

# Celebrating health and well-being

Touchmark celebrated Active Aging Week, an annual event organized by the International Council on Active Aging to promote healthy lifestyles. The week-long celebration included offerings focused on whole-person wellness.



A Laughter Yoga class with University of Alberta Professor Billy Streaun, PhD, (center) had participants in stitches and was the perfect way to kick off the week's events.



Inge Telzerow, 72, is one of Touchmark's fitness instructors, teaching Keep Fit Wednesday and Saturday mornings. Inge shared her inspiring journey to fitness during the Brenda Edmonds Show. Her passion is teaching and promoting an active lifestyle. To date, Inge has won 37 gold medals. She has competed in Canada and the United States, including several

appearances at the World Masters Games. Recently, Inge won gold medals in the 10K and 20K cycling events at the 2009 55 Plus Games.



Touchmark's Charity Walk in support of the CNIB was a true community event. The Grade 4 students from Good Shepherd School and Caleb Manor Retirement Community residents joined in the fun, with all participants gathering for a barbecue after the event. Harold Grace, director of development for the CNIB, thanked everyone for participating in the walk. All donations gathered from the walk will go to support the CNIB in Edmonton.

Active Aging Week concluded with the Creative Writing and Visual Arts and Crafts Show, with residents encouraged to enter their work to be admired by their neighbours. Owen Jones was selected as the winner of the People's Choice Award for his woodworking entry. Mollie Ryerson won second place for her decorative crafts, and Sophie Hunchak received the third place award for her embroidery work. Pat Covington, provincial president for the 55 Plus Games, was on hand as one of the organizing judges. "Touchmark residents are very active and extremely talented!" says Pat. ■

## Fall ... a time for change



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

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive

not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one’s goals and resources. Here are a few questions designed to help evaluate your situation.

**How strong am I?** Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

**How happy am I with my relationships with friends, neighbors, and family?** When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

**Do I have trusted advisors?** Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships,

and don’t be afraid to make changes, if needed.

**What else can I do to support a healthy aging process?** Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Touchmark, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Brenda Edmonds. ■

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## It’s flu season

—Winona Phelps, RN  
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending (*cont.*)

(cont.) vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov)

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.

- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

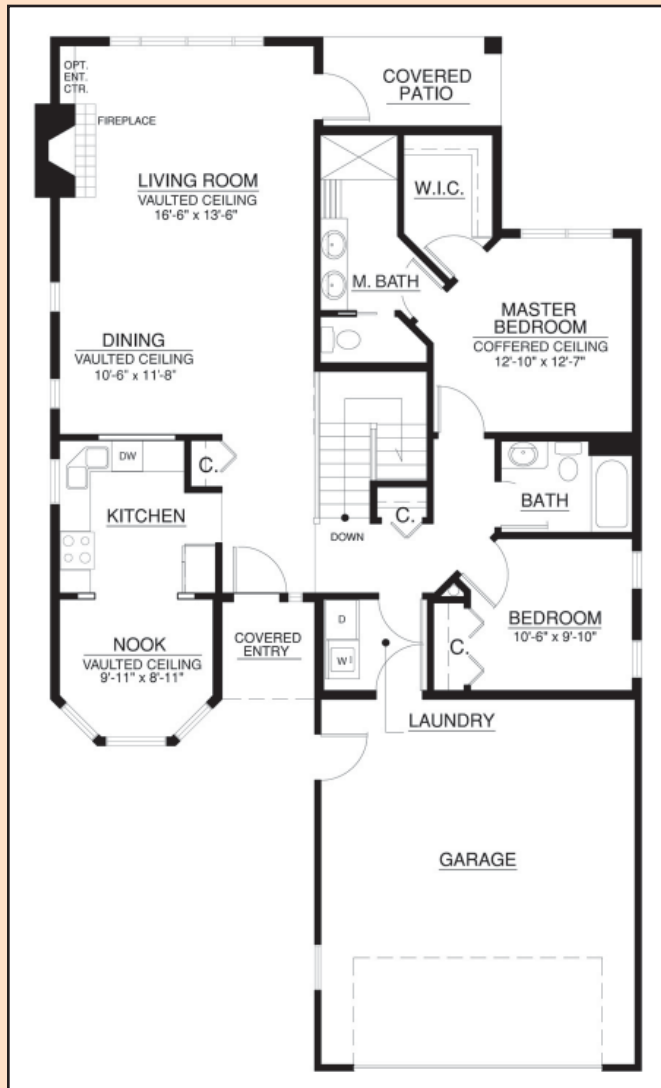
There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

