

“Canada’s Mother Teresa” visits Touchmark

Wearing a traditional Tibetan dress, Dr. Helen Huston held the audience spellbound for more than two hours with stories from her 39 years of medical missionary work in India and Nepal.

“I hung on every word,” says resident Muriel Vernon.

Dr. Huston explained that when she was 12 she felt a calling to do missionary work. In her teens, she decided she wanted to become a missionary in China. While she never worked in China, she jokes, “Nepal is close to China.”

After graduating from the University of Alberta, Dr. Huston interned at Edmonton’s Royal Alexandra Hospital and later Vancouver General Hospital. In 1953, she left for India, where she provided medical missionary work until she went to Nepal in 1960.

Dr. Huston was the only doctor in a remote Nepalese kingdom, providing care for a half-million people with a staff of only two or three nurses at a time.

“I was not a surgeon, but I had to learn to perform many surgeries from a book—and lots of prayers.”

Strongly rooted in her faith, which she says sustained her during the challenging times overseas, Dr. Huston adds, “I would like to share with everyone how God has dealt with me.”

Her dedicated years of service inspired the book *A Heart For Nepal: the Dr. Helen Huston Story* (by Gerald W. Hankins), which the Touchmark Book Club read in early summer. After the show, Dr. Huston talked with residents and signed books.

Read more about Dr. Huston at www.lieutenantgovernor.ab.ca/aoe/huston.cfm. The Life Enrichment/Wellness department has a copy of A Heart For Nepal: the Dr. Helen Huston Story available for loan. ■



Helen Huston, OC, MD, LLD, (left) and Life Enrichment/Wellness Director Brenda Edmonds display the Sir Edmund Hillary Foundation Award for Humanitarian Services, which Dr. Huston received in 1991. She was the first person to receive this award.



Join a new fitness class

Life Enrichment/Wellness Assistant Sharon Low brings a new class—Rhythm & Moves—to Touchmark every Monday and Wednesday at 3 pm.

Participants have quickly joined the new class. “I like it. It’s lots of fun!” says resident Jeannette Kusovac.

Sharon received training to teach the class through a program conducted by the Physical Culture Association of Alberta. Its Web site states it “is dedicated to

encouraging and fostering mental and physical well-being for all populations through Physical Culture methods.” The association recognizes Touchmark as a Physical Culture Older Adult Supporting Centre.

“I came away from the course energized and confident in my new role as an exercise professional,” says Sharon. ■

There’s no place like home



Now is the time to experience the Touchmark lifestyle! This 1,524-square-foot Robson bungalow features an open floor plan, soaring ceilings, and unique large windows for enhanced natural lighting. Hardwood floors, pot lighting, and a gas fireplace add a cozy ambience to this two-bedroom, two-bathroom bungalow. The safety features of this bungalow—including no steps into or out of the home—provide peace of mind. Call today for a personal presentation.



Experience carefree, independent retirement living in suite 142. Conveniently located on the main floor, this home is close to all the amenities, including the hair salon and art studio. The home offers one bedroom and one bathroom, high ceilings, a patio, and 613 square feet of living space.

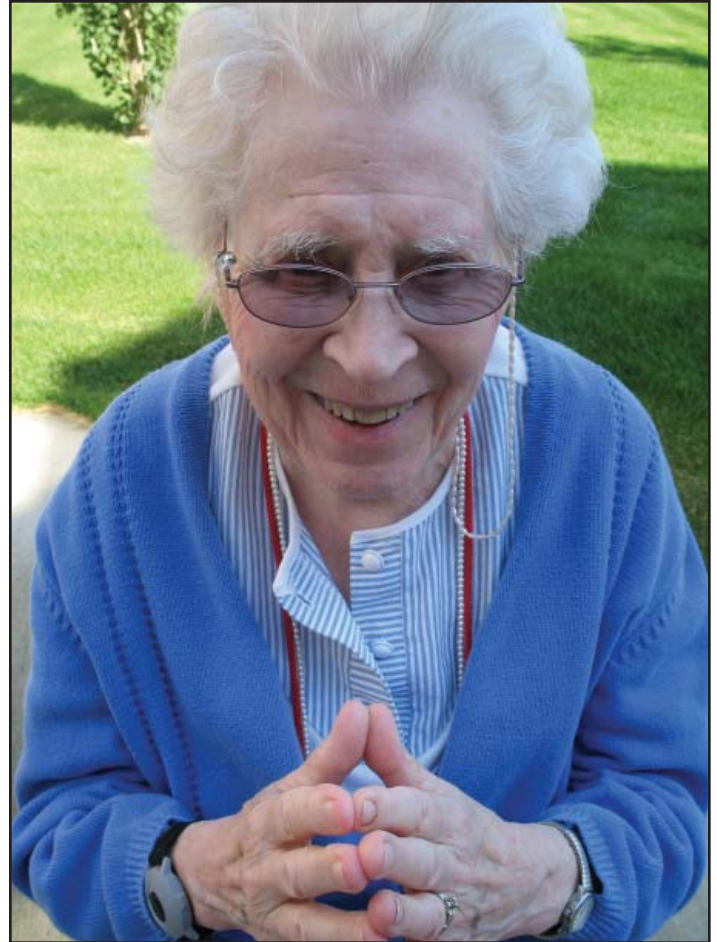
Recent events



From left: Aileen O'Neill, Iris Morrison, John Lacusta, Patricia McGill, and Sharon Low perform the classic tale of *Little Nell* in Touchmark's Klondike Melodrama.



