

A visit from a ventriloquist



One of the highlights on the Touchmark calendar is the monthly Brenda Edmonds Show, and the recent show did not disappoint. Ventriloquist Ari Hoeksema and his sidekick Dr. Sigmund



Fraud delighted the crowd. Ari shared stories about his life as a ventriloquist and even taught the audience some of the tricks of his trade. Using popsicle sticks, Ari taught residents how to throw their voices. Since the show, many residents have been spotted practicing their new skill. "This was a first for the show," says Life Enrichment/Wellness Director Brenda Edmonds. "I have never interviewed a ventriloquist before—I was afraid he was going to make my microphone talk to me!"

I remember when ...



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

"Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning." — Albert Einstein

So many shared moments of pride and defining events associated with strong emotions start with the phrase, "I remember when ..." As we come to the season of patriotic pride for Americans and Canadians, there is value in remembering historic examples of our countries'

abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England's Prime Minister Winston Churchill and Canada's Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered "luxuries." They stressed that we would need to cope with

scarce resources of day-to-day staples and necessities. In today's world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

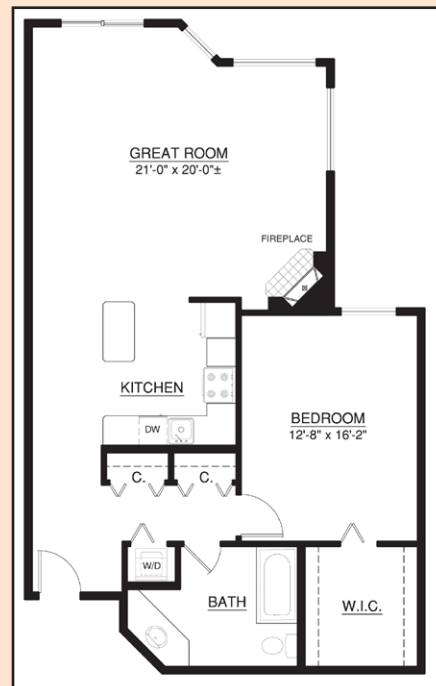
Touchmark's Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out about opportunities at Touchmark, contact Life Enrichment/Wellness Director Brenda Edmonds. You *can* make a difference. ■

Share in the Good Life!



This Fairmont (model) bungalow offers plenty of room for visitors and hobbies, with easy access to all the community amenities. The 1,617-square-foot bungalow has two bedrooms, two bathrooms, and a large great room for entertaining.

Phase II begins ~ Six new adult villa floor designs will be unveiled July 9. Stop by the Fairmont to learn more.



Call today for a personal presentation of this spacious 1,109-square-foot suite. Suite 304 offers a large bedroom, oversized bathroom, rich laminate flooring, a cozy corner fireplace, and a Life Lease Plan.

Highlights of what's happening



Alberta Minister of Transportation Luke Ouellette (far left) and Member of the Legislative Assembly David Xiao (far right) enjoyed an elegant dinner at Touchmark as part of the Alberta Cabinet Tour. Minister Ouellette stated during his speech that he would personally tell Premier Stelmach that if he is invited to dinner he should accept. The invitation is in the mail.



Teams gathered and played in the pouring rain for the fourth annual Golf Tournament at Lewis Estates Golf Course. A trophy was given to the winning team.



Members of the Touchmark Glee Club entertained family and friends at their Spring Concert. Following the performance, club members

participated in a wine and cheese social with the audience.



Twenty students from Good Shepherd School entertained residents with a drumming program. Following the concert, residents and the children enjoyed an ice-cream social. "This visit is all that I hoped it would be," says the classroom teacher, Mrs. Kehoe. This visit was the children's last visit until they return in the fall to participate in Touchmark's Active Aging Week CNIB Walk.

Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda, Life Enrichment/Wellness director, is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit www.laughteryoga.org.

[Click here to watch the video.](#)

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.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.

Coming Events

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

Wednesday, July 7, 2 pm

Touchmark Laughter Club.
East Activity Room.

Thursday, July 8, 10 am to 3 pm

Lunch Cruise on the Edmonton Queen Riverboat.
Cost: \$32 per person.

Monday, July 12, 2 pm

Birthday and Anniversary Party with entertainment by Ron Wonder. Grande Hall Dining Room.

Friday, July 23, 7 pm

Friday Night Dance with Dwayne Cannon. Grande Foyer.

Tuesday, July 27, 11 am

Enjoy the Perfect Summer Picnic at Hawrelak Park.
Cost: \$10 per person.

Wednesday, July 28, 2 pm

Health Talk—Fall Prevention. Presented by Bernie Plesniewicz, RN. Marquis Room.