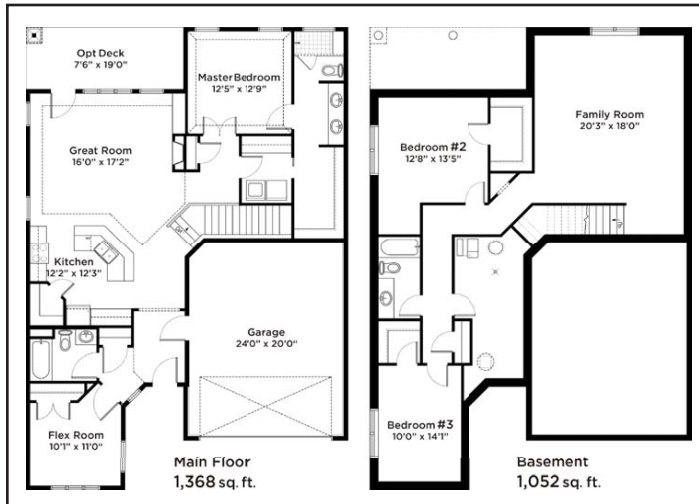


# Meeting Edmonton royalty



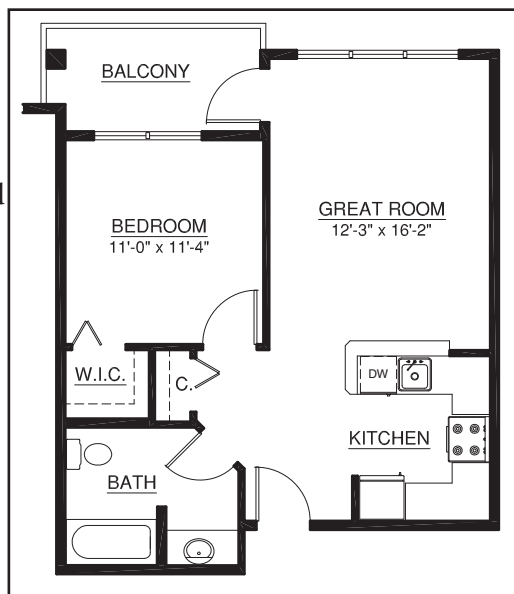
Dressed in a beautiful gown and bedecked in the crown and sash of Edmonton royalty, Miss Teen Edmonton Xanthy Dizon stopped by the Brenda Edmonds show for a special appearance. Xanthy shared the story of the process involved in winning her crown—edging out 40 competitors along the way. Not only is she fluent in four languages, but Xanthy also is a talented singer, dancer, and pianist. In July, she will compete in the Miss Teen Canada competition. Xanthy also enjoys line dancing. During her visit, Xanthy and her aunt, Maria Pare'-Ewert (far left), who is a Touchmark team member, lead residents through a routine.

## Look what's springing up at Touchmark!



Construction starts this month on the first new bungalow in Phase Two at Touchmark at Wedgewood. Watch for this exciting new Blackhawk model as it takes shape on lot 10.

Touchmark is a haven for many varieties of wild birds, due in part to the various birdhouses located throughout the property. What better location for watching the birds than from the balcony of Suite 242? One of the few available one-bedroom suites, this 613-square-foot home offers ample



room for cooking, relaxing, and hobbies. Look out your southwest-facing living-room window for a lovely sunset view. Call or stop by today for a personal presentation.

## Coming Events

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

**Friday, April 15, 2 pm**  
Wii Bowling. Monte Carol Room.

**Monday, April 18, 1 pm**  
Garden Club meeting. Art Studio.

**Tuesday, April 19, 11 am**  
Lunch out at Cora's & Greenland Greenhouses.

**Sunday, April 24, noon to 2 pm**  
Easter Sunday Brunch. Grande Hall Dining Room.

**Tuesday, April 26, 7 pm**  
Opera Club watches Tancredi. Monte Carol Room.

**Friday, April 29, noon to 2 pm**  
Royal Wedding Brunch. Grande Hall Dining Room.

## Personal training interns teaching/improving men's and women's fitness at Touchmark

Sean Reid and Andrew Do, interns in the Personal Fitness Training program at NAIT (Northern Alberta Institute of Technology), have spent 30 hours working with residents. They have taught a men's fitness class, performed fitness testing for men and women, and offered personal training. During a recent Wednesday, residents honoured the interns at a noon luncheon, and the two men lead their final class. After they graduate, they will return to Touchmark and continue their work with residents.



“Beyond a shadow of a doubt, this has been a life-changing experience for some of our residents. For example, 80- and 90-year-old men have increased the weights they can lift—from two/three pounds to eight pounds. An elderly woman who has walked for many years with

the aid of a walker now uses a cane. And a man who's over 90 years old, whose wish has been to play golf, now can lift his arm over his head with ease and is using weights,” says Brenda Edmonds, Life Enrichment/Wellness director.

Crews from Global News and Shaw Cable covered the last class. The Global coverage aired locally and nationally. NAIT also sent a reporter and photographer. ■



## Recent happenings



To celebrate St. Patrick's Day, residents gathered in the "Clover Bar" and enjoyed piano music by entertainer Bob O'Gray, dancing, and green beer.



From left: Nettie White talks with Sophie Hunchak, and Mike and Toni Trommelen about her artwork during the recent Art Day. Members of the Laurie Heights (Seniors) Art Club visited Touchmark and shared their artwork. The event also included a lunch.

### Did you know?

Not all retirement communities have health care aides available on site seven days a week, 24 hours a day. Touchmark does. Just another example of the Touchmark difference!

## Brain Builders



Rearrange the letters to find the states' names:

*Example: Ah! Look ma. = Oklahoma*

i own gym \_\_\_\_\_

men share whip \_\_\_\_\_

loan torn chair \_\_\_\_\_

horned dials \_\_\_\_\_

coins wins \_\_\_\_\_

show inn tag \_\_\_\_\_

*Answers: Wyoming, New Hampshire, North Carolina, Rhode Island, Wisconsin, Washington*

## Life balance and legacy



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

The function of *aging* does not guarantee *a life well-lived* or *a life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

Legacy is not just about the material goods we have to share

with those we love and care about or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties. According to many older adults I interview, this results in a sense of well-being and accomplishment that makes each day a day worth "spending" for the value it brings.

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making it real; influencing children or young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environ-

*“Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties.”*

mental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and guideposts can mark the way to inspire future leaders and resolve difficult problems.

Touchmark communities are committed to supporting residents' legacies through lifelong learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

### *Just for laughs!*

#### The Direct Object

**Christopher's class was having an English lesson, and the teacher called on Christopher to recite a sentence with a direct object.**

**Christopher stood and thought, then said, “Teacher, everybody thinks you are beautiful.”**

**“Why thank you, Christopher,” the teacher said, blushing. “But what is the direct object?”**

**“A good report card next month,” he replied.**

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