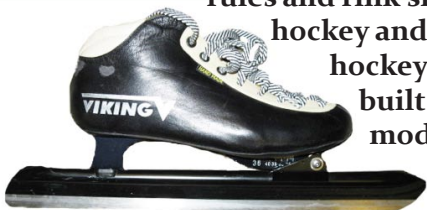


# Brenda Edmonds Show takes to the ice

The latest installment of the Brenda Edmonds Show, Olympics & Paralympics, highlighted the 2010 Winter Olympics. Athletes Wendy Duke and Dean Krawec discussed their experiences with the Olympics and Paralympics. Wendy, a former national speed skater who has been to several winter Olympic games, gave residents the inside scoop on the Vancouver and Whistler venues. She also showed a pair of the new speed skates that professional skaters currently wear in competition. Dean is the goalie and coach for Edmonton's sledge hockey team and displayed two sledges designed for players with physical disabilities, assorted sticks, his goalie glove, and medals and trophies that he and the team have won. Dean explained that sledge hockey has the same rules and rink size as traditional hockey and that most new hockey rinks are now built with sledge hockey modifications built into the design.



## Laugh your way to good health

Life Enrichment/Wellness Director Brenda Edmonds recently completed the Laughter Yoga Leader course at the University of Alberta and is now certified to lead Laughter Yoga. When laughter guru and University of Alberta Professor Billy Streaan, PhD, visited the community last fall, he encouraged Brenda to take the certification, which requires 14 hours of intensive training.

Brenda introduced Laughter Yoga at the start of a recent fitness class. She formally launched the Touchmark Laughter Club this month. The public is invited to participate in a club gathering Wednesday, April 14 at 2 pm.

Laughter Yoga includes yoga breathing and gentle stretching. There is a set of steps and 40 Laughter Exercises, as well. When a group starts laughing, the giggles and smiles grow into genuine laughter that produces physiological and psychological benefits. To learn more, visit [www.laughteryoga.org](http://www.laughteryoga.org), and watch the Life Enrichment/Wellness calendar for the next scheduled class. ■

## Spring into the good life!



Suite 221 is a cozy 402-square-foot studio home with access to assisted living services. Folding doors separate the bedroom from the main living area, and the bathroom is equipped with grab bars and a walk-in shower. Enjoy meals with your neighbours in Touchmark's dining room or stay in and dine in your home's cozy kitchenette and dining area. Located on the second floor, this suite is close to the community balcony.



Experience the life-enriching benefits of the dynamic Touchmark at Wedgewood community. Bungalow 59 is a spacious 1,617-square-foot home, offering two bedrooms and two bathrooms. The open floor plan features a gas fireplace, spacious kitchen and dining room, a walk-in closet, and expansive windows and high ceilings. Call or stop by today for a personal presentation.

# 2010 in

## 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.*

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

## Coming Events

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

**Wednesday, April 7, 3:30 to 4:30 pm**

Interdenominational Easter Communion Service with Reverend Joshua Phillpotts. Marquis Room.

**Friday, April 9, 2 to 3 pm**

The Brenda Edmonds Show. Don Smailes discusses his trip to Colombia. Marquis Room.

**Thursday, April 15, 2 pm**

Monthly Birthday and Anniversary Party. Entertainment by Country Sunshine. Grande Hall Dining Room.

**Thursday, April 22, 2 to 3 pm**

Volunteer Appreciation Party. Grande Hall Dining Room.

**Monday, April 26, 2 to 3 pm**

West End Seniors Choir. Refreshments to follow. Marquis Room.

## A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



**"Stick 'em up! This a robbery."**

~ Resident Marion VanDinter

**"Two naughty raccoons minus the dunce cap."**

~ Resident Eve Brousard

**"Hallelujah."**

~ Resident Nancy McLaughlin

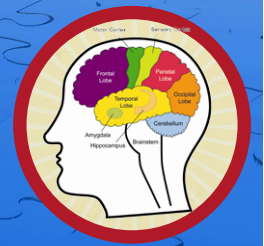
**"What's the big deal. We didn't mean to do it."**

~ Resident Larry VanZummeren

**"Thank you ladies and gentlemen, and for our next number ..."**

~ Resident Clare Peters

## Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

- |                      |                  |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____  |
| 2. MILL: __ milk__   | 11. EGO: _____   |
| 3. BATTER: _____     | 12. BATON: _____ |
| 4. HEAT: _____       | 13. HAT: _____   |
| 5. MEET: _____       | 14. RIDE: _____  |
| 6. BORN: _____       | 15. STEAL: _____ |
| 7. DEMON: _____      | 16. DISH: _____  |
| 8. FORK: _____       | 17. TUNE: _____  |
| 9. REEF: _____       | 18. OATH: _____  |

- ANSWERS
- |           |          |           |           |
|-----------|----------|-----------|-----------|
| 1. bread  | 5. meat  | 9. beef   | 14. rice  |
| 2. milk   | 6. corn  | 10. soup  | 15. steak |
| 3. butter | 7. lemon | 11. egg   | 16. fish  |
| 4. bear   | 8. pork  | 12. bacon | 17. tuna  |
| 13. ham   | 18. oats |           |           |

## Moments of Pride—in the future



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

*“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.” —Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe*

The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities.

Resident and team member volunteers are active in all locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

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## Dance your way to better balance



**Improve your balance and agility with Country Line Dancing lessons. Xanthy Dizon (in purple shirt), 14, is a singer and dancer and is volunteering to lead the dance classes with the help of her cousin Chantelle Menssa (front, far right), age 9. Watch the Life Enrichment/Wellness calendar for the next class.**