

Be active. Be healthy.

Join Touchmark in a celebration of a healthy lifestyle. Scheduled events will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

Here's the lineup for the week:

Monday, Sept. 21 ~ Fitness Day

Exercise your body and mind with these classes.

- 10 am: Rhythm & Moves
- 2 pm: Laughter Yoga with University of Alberta Professor Billy Streat, PhD

Tuesday, Sept. 22 ~ Walkathon benefiting CNIB

- 10 am: Registration and opening remarks by CNIB Director of Development Harold Grace
- 10:30 am: Walkathon begins
- 11:30 am: Barbecue

Wednesday, Sept. 23

- 10 am: Brain Aerobics
- 2 pm: Ping-Pong™ Tournament

Thursday, Sept. 24 ~ Bowling Tournament

Test your skills at Callingwood Bowling Lanes with



Touchmark neighbours and Caleb Manor residents. Please sign up by Monday, Sept. 21. Bus leaves at 12:30 pm.

Friday, Sept. 25 ~ Visual Arts & Crafts Show from 1 to 4 pm

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■

Celebrating 106th birthday by playing baseball

When asked what she would like for her 106th birthday, Lilian McCullagh immediately responded, "I would love to play baseball." Lilian is a lifelong fan of baseball and an ardent supporter of the Toronto Blue Jays.

Touchmark team members immediately went to work planning a baseball-themed birthday party and game for Lilian. The Health Services Neighbourhood courtyard was transformed into a baseball diamond, and lightweight bats and balls were purchased to make it easier for Lilian to realize her dream.

Over 100 people descended upon the Touchmark ballpark for the big event, with even more watching

from their windows. Peanuts, fresh popcorn, birthday cake, coffee, and punch provided the finishing touches for a perfect birthday at the ballpark.

After the singing of *O Canada*, Life Enrichment/Wellness Director Brenda Edmonds presented Lilian with a Toronto Blue Jays player's jersey that was sent to her by the team. The Blue Jays—who recognize Lilian as their oldest fan—also sent her three books about the team, a

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(cont.) hat, stuffed animal, and a birthday card from the organization. Lilian's granddaughters helped her put on the jersey, and it was time to play ball.

The 90-minute game was filled with excitement, especially when Lilian hit a home run during one of her two times at bat. Local reporters even covered the game. "It was just nice to see the ball move through the air," says Lilian—referring to her big hit—when interviewed for a local evening sports report.

Lilian's daughter Enid Stable explained her mother's love of baseball. "When she lived with us she ate her dinner in the living room in front of the TV every time the ball game was on!"

"This is the best birthday Grandma ever had!" said one of Lilian's family members. "We can't thank Touchmark enough for all the things you have done to make this such a wonderful event."

"The whole Touchmark community made Lilian's birthday wish come true," says Brenda. "Thank you to all the team members and residents who came together to enrich Lilian's life on such a momentous occasion!" ■

Picture yourself at Touchmark!



Relax on the patio and enjoy beautiful views of the wooded ravine. This 1,524-square-foot Robson bungalow offers two bedrooms, two bathrooms, cathedral ceilings in the living room and kitchen, a two-car garage, and in-floor heating in the basement. Call today for a personal presentation.

Afternoon sunshine fills suite 219. This home offers a gorgeous western view, bay windows, a walk-in shower, and kitchenette with a full refrigerator and microwave.



Located close to the community balcony on the second floor, this 622-square-foot home has one large bedroom, one bathroom, and access to Assisted Living services.

Proactive aging



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

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

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(cont.) There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too late to change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Touchmark's Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

“Today, gerontologists are discovering that age in years doesn't necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”

—*Baltimore Longitudinal Study of Aging*

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Touchmark at Wedgewood's event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

Let's play golf



Four teams hit the links for the third annual Touchmark Golf Tournament at the Lewis Estates Golf Course. Team Captain Bill Glen helped organize the event and was thrilled when his team came out victorious. “It was a fun day!” says Bill. Top photo, from left: Bill and his team Donna Parchewsky, Jean Babichuk, and Al Rempel.

Four-legged fashion and fun



A four-legged fashionable time was had by all as dogs, including Muffin (pictured), took to the “catwalk” for Touchmark’s Dog Fashion Show. Volunteers Annabel and Martina Plesniewicz worked with the “models” for several weeks in their Walking & Socializing classes, culminating with their graduation and fashion show. The models kept their two show outfits as graduation gifts and were eligible for a variety of prizes.

Coming Events

Monday, Sept. 21, 10 am
You’re sure to have a smile on your face as Touchmark kicks off Active Aging Week with a Laughter Yoga class.

Tuesday, Sept. 22, 10 am
CNIB Walk. Register at 10 am, followed by opening remarks by CNIB Director of Development Harold Grace and the Honourable Rona Ambrose, member of Parliament. Walk begins at 10:30 am, with Caleb Manor residents joining in the fun again this year. All are welcome to a complimentary barbecue lunch at 11:30 am.

Thursday, Sept. 24, 1 pm
Bowling Tournament with Caleb Manor residents, followed by

trophy presentations and refreshments. Callingwood Bowling Lanes.

Friday, Sept. 25, 1 pm
Touchmark Visual Arts & Crafts Show. Open to all Touchmark residents, friends, family, and staff. Pat Covington, provincial president of the Alberta 55 Plus Games, will organize the judging. Bring your items to the lobby for judging or make arrangements to have your items displayed in your home, and the judges and other interested participants will come to you.

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.