



Keep your brain and body active

Join Touchmark for fun events that will motivate you to incorporate healthy activities into your daily life. All are welcome, and there is no charge.

Wednesday, Sept. 22

- 2 pm: 20in10 charades. Enjoy a twist on classic charades. Mime health-enhancing activities.

Monday, Sept. 20

- 10 am: Brain Aerobics. Blend heart-healthy fitness with brain-building exercise
- 2 pm: Brain Builders. Build your brain with interactive games and activities.



Thursday, Sept. 23

- 2 pm: Dance to the tunes of recording artist Dwayne Cannon.

Friday, Sept. 24

- 2 pm: Laughter Yoga and Meditation.

For more information, call 780-577-5000.

Tuesday, Sept. 21 – CNIB Walk and barbeque to follow

Walkathon benefiting CNIB. All fitness levels are welcome to participate. (ATB Financial is sponsoring the walkathon.)

- 10 am: Registration.
- 10:20 am: Stretching.
- 10:30 am: Walkathon.
- 11:30 am: Complimentary barbeque lunch.

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. ■

Pink hair for a cause



Have you always wanted to see what Executive Director Leanne Gugenheimer would look like with pink hair? If so, lace up your walking shoes and help Touchmark reach its goal of raising \$3,500 through the third-annual CNIB Walk!

One of the many planned events during Active Aging Week, the CNIB Walk draws over 100 people to stroll, walk, or run around the Touchmark at Wedgewood campus. Among the expected attendees are 60 grade

four students from Good Shepherd Catholic School, residents from Caleb Manor Retirement Community, the Westend Seniors Walking Group, Touchmark residents, team members, family, and friends. The walk will be followed by a barbeque lunch.

Members of the CNIB will be on hand to officiate and start the walk. The Running Room provides the start and finish signs as well as all the walkers' numbers. ■

Discover Touchmark

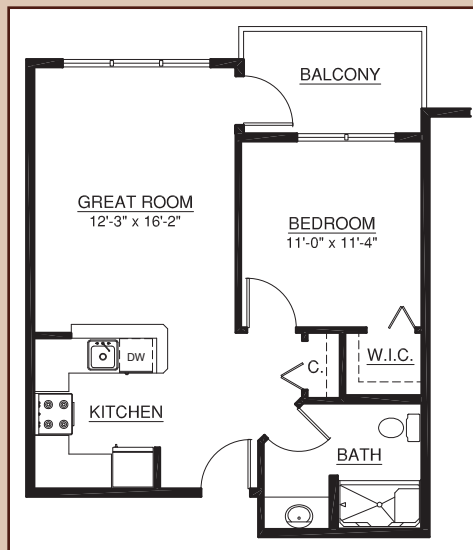
Touchmark and Celebration Homes have an exclusive contract to build executive lifestyle bungalows. Please drop by to view the new floor plans or to schedule a tour. Show home hours are Monday through Friday (10 am to 5 pm) and weekends/holidays from noon to 5 pm.



Maple hardwood floors add warmth to the nook, kitchen, dining room, and living room of bungalow 65. Traditional maple cabinets with crown moulding are featured. The bathroom includes a fibreglass soaker tub and centago seat in the shower. The kitchen nook is stationed at the front of the home, overlooking the front yard. Call today for a tour.



Located on the main floor, suite 142 features a tub and patio. Call or stop by today.



This third-floor suite offers an excellent view from its balcony. Suite 333 includes a vaulted ceiling.

A visit for peace and understanding



Touchmark residents were among the thousands that greeted the giant Jade Buddha for Universal Peace during its recent stop in Edmonton. The largest Buddha carved from a single piece of gemstone-quality jade in the world, the statue tours the world promoting universal peace. It is believed that the Jade Buddha can bring inner peace and happiness to those who see it. Harriet Younie was among the Touchmark group that made the outing to see the statue. “This is a once-in-a-lifetime opportunity,” she said.

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.

- Work on a puzzle
- Use the dictionary.
- Watch the news.
- Try a new healthy food.
- Read a biography.
- Reorganize a room.
- Compliment five people today.
- Call a friend and talk about something funny.
- Find a quiet place. Close your eyes. Breathe slowly and visualize a calm, beautiful scene.
- Eat an apple.

Brain Builders



Generate verbs! Think of and write down anything that a child does.

For example: play

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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Wedding bells at Touchmark

The Marquis Room was transformed into a wedding chapel for the marriage vows of Life Enrichment/Wellness Assistant Marie Francoise Gabrielle “Jocelyne” Forseth and Douglas Herbert Falk. All residents and team members were invited to share in the couple’s joy as they celebrated their special day.

“I wanted all the residents to share in my special day!” says Jocelyne. “They are part of my family.”

One resident, James Peterson, accompanied Jocelyne down the aisle and gave her away. Another resident, Wendy Rempel, was the official wedding photographer, and the HSN Glee Club performed as part of the program. Darlene Desjarlais, a stylist in the salon, sang, and Life Enrichment/Wellness Director Brenda Edmonds offered the toast.

The bridal party arranged for cake and punch to be served following the ceremony. A small dinner party was planned for later in the evening. Mr. & Mrs. Falk honeymooned in Quebec.

Residents in the Health Services Neighbourhood hosted a bridal shower for Jocelyne the week prior to her wedding. Pink was the color of the day, with pink cake and punch served, pink decorations throughout the room, and the bride dressed in pink. ■



Successful aging lived by a mentor



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

“Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives.”

— *Robert Butler, MD, 1927-2010*

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early

’70s—before I even knew that I would be interested in a career in the emerging field of “healthy aging.” I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word “aerobics”).

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other “firsts” under his leadership are coining the work “ageism,” creating a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts who presented the keynote at the *(cont.)*

(cont.) American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is "... reaching one's potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others." (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact Brenda Edmonds, Life Enrichment/Wellness director at Touchmark. ■

Coming Events

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

Friday, Sept. 10, noon to 2 pm

Join the Touchmark Garden Club at a Harvest Soup Potluck Lunch. All are welcome. East Activity Room and Patio.

Sunday, Sept. 12, 2:30 to 3:30 pm

Celebrate Grandparents Day with an ice-cream social in the Ravine Café.

Thursday, Sept. 16, 2 pm

Birthday and Anniversary Party, with entertainment by The Golden Girls. Grande Hall Dining Room.

Monday, Sept. 20 through Friday, Sept. 24

Active Aging Week. See page one for more information.

Tuesday, September 28, 11 am

Lunch Out at Cora's Restaurant. Please bring lunch money.

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?

Because he was in high school.

Why did the student eat his homework?

The teacher told him it was a piece of cake.

What is the tallest building in any city?

A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.

The winner is ...



Wendy Rempel received the most votes in the alpaca photo contest, which featured various pictures of a group outing to Saumer Time Alpaca Ranch near Onoway, Alberta.

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the
Fiesta!



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www.landmarkford.com/fiesta-voting.htm

*Please note! Only one vote per day, per location.
So please vote from your home computer.*