## Harvest celebration



Over 70 residents and guests gathered over hot soup, freshly baked bread, and assorted pies as the Touchmark Community Gardeners (pictured) hosted a luncheon in celebration of the harvest. Attendees were invited to bring a vegetable from their garden or from a local farmers market to share. Ron and Muriel Vernon were announced as the new garden coordinators for next year. Pat McDaniel has held the role since the garden's inception. Ginger Potts from the Edmonton Community Garden Network joined in the fun and proclaimed Touchmark's Community Garden to be the 67th member of the Network. Residents and Touchmark Community Gardeners (from left to right) Ron Vernon, Alba Martinovich, Muriel Vernon, Nettie White, Pearl Warshawski, and Life Enrichment/Wellness Director Brenda Edmonds pose for a photo.

## Cozy up to the Touchmark lifestyle

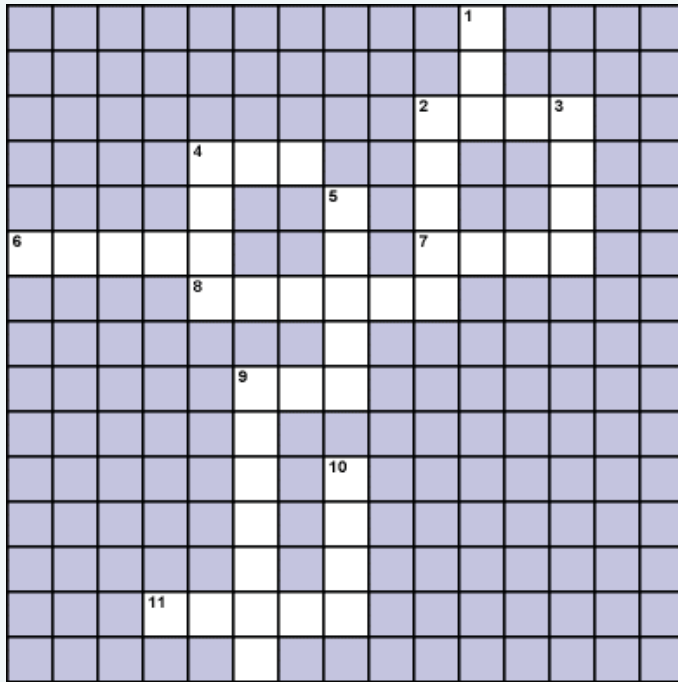


Discover year-round comfort and carefree retirement living in this Yoho bungalow. This delightful home offers 1,431 square feet of living space with two bedrooms and two bathrooms. You'll have plenty of room for entertaining family and friends in the large living and dining areas, and the attached two-car garage provides space for convenient storage and parking your car out of the elements. All this, plus access to all the services and amenities Touchmark has to offer. Now that's the good life!



Bask in the Touchmark lifestyle from suite 318. The large windows of this third-floor, 644-square-foot home allow you to take in the downtown view. With one bedroom, one bathroom, and a spacious corner kitchen, this suite can be your "home base" for the retirement of your dreams. Call today for a personal presentation.

## Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

**Across**

2. red

4. by

6. clothes

7. our

8. wait

9. aunt

11. there

**Down**

1. sea

2. write

3. dear

4. blue

5. knight

9. aloud

10. for

**Answers**  
**Across:** 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their.  
**Down:** 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

## Coming Events

**Sunday, Oct. 11, 5:30 pm**

The Grande Thanksgiving Buffet.  
Reservations required.

**Tuesday, Oct. 13, 1:30 to 3:30 pm**

SCAT Meeting. Refreshments served.

**Friday, Oct. 16, 10 to 11 am**

Roman Catholic Mass with Father John Reddy.

**Monday, Oct. 19, 2 to 3 pm**

Birthday/Anniversary Party with entertainment provided by The Old Smoothies.

**Thursday, Oct. 22, 2 pm**

Make A Difference Day. Please bring your clothing donations to the front desk before 1 pm.

**Saturday, Oct. 31, 7:15 to 8:30 pm**

Halloween Party—'50's style! Entertainment provided by the Sentimental Journey Entertainers and Elvis. Grande Foyer.