

New year brings expansion of services

This holiday season, a record number of friends, family, and residents gathered for the Christmas dinners. The Dining Services team created delicious meals. I look forward to more special catered events with the community this year.

The unseasonably warm weather this month seemed to signal the start of a new year. With 2010, we're all looking forward to the Winter Olympics. For Canadians, the theme for the Olympics is Paint The Town Red. When the Olympic torch recently traveled through Edmonton, residents showed their support and pride by wearing red.

The new year brings some exciting expansion in Touchmark's services, as well. We're adding new 24-hour

staffing, hiring a part-time licensed practical nurse for afternoon-evening shifts, and expanding the Assisted Living registered nurse's schedule to three days a week. In March, an overnight health care aide position will be added.

I invite you to come and experience the growing, dynamic Touchmark community. May you and yours enjoy a joyous new year!



Leanne Gugenheimer
Executive Director

Winter celebrations



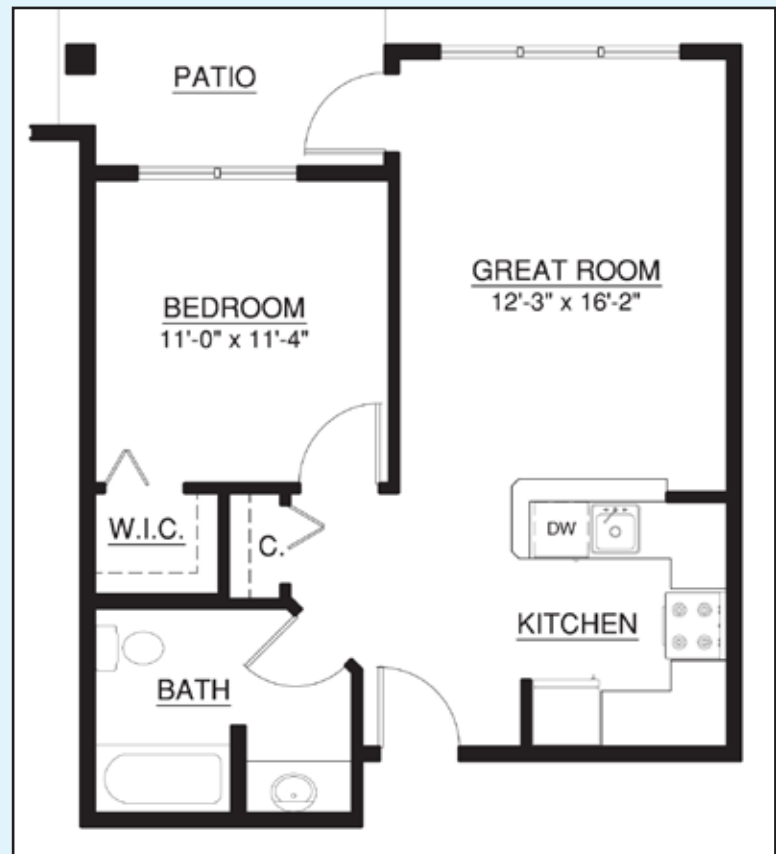
Celebrations filled the holiday season. The Children's Holiday Party brought 16 children, from five months to 14 years of age, to celebrate the season with their grandparents and great-grandparents. The holidays continued with Christmas and holiday parties, including a Ukrainian Christmas. Team members jazzed up the season with caroling, and dancing helped bring in the new year.

There's "snow" place like home!



Leave behind worries about frozen pipes and shoveling snow as you enjoy the Touchmark lifestyle. This 2,040-square-foot Whistler bungalow offers three bedrooms, two bathrooms, and a two-car garage. A cozy gas fireplace, vaulted ceilings, and charming patio are the icing on the cake of this lovely home. Call today for a personal presentation.

Located on the main floor, suite 142 offers one bedroom, one bathroom, and peace of mind! Leave home maintenance and security worries behind as you live the good life at Touchmark. This lovely home has a full kitchen, private patio, and soaring ceilings. The large windows allow light to pour into this bright home. The cold winter weather doesn't lead to hibernation at Touchmark. The national award-winning Life Enrichment/Wellness program provides plenty of year-round opportunities. Call or stop by today.



20in10: What's on your list today?



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

“Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor.” — Brian Tracy, author and speaker

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It’s certainly not a concept without merit in today’s seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it’s up to me!”

No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark’s 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Brenda Edmonds. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■



Coming Events

Fridays, Jan. 22 and 29, 2 pm

Stepping Out indoor walking program. See page four for details.

Monday, Jan. 25, 5:30 pm

Robbie Burns Day. Celebrate the 251st anniversary of the birth of Scotland’s famous poet and songwriter. Highland dancers will entertain the crowd, and the shrill of pipes will be heard marking the entry of the haggis. Per tradition, Burns’ Address of the Haggis will be recited. Don’t miss this festive celebration!

Tuesday, Jan. 26, 10:30 am

Trip to the River Cree Resort & Casino. Complimentary lunch.

Thursday, Jan. 28, noon to 2 pm

Hawkstone Pharmacy Customer Appreciation Day. Light lunch provided.

You said it!

"We would like to take this opportunity to thank all the people that came to listen to Jean Babichuk and myself (Donna). Also, how wonderful of everyone who made the cookies; I heard comments from the men on the street, 'These are homemade! Awesome!' And for all the clothes, shoes, gloves, and socks. Please remember we can always use socks and funds [to provide more resources for the homeless]. Thank you for those who made cash donations. May the Lord bless you all!"

Donna Parchewsky

—Resident

Walking to Hawaii

Who says you can't walk on water? Members of the Touchmark Stepping Out indoor walking program have laced up their shoes and are tracing the 3,203 miles to Hawaii. The group started in early January, but new walkers are welcome to join every Friday at 2 pm. Participants can track all miles walked outside of the Friday gathering and write them in the Special Events Binder at the front desk. Once the goal of 3,203 miles is reached, the group will celebrate with a festive luau. ■

A sampling of captions



Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here's a sample of some. Enjoy the creativity and fun!

"Trying for a hole in ten."

~ Resident Stella Mae O'Connell, Vancouver, Washington

"Hah! Bet you didn't even notice my shoes are different colors!"

~ Resident Gail Kristensen, Sioux Falls, South Dakota

"FORE!"

~ Resident Frank Battershill, Edmonton, Alberta

"Arnie Palmer could do it!"

~ Resident Daniel Reitan, Fargo, North Dakota

Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

Answers:

1. Yesterday, Today, and Tomorrow

2. The woman was a

photographer. She shot

a picture of her husband,

developed it, and hung it up to

dry

3. Charcoal