

# Sport stars visit Touchmark

The popular Brenda Edmonds Show connects residents with local, national, and international celebrities, heroes, and fun, interesting people. Some recent shows introduced two well-known sports stars. ■



U-18 National Women's Hockey Team member Saige Pacholok visits Touchmark. She's shown with Frank Battershill, who played hockey overseas while he was on active military duty during World War II. Frank was a goalie and won a gold medal with his team. Frank and Saige take time to admire each other's medals.



Saige, 17-year-old granddaughter of residents Agnes and Alfred Koehler, traveled to Germany in January to compete in an eight-nation tournament in which the Canadian team took the silver medal. Saige wore her National Hockey Team jersey as well as her silver medal and discussed the thrill of winning silver. She invited residents to attend one of her games and signed a photo as a parting gift. Saige first took to the ice at age 4 and, with the support of her family, has emerged as one of the leading players in the game. While growing up, her father often would create an ice rink in their backyard for Saige and her brother to use throughout the winter. She played on boys' teams for years until being selected for the Edmonton Chimos women's hockey team. Her family has accompanied her on various international trips, including the most recent trip to Germany.



Saige demonstrates some of her daily training exercises that keep her in peak shape for the hockey season. She dreams of one day participating in the Olympic Games.

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**Above: Olympic swimmer, bronze medalist, and Alberta Sports Hall of Famer Becky Smith-Wiber (right) shares her swimming stories, including tales of being one of eight children who swam competitively. Becky’s parents coached the group; the whole family has received numerous accolades. The Touchmark community was delighted to share the afternoon with Becky; she is the daughter of a resident who passed away last year and daughter-in-law of current residents.**



**Left: Becky won two bronze medals at the Montreal Olympics. Her brother Graham was a silver medalist and broke many records. Becky shared her olympic medals, pictures, and a scrapbook that her mother had made for her.**

## Come home to Touchmark!



The Columbia backs onto a quiet residential area. This 1,886-square-foot bungalow offers a total package of upgrades; a spacious dining room with ample room for a large hutch, a den/family room, granite countertops in the kitchen, hardwood floors, upgraded carpets, and appliances. Call for details: 780-577-5023 or after hours at 780-686 2253.



Suite 136 is located on the main level, offers a beautiful view of the ravine, and basks in a sunny southwest exposure. The 644-square-foot suite offers a full kitchen, one bedroom, and one bathroom.

## Coming Events

### Thursday April 23, 1:30 pm

Health Talk. April is Parkinson's Awareness Month, and a representative from Parkinson Society Canada will be speaking. Marquis Room.

### Monday, April 27, 11 am

Book Club Meeting. *The Monk Who Sold His*

*Ferrari: A Fable About Fulfilling Your Dreams & Reaching Your Destiny*, written by Robin Sharma. Grande Library.

### Monday, April 27, 2 pm

Monthly birthday party with entertainment from pianist Maureen Shelton, the Lady Of A Million Tunes. Grande Hall.

## Humor helps



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

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

**“Humor is mankind’s greatest blessing.”**  
—Mark Twain,  
author

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active

Aging (*Is Laughter Really the Best Medicine*—November/December 2005). But a consistent sense of humor is less well-understood by the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life’s road and coming through with the ability to face the day (and tomorrow) with a smile. Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not “starry-eyed optimists” out of touch with the hardships and stresses of life. They are realists who are able to maintain their perspective when others experience fear or depression.

At Touchmark, there are many opportunities to share humor and optimism. Contact the Life Enrichment/Wellness department for information on how to participate in program planning and implementation. ■

## Inspection reveals excellence

Touchmark received excellent marks for the campus-wide audit and inspection by the Government of Alberta’s Seniors and Community Supports. The inspection included a review of 33 standards in the Health Services Neighbourhood and 34 standards in The Grande. According to the report, Touchmark is in absolute full compliance of all accommodation standards.

“I believe this inspection reflects the fact that together the Touchmark team is making a difference by enriching the lives of others,” says Touchmark Executive Director Leanne Gugenheimer. “Thank you to Touchmark team members for their excellence.” ■

## Brain a buzz ...

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

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.**

## Open house offers a good cleaning for cars



This unique open house showered and bubbled with fun. The recently installed car wash at Touchmark called for a fun occasion to introduce and demonstrate the new equipment. The event began with residents placing their names in a drawing for a free car wash. Terry Shanahan won and exclaimed, "Great! I have a big dirty car." Resident Council President Don Smailes "opened" the event with a ribbon-cutting ceremony. While the washing team (including resident volunteers Ron and Muriel Vernon and Don Smailes) started, people gathered behind a clear plastic curtain and munched on donuts and drank coffee while watching the demonstration. Afterwards, Terry shared that she was so happy with her clean car that she "wasn't taking it out until spring."

# Connecting Generations

Touchmark’s mission is: To enrich people’s lives. The programs and relationships fostered by the community enrich the lives of residents and team members as well as individuals of all ages throughout the Edmonton community.

Touchmark at Wedgewood, The Centre for Family Literacy, and West Edmonton Parent Link have a unique partnership bringing older adults and children together through the program Rhymes That Bind. An oral language program incorporating rhymes, finger play, music, and movement games, Rhymes that Bind works to promote positive parent/child interactions in a supportive group format.

Residents attend the classes and interact with the children and their parents in a positive, intergenerational setting. Classes meet every Tuesday morning at 10 am in the Health Services Neighbourhood.

Rhymes that Bind is open to Edmonton families and has been meeting at Touchmark for two years. If you are interested in participating in this enriching activity, contact a member of the Life Enrichment/Wellness team. ■

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

Answers to the puzzle



Mary Free (right) shares a playful moment with a young Rhymes that Bind participant and her mother.