

# A wee bit o' Scotland



In honour of renowned Scottish poet Robbie Burns, residents got a taste of the highlands at Touchmark's Robbie Burns Day celebration. Resident and master of ceremonies John Stuart (top right) read the *Address to a Haggis*. Touchmark Bus Driver Scott McDonald recited Burns's *Immortal Memory*, and Reverend Joshua Phillpotts read *Selkirk Grace*. Other entertainment included pipers John Miller and Haggis McBagpipe (aka Life Enrichment/Wellness Director Brenda Edmonds), a presentation by the McKinnon School of Highland Dance, and a Scottish sing-along with resident Irene Hokanson on the piano. Participants enjoyed a traditional Burns dinner with fine scotch for toasting. The evening concluded with the group singing *Auld Lang Syne*.



## Coming Events

**Monday, Feb. 22, 2 pm**  
 Birthday & Anniversary Party featuring Mr. Melody. Grande Hall Dining Room.

**Tuesday, Feb. 23, 11 am**  
 Celebrate Chinese New Year at Mirabelle Restaurant. \$20 per person.

**Friday, Feb. 26, 2 pm**  
 Health Talk. You've Got

Rhythm, with Touchmark Registered Nurse Benie Plesniewicz. Fireside Lounge.

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

# Brain Builders



## Word Mine Activity

Inside the phrase “You’re my hero” are several words, using two or more letters. Two examples are below. Find as many as you can.

You’re my hero

emyr

hey

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

	eye	ye	home
romer	myrth	humor	homer
rum	more	our	or
her	merry	hour	you
moo	moor	oh	hey
rhyne	hurry	rye	here

*Answers (other answers may be possible):*

## Enjoying Valentine’s Day



Touchmark has an ongoing partnership with Good Shepherd Elementary School. Three Grade 4 classes crafted and wrote Valentine’s greetings for their friends at Touchmark. One student wrote, “Dear friend, have the best Valentine this year, and has cupid hit you with his arrow yet?” Earlier in the week, Life Enrichment/Wellness Director

Brenda Edmonds dressed as cupid for the Love Songs & Elvis event. ■

*May this month’s humor feature warm your heart and entice you to eat more fruits and veggies.*

### A Food Valentine

- Cabbage always has a heart;
- Green beans string along.
- You’re such a Tomato,
- Will you Peas to me belong?
- You’ve been the Apple of my eye,
- You know how much I care;
- So Lettuce get together,
- We’d make a perfect Pear.
- Now, something’s sure to Turnip,
- To prove you can’t be Beet;
- So, if you Carrot all for me
- Let’s let our tulips meet.
- Don’t Squash my hopes and dreams now,
- Bee my Honey, dear;
- Or tears will fill Potato’s eyes,
- While Sweet Corn lends an ear.
- I’ll Cauliflower shop and say
- Your dreams are Parsley mine.
- I’ll work and share my Celery,
- So be my valentine.

[www.basicjokes.com](http://www.basicjokes.com)



## Lessons from our elders



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

*"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"*

—Harold Duckett, Ocnomowoc,  
Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our

preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Touchmark, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

# 2010

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## 20 Tips to Wellness You Can Do in 10 Minutes™

*Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.*

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to renew your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

## Ten minutes to boost your well-being

Stop by the East Activity Room Mondays at 10 am for 10 minutes of fun activities that help support whole-person wellness. It's part of the *20in10* campaign. Join the fun. Invigorate your life. ■

### This is the life!



This beautiful Yoho bungalow can be your year-round base camp for relaxation and adventure. The 1,431-square-foot home offers two bedrooms, two bathrooms, vaulted ceilings, a gas fireplace, and a double-car garage. The open dining room provides an elegant setting for entertaining, and a charming patio is located just outside the living room. Call today for a personal presentation.



Located on the main floor, corner suite 136 offers 644 square feet of living space, a full kitchen, one bedroom, and a spacious bathroom, featuring a bathtub and shower with grab bars. There is a lovely view of the ravine to the southwest and access to all of Touchmark's services and amenities, including the award-winning Life Enrichment/Wellness program. Call or stop by today.