

# Celebrating *Moments of Pride*: honoring inspiration

*The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Touchmark will feature photos and stories that highlight moments of pride for residents and team members.*

Colin Gerke's great-grandmother Lilian McCullagh is his inspiration. He entered a photo (Lilian playing baseball for her 106th birthday) into the Dr. Roberta Bondar photo contest and won first prize. With his entry, Colin submitted the following:

"My great grandmother is my inspiration. She published a book at the age of 87 and now, at the age of 106, can still beat me at crib and Scrabble™. She is always open to new ideas, which says a lot for someone who remembers seeing an 'automobile' for the first time! She was a teacher; she played competitive baseball when she was young; and she was a columnist for the Winnipeg Free Press for several years."

As the winner, Colin received tickets to the keynote presentation *Dreams, Curiosity, Ideas – the Creative Elements of Innovation* by Dr. Roberta Bondar as well as dinner prior to the keynote. Colin and his family, including Lilian, attended the dinner.

Roberta Bondar, MD, PhD, is Canada's first woman astronaut as well as a passionate photographer. In

conjunction with the Northern Alberta Institute of Technology, Dr. Bondar held the photo contest for junior high and high school students.

To see the winning photo, visit [www.nait.ca/59100.htm](http://www.nait.ca/59100.htm). To read the story behind the photo, copy and paste this link into a browser and a PDF should open: [TouchmarkEdmonton.com/enewsletters/094455-september09.pdf](http://TouchmarkEdmonton.com/enewsletters/094455-september09.pdf). ■



**Colin Gerke stands next to his great-grandmother Lilian McCullagh while receiving his first-place prize from Dr. Roberta Bondar for**

**his inspirational photo. Colin photographed Lilian playing baseball for her 106th birthday. When Lilian joined Colin on stage, she received a standing ovation.**

## Unexpected consequences



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

*“Some kids are so busy they have no time to play. Others have no place to play and no one to play with. Some kids spend so much time front of TV and computer screens that they forget how to play.”*

*— Anonymous, wall mounting in children’s art exhibit area, Museum of Glass, Tacoma, Washington*

School budgets continue to be cut. Physical education and recess already are long gone in many elementary schools in North America, and art and music services are being trimmed. It seems that test scores are the only measure many school districts are paying attention to in the quest for high-tech geniuses.

Imagine having the opportunity to nurture relationships and physical activity, creativity, communication, and learning in today’s children.

Touchmark understands the need to address childhood obesity; to nurture communication (without the aid of computers and text messaging) in children and young adults; and to foster caring relationships with trusted older adults. The intergenerational programming at each Touchmark community is designed to influence all of these areas and provide lasting moments of pride and fun for participants.

As research results continue to be shared, we realize that we are raising a generation of individuals who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact Life Enrichment/Wellness Director Brenda Edmonds. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

### Did you know?

#### Facts about children’s brain power

- The brain is the most unfinished organ at birth.
- The brain grows to 90 percent in the first 3 years.
- 700 new synapses (neural connections) are made every second in the first year.
- By age three, a child’s brain is twice as active as an adult’s.
- By age six, “linguistically rich” children have 20,000 words.
- When children feel secure, serotonin production helps their brain cells connect.
- When children are stressed, cortisol production activates the fight or flight part of their brains.

—The above information is drawn from research done by Harvard University’s Center for the Developing Child. For more information about children’s brain development, visit: <http://developingchild.harvard.edu/>

# 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.

- Write a poem.
- Count your blessings.
- Make a cup of tea.
- Take a picture.
- Take a bubble bath.
- Brush your teeth for at least two full minutes.
- Let someone cut in front of you in a line.
- Clean out your refrigerator.
- Park at the far side of the lot and walk to the store.
- Write a note to someone special.

## Coming Events

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

### Tuesday, May 18, 2 pm

Journey to Mecca at the Telus World of Science. Cost: \$20 per person.

### Wednesday, May 26, 10 am to 2 pm

Personal Touch Fashions. Grande Foyer.

### Friday, May 28, 7 pm

An evening of dancing and musical entertainment by Wes and Wendy. Grande Foyer.

## National training sharpens skills, promotes exchange of ideas



During April, Life Enrichment/Wellness teams from around North America gathered in Portland, Oregon, for yearly training. Life Enrichment/Wellness Director Brenda Edmonds (center) attended the three days of presentations and workshops. Chuck Adams and John Rochford of Plus50 Inc., gave the keynote presentation on *Rediscovering Your Passions and Pursuing Purpose In Your Life*. The training also featured group presentations from team members. Brenda and her co-presenters discussed how to enhance lifelong learning and work with community partners. Brenda also led a Laughter Yoga demonstration.

Join the online community. Touchmark is now on Facebook!





## The grass is greener at Touchmark!



This 1,524-square-foot Robson bungalow offers two bedrooms, two bathrooms, and access to all of Touchmark's services and amenities, including the award-winning Life Enrichment/Wellness program. The kitchen is designed for efficiency and beauty. There's a private deck, formal dining room, and master bedroom. Call today for a personal presentation.



Located on the main floor, suite 142 offers one bedroom and one bathroom. This lovely home has a full kitchen, private patio, and soaring ceilings. The large windows allow light to pour into this bright home. Call or stop by today.