophilia in Canada and abroad.” The Order of Canada is Canada’s highest civilian honour, recognizing a lifetime of outstanding achievement, dedication to the community, and service to the nation.



Speaking from personal experience, Kenneth talks about hemophilia, his work, and how he reaches out to others living with the disease. Kenneth gave the 70-plus audience members an opportunity to see and hold his Order of Canada medal, which was presented to him at Rideau Hall by Governor General of Canada Her Excellency the Right Honourable Michaëlle Jean. To see a photo of Kenneth receiving the medal, visit [www.gg.ca/media/pho/index\\_e.asp?GalleryID=640&Sequence=3](http://www.gg.ca/media/pho/index_e.asp?GalleryID=640&Sequence=3).

## Use it or lose it!

Why lose brain cells when you can grow new ones? Research has shown that older adults are able to grow new brain cells and improve their memory ability with regular cognitive exercise. After a 10-hour training session with Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, Touchmark Life Enrichment/Wellness team members Kathy Brown, Jocelyne Forseth, and Brenda Edmonds were certified as Geriatric Wellness Instructors. They now are offering cognitive training classes twice weekly



From left: Molly Ryerson and Muriel and Ron Vernon put their pencils to the paper during a brain-building exercise.

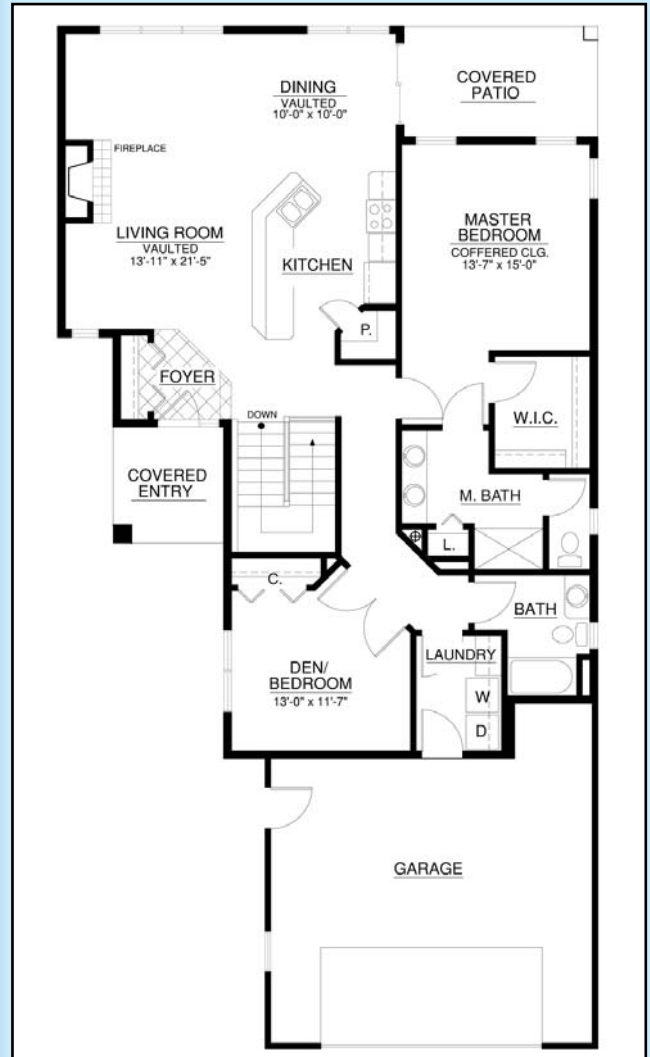
*(cont.)*

(cont.) in the Monte Carlo Room. Have questions? Please see Kathy or Brenda. ■



Aileen O'Neill (above) and Lillian Ferguson (below) pour over and work through cognitive enhancement exercises during the Brain Builders class.

## Look what's available at Touchmark!



This Fairmont home is both an entertainer's delight and a comfortable private retreat. Vaulted ceilings and soaring windows bring streams of natural light into this elegantly designed 1,617-square-foot home. Cozy up by the gas fireplace or step outside to the covered patio for some fresh air. Extra wide doorways and hallways allow for easy maneuverability. The kitchen features ample storage and an island with a sit-down bar. The master bedroom has a large walk-in-closet and spacious bathroom. There is room for extra storage in the 528-square-foot attached two-car garage. All appliances and GST included in the price of the home, which is near area shopping.

(cont.)

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This second-floor, 613-square-foot suite (244) offers a corner kitchen, private balcony, one bedroom, and bathroom featuring a shower with molded seat. Call today for a personal presentation.

## Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several other

consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is most compelling. We now know the benefits of specific cognitive-enhancement (cont.)

### 10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

(cont.) activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

## Dr. Marge’s Smoothie Recipe

*Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.*

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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At Touchmark, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Kathy Brown, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

## Build your brain

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

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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. See page five for answers.**

## Celebrating a traditional Ukrainian meal



A delicious aroma filled the air as residents celebrated in the fashion of Ukrainian tradition. Resident Sophie Hunchak started the afternoon by saying grace, followed by the serving of kolach (braided bread), and kutya (a traditional wheat dish), which was presented in a 100-year-old depression glass bowl that has been passed down through resident Pearl Warshawski's family.



Sophie Hunchak models her traditional Ukrainian clothing. Sonia Mulyk (not pictured) shared her recipe of borsht (beet soup), which was followed by pierogies, cabbage rolls, and kolbasa. She then satisfied everyone's sweet tooth by providing dessert for the group.

## Coming Events

### Thursday, Feb. 5, 10 am

Brenda Edmonds Show, featuring special guest Saige Pacholok, under-18 national women's hockey player.

### Friday, Feb. 13, 8 am

Performance by Touchmark Glee Club. Enjoy music inspired by Valentine's Day.

### Saturday, Feb. 14, 2 pm

Valentine's Day Tea.

### Saturday, Feb. 14, 5:30 pm

Valentine's Day Dinner. Please RSVP by Friday, Feb. 6.

### Friday, Feb. 20, starting at 10 am

Tropical Getaway Party. Various island-themed events, including a tropical hat contest, hula lessons, limbo contest, tropical bingo, martini-shaking contest, and fruit carving demonstration.

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

Answers to the puzzle on page four