

Pink for a cause

Over 120 pairs of shoes walked their way to pink victory during the third-annual CNIB Walk. Judging by the pink tresses of Executive Director Leanne Gugenheimer, it was a successful fund-raiser to help Canadians affected by vision loss.

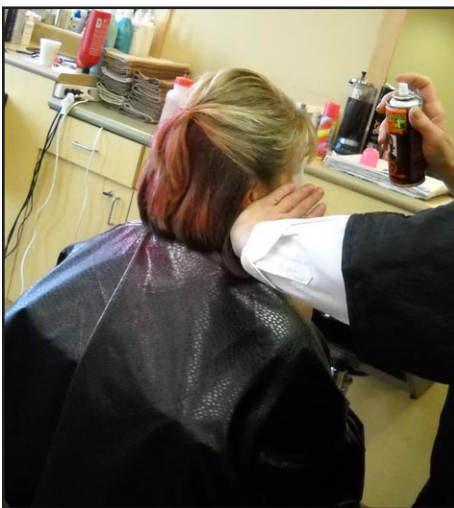
Touchmark residents and team members raised \$3,800.34 for CNIB. In honor of the community's great success, Leanne lived up to her promise to spray and dye her hair pink. Resident Ray Poyser volunteered to spray his hair pink if the goal was not reached. Perhaps that encouraged him in his fund-raising efforts—Ray was the top fund-raiser, bringing in over \$1,200! At the conclusion of the walk, Ray still joined Leanne, and they both had their hair sprayed pink. Three days later, Leanne's hair was dyed pink, and Life Enrichment/Wellness Director Brenda Edmonds proclaimed it "Pink Day" in support of Leanne.

The CNIB Walk is made possible through the generous support of residents, team members, and businesses and members of the Edmonton community.

The Running Room provided the start and finish signs as well as the numbers for all the walkers. Grade 4 students from the Good Shepherd School raised close to \$400 by making and selling all-occasion greeting cards. ATB Bankers assisted with registration, participated in the walk, and donated cakes for lunch and gift bags for the students. One of the bankers' wives owns a hair salon and donated pink dye and her time to transform Leanne into a pink-haired director.

"What a fun community event," says Brenda. "Every man, woman, and dog, Scooty included, was getting pledges up until the last minute. Our complimentary barbecue was a small thank you for all the people who participated by donating, volunteering, or walking."

Ray, who wore a pink tiara on the day of the walk, adds, "I would like to thank everyone who donated to the CNIB. There are many men and women, even some at Touchmark, who have poor vision, and this money will go toward helping them." ■



Touchmark residents and team members surpassed the goal of raising \$3,500 for the CNIB. They raised approximately \$3,800. As a result, Executive Director Leanne Gugenheimer lived up to her promise to spray and dye her hair pink as the community reached its fund-raising goal. Resident Ray Poyser joined Leanne and had his hair sprayed pink, too.

The "awe" in autumn



Enjoy the comfort and class of bungalow 65. The home features traditional maple cabinets with crown moulding and maple hardwood floors. The bathroom includes a fibreglass soaker tub and centago seat in the shower. Call today to take advantage of a limited-time offer—an \$8,000 reduction.

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\$20,000 off
the full list price of home models numbered 51, 59, and 65 only
compliments of Touchmark



Certificate and offer expire October 31, 2010. Terms: The home contract must be closed and fully funded on/or before 10/31/2010 to qualify. Offer subject to home availability. Please call for more information: 780-577-5000.

Coming Events

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

Monday, Oct. 25, 2 pm

Bridge and Cribbage Open House. Enjoy wine and cheese, and sign up to join the bridge and cribbage clubs.

Wednesday, Oct. 27, 2 pm

Touchmark Book Club. Library.

Friday, Oct. 29, 1 pm

Halloween Party and Parade with students from Good Shepherd School. Residents are encouraged to put on a costume and join the parade! Grande Foyer.

