

Celebrating friendships and welcoming a new year

I'm very grateful for the Touchmark family and being able to serve residents and their families in this campus. There are great friendships in this community, resulting in faith and trust among residents and team members. Several events, parties, and dinners filled the holidays and gave us all an opportunity to visit together.

This past year, we began to enhance the landscaping features, including pine and spruce trees, shrubs, rocks and boulders, and several bronzed deer. This coming year, we plan to add four new water features, such as bubbler rocks, waterfalls, and ponds with water-spray-type fountains. My hat is off to the Beautification Committee, Décor Landscaping, and various residents who helped fundraise and assist in the labour of planting

and more. This beautiful landscaping was truly a result of great teamwork and partnerships.

This next year, we're looking forward to new construction and home development for the bungalows as we continue our partnership with Celebration Homes. Come visit and enjoy the beautiful landscape and check out our growing community!



Leanne Gugenheimer
Executive Director

Send in the clowns

The Edmonton Caring Clowns Happy and Odelia introduced themselves to residents living in the Health Services Neighbourhood with a fun Clown Show. The two friendly characters are now part of the Touchmark Volunteer Program and will regularly visit. (The next Clown Show will be in the Grande. Watch the Life Enrichment/Wellness calendar for details.)

“This is wonderful program, and we are very lucky to have
(cont.)



(cont.) talented and caring clowns sharing their time and laughter,” says Life Enrichment/Wellness Director Brenda Edmonds, who also is a founding member of The Edmonton Caring Clowns.

Edmonton Caring Clown President Bob Dizzler was on hand to introduce the clowns and thank Touchmark for becoming the newest member of the Edmonton Caring Clowns community. Touchmark has agreed to be a training site for new clowns.

“This was a wonderful show and lots of fun and laughs,” says resident Marcia Kline. “I love to laugh!” ■



Ring in the new year in a new home

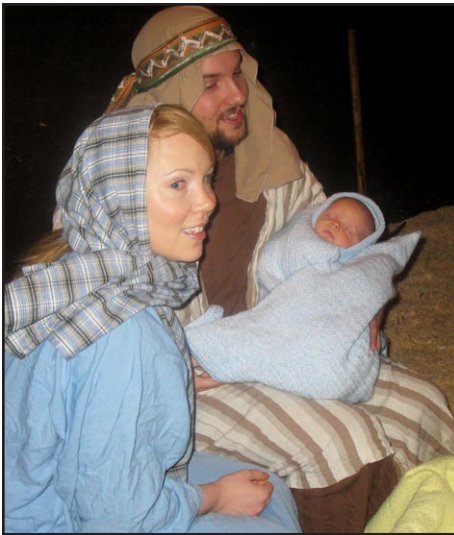


Experience the life-enriching benefits of the dynamic Touchmark community. Bungalow 59 is a spacious 1,617-square-foot home, offering two bedrooms and two bathrooms. The open floor plan features a gas fireplace, kitchen and dining room, a walk-in closet, and expansive windows and high ceilings.

Drop by to view the floor plan or to schedule a tour with Eva Marek, a new member of Celebration Homes. Eva, who was born in Poland, has 18 years experience in real estate. In her free time, she enjoys gardening, cooking, entertaining, and spending time with family.



Holiday highlights



Residents toured West Edmonton Christian Assembly's re-creation of the first Christmas.



Residents and team members put together food hampers for those in need. The food was delivered to Bayshore Seniors.

Coming Events

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

Thursday, Jan. 20, 7 pm
Opera Club: *In Search of Beethoven*.

Tuesday, Jan. 25, 5:30 pm
Enjoy a traditional Robbie Burn's dinner.
Grande Hall Dining Room.

Thursday, Jan. 27, 1 pm
Hawkstone Mobility Education Session & Walker Repair Clinic. Marquis Room.

Friday, Jan. 28, 2 pm
International Puzzle Day.

Imagine—and Live—the Possibilities!



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

“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.”

— Dale Carnegie

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.

To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to students who need extra help, hospitals, organizations serving meals, and other charitable causes.

There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to

willing learners. All of these came from imagining—and living—the possibilities.

This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact Life Enrichment/Wellness Director Brenda Edmonds. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

Join the Fall Recovery Class

The classes started January 10 and will be meeting three times a week. To sign up or learn more, talk with Life Enrichment/Wellness Director Brenda Edmonds. ■

Brain Builders



Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. meet: _____
4. born: _____
5. demon: _____
6. fork: _____
7. reef: _____
8. soul: _____

Answers: milk, butter, meat, corn, lemon, pork, beef, and soup.