Patricia McGill aims the ball during a Summer Games gathering. The last games will include a beer garden and will be Friday, August 28 at 2 pm.



Wilma Rix participates in an outdoor yoga class.



From left: Health Care Aide Salina Yip and resident John Lacusta dance during a recent birthday party.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

Attending D-Day anniversary

By **Frank Battershill, Resident**

Touchmark resident and veteran Frank Battershill recently attended the anniversary of the Normandy and France liberation. On June 6, 1944, Frank Battershill was a lieutenant, commanding No7 Platoon "A" Company, Royal Winnipeg Rifles, who landed on the extreme right (western) flank of Courseulles. His platoon was fired at by a machine gunpost in a lighthouse before it joined its company and eventually met up with British troops. Promoted to captain, Frank took part in the entire campaign in Northwest Europe, commanding a company with the rank of major for the last six months. He arrived home in Winnipeg December 31, 1945 and was discharged. He re-enlisted in the Canadian Army in 1951 and spent 14 months in Korea. He retired from the Army in November 1965. The following is adapted from a presentation that Frank gave at Touchmark.

I AM NOT SURE JUST WHERE IT ORIGINATED, but the first step seems to have been the selection of 12 veterans from the Army, Navy, and Air Force whose units had participated in the original D-Day landings on June 6, 1944 to be a part of this year's (the 65th) anniversary celebration. I had the honor to be named to represent The Royal Winnipeg Rifles, the Regiment I served with most of my career in the Canadian Army. Of the 12 selected, only nine were able to attend due to late sickness and one, who passed away, but was represented by his grandson.

Juno Beach Centre, where the ceremonies were organized, is a Canadian Memorial to the landings and was officially opened in 2003. It is situated fairly central on the beachfront area where the landings took



Touchmark resident and veteran Frank Battershill stands near a memorial on a French beach and honors those who lost their lives on D-Day. Frank was specially selected to represent World War II veterans at the 65th anniversary. "I joined the Canadian Army at a young age, in 1933, following a family interest in military rifle shooting," says Frank. "I wanted to go back to Normandy to remember in due solemnity those comrades who, in the search for world peace, offered their lives and paid the supreme sacrifice."

place and has a number of rooms, each depicting one or more phases of the operation. Outside, in orderly form, are a number of kiosks, which contain the names of those killed on D-Day. In a separate section, the names of anyone who supported the construction of the Centre with a financial donation are listed. There is also a central area where memorabilia of all sorts may be purchased.

For this particular occasion, a wall plaque for each of the 12 veterans selected to represent their units was added to the Central area. Each plaque gave a brief summary of the individual's military service. Finally, the 12 were given the name of "Veterans Voices" and, along with a shoulder badge to wear, were expected to answer any questions guests might want to ask about the landings.

As it turned out, there were a large number of other veterans as well as local residents [who] attended all
(cont.)

(cont.) “Battlefield Tours.” There were many [tours] ... to attend [at] the Ceremonies at Juno Beach. I was particularly impressed with the number of civilians from France, Belgium, and Holland who attended and were extremely anxious to meet the veterans who had been responsible for their liberation. I don’t think I have ever had so many pictures taken with complete but very genuine strangers before.

Ceremonies and wreath laying were done at a number of locations right on the beach as well as at a number of local battle sites, regimental monuments, and cemeteries. There are many pictures of these events, some of which ... are on several different Web sites, mostly under Veterans Affairs Canada.

I think if I had to say what affected me most (aside from the jet lag on the way home), I would have to say it was the genuine feeling of gratitude from the local residents. These were the people who had suffered the indignities of the occupation, and they haven’t forgotten the Canadians’ part in their liberation.

Finally, for any of you ... who lost a close friend or relative in the original landing or indeed in any of the battles later on, including the Italian Campaign, I know nothing will replace that loss. But please be assured that the local residents have not forgotten either, and all cemeteries I have visited over there are lovingly kept, neat and with flowers growing on every grave as well as cement markers clearly marked with names and full details. ■



Save the date!

Celebrate Active Aging Week with Touchmark! Events are planned during the week of Monday, Sept. 21 to Sunday, Sept. 27. Watch for more information to come.

Share your time and talents

Research continues on the positive impact of “giving back” in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

Coming events

Thursday, August 20, 7 to 8:30 pm
Presentation by Arlene Hahn from the Alzheimer's Society. Marquis Room.

Friday, August 21, 10 am
Roman Catholic Mass. Please welcome Father Reddy on his first visit to Touchmark. Marquis Room.

Sunday, August 23, 7 pm
European Concert From Istanbul, Turkey.
Video presentation of the Berlin Philharmonic Orchestra's 2001 performance. Fireside Lounge.

Monday, August 24, 2 pm
Birthday and anniversary party with musical entertainment by Maureen Shelton, "The Lady with the Million Songs." Grande Hall Dining Room.

Tuesday, August 25, 11 am
Lunch and outing to Fort Saskatchewan to see the newly dedicated Allard Family Park, accompanied by Frances Allard McLean.

Friday, August 28, 2 pm
Summer Games and Beer Gardens. Last games of the summer!

Going green—and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

Recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

At Touchmark at Wedgewood (Edmonton, Alberta), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to "Go Green" in numerous ways. Some examples are:

- Using and reusing cloth shopping bags;
- Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- Turning off lights and appliances when not in use;
- Turning down the thermostat in winter and up in summer;
- Using less water;
- Separating recyclables whenever possible;
- Taking advantage of community shuttles, buses, and other mass transportation offerings;
- Walking and cycling for better health and a healthier environment;
- Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Leanne Gugenheimer. ■