Friday, Oct. 29, 5:30 pm

Halloween Dinner Buffet. Prizes for the best costumes. Grande Hall Dining Room.

Touchmark creates romantic dinner for continuing-care residents

As couples age, it's not uncommon for one individual to need more care while a spouse still can live independently. This often means one spouse is in a continuing-care community while the other lives across town—or in the case of Touchmark at Wedgewood, right next door.

Recently, Touchmark held the first Romantic Couples Dinner in its Health Services Neighbourhood. Seven couples attended the semiformal dinner event, which was held in the Amethyst Room.

Staff spent the afternoon preparing the room and setting

the tables for two. The chef and members of the Dining Services team prepared a dinner featuring prime rib with Yorkshire pudding and strawberry shortcake for dessert. The evening got under way at 5 pm with cocktails, followed by dinner at 5:30. Beginning at 6 pm, guitarist Allan Rathgeber entertained the diners.

Each of the couples was thrilled to dress up for this special occasion, and they thoroughly enjoyed the special evening created just for them.

"Thank you for the lovely dinner. It was so nice; we really enjoyed it," says Agnes Koehler.

Beth and Jim Peterson also had high praise and thanked the staff for the nice, memorable evening.

Ernest Dalwood thought it was a real treat to sit down with his wife for the delicious dinner. "I miss having our meals together," he said.

Life Enrichment/Wellness Director Brenda Edmonds says the evening was so successful that Touchmark definitely will repeat it.

"It was heartwarming to see these couples, who must live separately from one another, be able to participate in a romantic dinner created just for them." ■



Agnes and Alfred Koehler (top photo) and Lillian and Ted Cimino enjoy the Romantic Couples Dinner.

Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See below for answers.

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5

Just for laughs!

Deck the Patch
(to the tune of *Deck the Halls*)

Deck the patch with orange and black
Fa la la la, la la la
Take along your goody sack
Fa la la la, la la la

Don we now our scary apparel
Fa la la la, la la la
Troll the ancient pumpkin carol
Fa la la la, la la la

See the great one rise before us
Fa la la la, la la la
As we sing the pumpkin chorus
Fa la la la, la la la

Follow him as he ascends
Fa la la la, la la la
Join with true great
pumpkin friends.
Fa la la la, la la la



Dining delights

Over 100 residents and team members marked the early days of autumn by enjoying the bounty of their harvest at a Farmers Day and Harvest Soup Lunch gathering. Nancy Siever from the Community Garden Network stopped by for a bite of lunch and to tour the 10 Touchmark gardens. Participants feasted on a variety of soups, featuring fresh ingredients grown at Touchmark, baked bread, and assorted pies.

“I would like to thank everyone who toiled to make this such a great celebration,” says Life Enrichment/Wellness Director Brenda Edmonds. “We had a preparation day for our Community Garden Vegetable Soup the day before the event. It was a big hit—as were all the soups!” Special thanks go out to the Koehler family for donating to the Farmers Day display. ■

Healthy aging tips from the real experts



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

“How old would you be if you did not know how old you are?”

—Walter Bortz, II, MD, author and expert on healthy aging

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 “tips” for healthy aging. Here are the results of that poll—along with the percentage of how

many said the tip is “very important.” (Note: Interviewees could call more than one tip “very important.”)

1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)
8. Eat right. (80%)
9. Keep up with news and current events. (63%)
10. Keep making new friends. (63%)

This anecdotal collective data compare almost 100 percent to the findings published over the

last decade—and especially in the last two years—by the continuing follow-up to the Framingham Heart Study, the Nurses’ Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to keep actively engaged in new learning competes directly with a good diet, exercise, and the importance of humor and a positive outlook.

At Touchmark we know the value of listening to the “experts” ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in the Life Enrichment/Wellness program, contact Life Enrichment/Wellness Director Brenda Edmonds. Your perspective and recommendations are important. ■

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.

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.