

# Marking five and 30 years



The community held a combined Touchmark 30th and Touchmark at Wedgewood 5th anniversary party. The group enjoyed champagne, cheese, crackers, and cake. Touchmark was founded 30 years ago on November 10 by Werner G. Nistler, Jr., who has served as CEO since he launched the company. Executive Director Leanne Gugenheimer spoke at the event, saying, “Many of you have met Werner. You may not know, though, that he started Touchmark because he wanted to improve the quality of people’s life. His vision then—and today—is to offer an active living environment and

provide life enrichment opportunities that allow the second half of people’s lives to be their happiest.” Touchmark at Wedgewood opened in late fall 2005. In early 2007, the community added continuing care when the Health Services Neighbourhood opened. Currently, more than 200 people live at the community, with about 200 team members serving residents and their families.

## Let us remember

More than 150 people filled the Grand Foyer for the annual Remembrance Day Service. The event started with James Stewart, grandson of Resident Council President Donna Williams, playing the bagpipes and leading veterans into the foyer. Donna emceed the event; the Glee Club sang; and resident Ron Vernon placed the wreath. There also was a tribute to the 100th anniversary of the Canadian Navy. “What a wonderful Remembrance Day service. It was just perfect,” says resident Audrey Fiala, wife of veteran Emile Fiala. Earlier in the week, Touchmark honored veterans with a Military Service Luncheon.



## There's no place like home for the holidays



Touchmark and award-winning builder Randy Ettinger of Celebration Homes are continuing their partnership to build executive lifestyle bungalows. Drop by to view the new floor plans or to schedule a tour with Ana Meger. Hours are Monday through Thursday from 1 to 6 pm; Saturday, Sunday, and holidays from noon to 5 pm, and closed on Friday.



This southwest facing suite in the Grande offers 613 square feet, a walk-out patio, and a tub in the bathroom. Call today for a personal presentation of suite 142.



## Winners of the tree counting contest

It is a tie! Olga and Jerry McIvor and Rhoda Tonn counted 162 trees. The consolation prize goes to Natalie Samycia. Don Smailes, Bev Yanchuk, and Décor Landscaping worked tirelessly to plant the trees before snowfall. Residents counted the “Christmas” trees (Spruce or Pine) throughout the Touchmark campus, including the bungalow neighbourhood. The winners will have a tree dedicated in their name with a plaque in the spring. ■

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## The spirit of renewal



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

*“May you live every day of your life.”*

— Jonathan Swift, author of *Gulliver’s Travels* (1726)

As 2010 ends and the New Year approaches, it’s an ideal time for reflection and renewal. I want to share some of the collective words of wisdom I’ve gathered from the very pragmatic older adults I have interviewed—formally and informally—over the course of this year in Touchmark communities.

**Stan:** “The most important decision is to wake up to each new day with an attitude of gratitude and to face the day regardless of what it brings. Although my activities and abilities are altered by age, I have a long list of ‘doings’ that I bring to the day and select from. Usually I cannot get them all done, which is a good problem to have!”

**Phyllis:** “I believe that the ‘good old days’ were filled with moments of joy and fulfillment, but the focus of my day—every day—is to be in the moment. The

memories of days gone by, and unknown events of tomorrow will always impact my journey, but I cannot live there. I need to be in the here and now.”

**John:** “By my age [101], most people will have outlived everyone else that was part of their life in a significant way. New relationships—friends, neighbors, fellow travelers—are the sustenance I need to remediate the sadness of so many losses and goodbyes. I am friends with the past and future but anchored in today.”

**Mary:** “I honor my body, mind, and spirit with good food, adequate rest, and many moments of giving back to my fellow travelers. Helping others is my greatest mission in this time of my life, and I seek opportunities to support those who can most benefit from my efforts and contributions.”


When I look back over my interview notes and recreate the many encounters, I realize that the universal spirit of renewal is one of the keys to active living every day. The optimism and wisdom of so many elders creates an environment for hope and success. To share your words of support and renewal, contact Life Enrichment/Wellness Director Brenda Edmonds. ■

*Just for laughs!*

***The Claus Family***

**St. Nicholas is the main Claus. His wife is a relative Claus. His children are dependent Clauses. Their Dutch uncle is a restrictive Claus. As a group, they’re all renoun Clauses. Santa’s elves are subordinate Clauses.**

*From [www.basicjokes.com](http://www.basicjokes.com)*



# Touchmark wins international award!

Touchmark has received the prestigious **Innovator Award** from the International Council on Active Aging (ICAA). The company received this distinction for its **20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes™** program that was launched nearly a year ago.



This is the eighth year the ICAA has recognized companies for their creativity and excellence in active aging. Touchmark is one of five companies selected this year.

According to Colin Milner, ICAA's founder and CEO, "With the right opportunities and supportive environments, people of all ages can strive toward better health and well-being, enjoy new challenges, and continue to learn and grow. "Touchmark exemplifies the drive we see in the active-aging industry to provide these opportunities and environments. Through the innovative approach shown in 20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes, Touchmark has engaged older adults with a new opportunity to



**Executive Vice President Brian Pryor (from left), President Tom Moe, Vice President of Wellness & Programs Marge Coalman, EdD, and Founder and CEO Werner G. Nistler, Jr., pose with the Innovator Award from the International Council on Active Aging.**

improve health, wellness, and quality of life. On behalf of ICAA, I congratulate Touchmark on the excellence and creativity of this effort." ■



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 page five for answers.

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

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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](http://www.krazydad.com).*

## Remember to get your flu shot

For more information, visit [www.fightflu.ca](http://www.fightflu.ca).

# 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.

- Chew your food slowly.
- Water the houseplants.
- Sing a holiday song.
- Fix a salad for lunch.
- Do squats while watching TV.
- Read a different newspaper.
- Watch an educational program.
- Write and send a holiday card.
- Work on a Sudoku puzzle.
- Memorize a favorite quote or scripture passage.

## Coming Events

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

### Friday, Dec. 17, 10 am

Christmas Mass with Father John Reddy. Festive coffee social to follow. Marquis Room.

### Friday, Dec. 17, 5 and 5:30 pm

Annual Resident & Family Dinner. Fireside Grill and Grande Hall Dining Room.

### Sunday, Dec. 19, 2 pm

Holiday Tea in Ravine Café.

### Tuesday, Dec. 21, 4:30 pm

Dinner at Red Lobster and Festive Lights Tour.

### Friday, Dec. 24, 2 pm

Caroling. Grande Foyer.

### Friday, Dec. 31, 7 to 9 pm

New Year's Eve Dance with Old Smoothies. Grande Foyer.

Answers:

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