

Hail to the veterans!

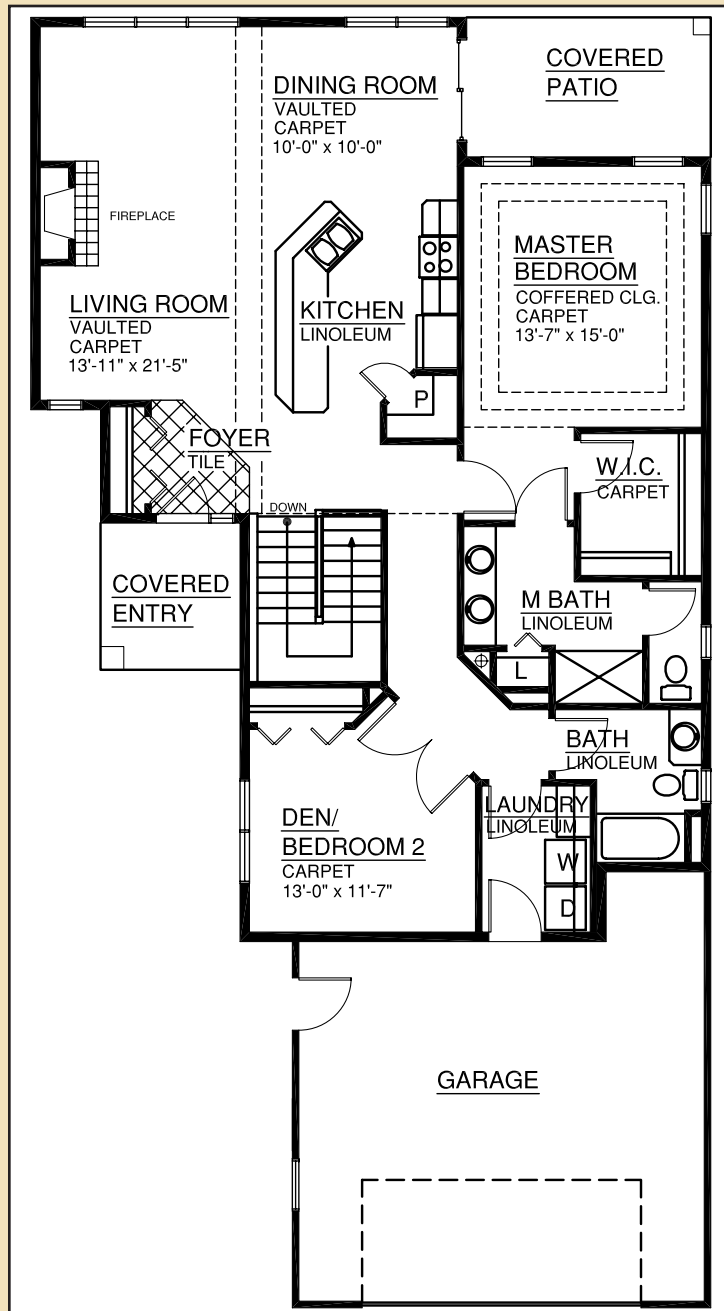
Touchmark residents did not need to look far for a fitting Remembrance Day. Touchmark's annual Remembrance Day Service, organized and run by the Events Committee, has become a meaningful and important celebration for the community.

During this year's service, a sea of poppies decorated the Grande Hall. The audience stood as veterans entered the room while their names and branches of service were announced. The sounds of a piper accompanied the introduction of the veterans. The singing of *O Canada* began the Order of Service, and the Touchmark Glee Club sang *Our Help in Ages Past*.

Remembrance Day is observed to recall the end of World War I in 1918. The Order of Service continued with a *Prayer of Remembrance* given by resident Don Smailes. Resident Ron Vernon presented a wreath of remembrance. Then resident and Major Frank Battershill spoke about the 65th Anniversary of D-Day. Following the event, everyone gathered to visit and enjoy the Remembrance Day display in the Grande foyer. ■



Be home for the holidays



Boasting over 1,600 square feet of living space on the main floor, this Fairmont bungalow offers two bedrooms, two bathrooms, and a two-car garage. Soaring windows welcome streams of natural light into this elegantly designed home. The vaulted ceilings in the great room and foyer—and nine-foot ceilings throughout the rest of the home—add a sense of spacious comfort. Cooks and entertainers will appreciate the kitchen’s ample storage, corner pantry, and large island. The spacious master suite leads to a full ensuite and a walk-in closet. Customize the basement to suit your needs and lifestyle! This home is conveniently located close to shopping, the Queen Elizabeth II Highway, the Anthony Henday Highway, and Edmonton International Airport.



Suite 126 offers 548 square feet of living space, one bedroom, and one bathroom. Located on the main floor, this home offers just the right amount of privacy while being close to the action. Get a breath of fresh air on your patio while looking over the sunny green space. This home offers a kitchenette, walk-in shower, and access to Assisted Living services. Call today for a personal presentation.

Watch for your 2010 calendar

Celebrations ... they enrich our days and enhance our lives. The 2010 Touchmark Calendar captures an entire year of celebrations. Each month highlights a different aspect of Touchmark's nationally acclaimed Full Life Wellness & Life Enrichment Program. December highlights some of the talented, published authors who live in Touchmark communities. Last year's calendar, featuring the theme Destination ... Discovery, received a National Mature Media Merit Award. Residents and staff receive copies of the calendar. Others interested in receiving a copy of the calendar may contact a member of the Sales team.



Nurturing our spiritual selves



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

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, National Interfaith Coalition on Aging

How is it that we don't quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report *(cont.)*

(cont.) they have a spiritual connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Touchmark at Wedgewood encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact a member of the Life Enrichment/Wellness team. ■

Be fit with new fitness class

Touchmark's new weight training class is in full swing! Stop by Wednesdays and Saturdays at 10 am to enjoy the benefits of regular strength training:

- Maintained or increased muscle mass;
- Improved strength and flexibility;
- Reduced body fat;
- Maintained or increased bone density and strength;
- Potential reduction in LDL (bad) cholesterol, triglycerides, and glucose, and improved HDL (good) cholesterol. ■

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!

Coming Events

Tuesday, Dec. 15, 1 pm

Hamper Delivery and Coffee Social for Baywood Seniors. Join friends and neighbors as 12 holiday hampers are delivered to low-income seniors. A holiday gift basket will be presented to the Baywood Drop-in Centre.

Wednesday, Dec. 16, 5:30 pm

Resident and Family

Christmas and Holiday Dinner. Reservations required.

Wednesday, Dec. 16, 8 pm

Glee Club Christmas and Holiday Concert. Grande Foyer.

Monday, Dec. 21, 2 pm

Birthday and Anniversary Party with entertainment by the Golden Girls. Grande Hall.

Tuesday, Dec. 29, 2 pm

Children's Holiday Party.

Invite your grandchildren to this fun event, featuring a Cirque du Soleil movie, refreshments, and a gift bag for every child. Register your grandchild at the front desk by Dec. 21. Fireside Grill.

Thursday, Dec. 31, 7 pm

New Year's Eve Dance, with musical entertainment by Colleen Lazoruk. Grande Foyer.