

A royal celebration



In celebration of the royal wedding “across the pond,” residents dine like royalty at the Royal Wedding Brunch, featuring poached eggs in champagne, wedding cake, and a champagne toast. A television featured delayed coverage of the wedding festivities, held in London earlier that day, and wedding-inspired gifts were given away as door prizes, which were donated by Heather Flewelling. Georgia Rehill created the Queen’s guard, and Peter Hewitt, formally with the Essex Police in England, volunteered and wore his uniform for the event. Professional decorator Dorian Kowalski from Dorian & Company volunteered her time to create the festive atmosphere. Resident Nettie White also taught a hat decorating class before the event. “We designed this event to be fit for a king,” says Life Enrichment/Wellness Director Brenda Edmonds.

Stop by and say “hello!”



Carol Dumsday

For people who are searching for the ideal retirement lifestyle, Touchmark Carol Dumsday and Allison Ruud, Touchmark retirement consultants, are available to help.



Allison Ruud

“Think of us as your partner as you navigate the future,” says Carol. “We’re an expert in issues relating to retirement, and we can point out the possibilities.” Allison adds, “We’re ready to listen and answer in-depth questions.”

Visit Carol and Allison in The Grande—and meet the whole Touchmark team. ■

Team member attends international training



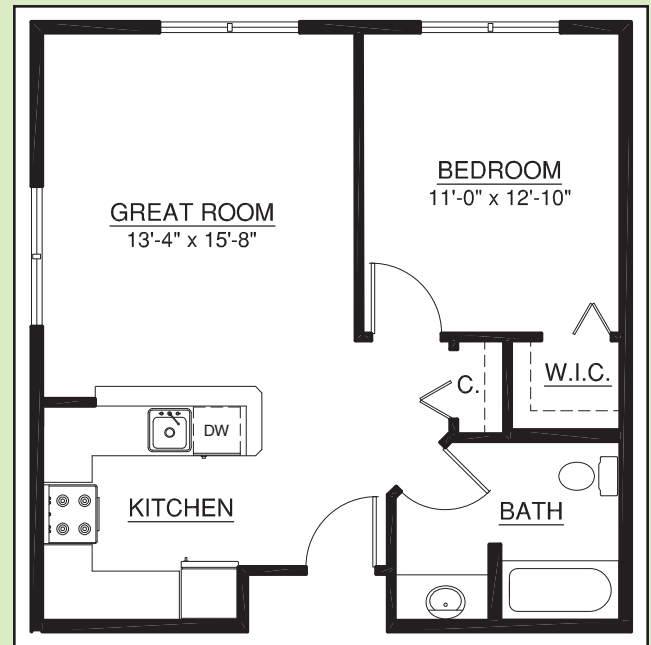
Life Enrichment/Wellness Director Brenda Edmonds talks with Rob Winningham, PhD. Rob was the keynote speaker during the recent Full Life Wellness & Life Enrichment Program™ training in Oregon. Rob shared the latest research on memory and building the brain and how to apply this new information to programs at Touchmark communities. He is the author of *Train Your Brain* and is the Psychology Division chair and professor at Western Oregon University.

You “may” want to see this!

Celebration Homes

If you have stopped by Touchmark over the last couple of weeks, you probably saw the busy trucks hauling away the first loads of dirt from the groundbreaking of a new bungalow home. Be sure to watch the progress, and come for a tour as Celebration Homes continues to expand the Touchmark community!

Suite 318



Suite 318 is a 644-square-foot home with one bedroom and one bathroom. Experience the Touchmark lifestyle today! Call or stop by for a personal presentation.

Nurse, philanthropist, neighbour!

Surrounded by family and friends, Harriet Younie was recently honoured at NorQuest College for her donation to the school's licensed practical nurse program. One of the training labs at the college is now known as the Harriet (Caine) Younie, RN, Lab. The NorQuest LPN program is the largest in Canada.

Harriet invited Touchmark team members—some of whom had graduated from the NorQuest LPN program—to join her at the tribute. Harriet, who knew at the age of four that she wanted to be a nurse, shared her story of fulfilling that dream.

“I am proud to have my name on a lab at NorQuest College,” says Harriet. “I see it is room 118, and I was born in 1918—what a coincidence!” ■



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Prepare to cast your ballots



In preparation for the federal election, the Honourable Rona Ambrose, PC, MP, stopped by the Brenda Edmonds Show. Residents voted at Touchmark on election day. Rona, who also attended the Touchmark Royal Wedding Event, was reelected for her fourth term.

Just for laughs!

Enjoy these fun holidays.

National tap dance day - May 25

National yo-yo day - June 6

Eat your vegetables day - June 17

There is no age limit



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

“How old would you be if you didn’t know how old you are?”

— *Satchel Paige, Baseball Hall of Fame inductee, 1971.*

When we consider celebrations, many memory-making moments come to mind: weddings, births, graduations, family reunions, holidays, a child’s first steps, and many others. These landmark life events are often captured in photos and videotapes to be revisited and celebrated. They are shared across generations and are historically significant for each individual who shares in the memory of the event.

Personal landmarks are achieved at any age. In the documentary series *Over 90 and Loving It*, filmmaker Susan Polis Shultz highlights life achievements by people 90-plus years. This series is currently featured on public broadcasting stations, and it is inspiring.

Consider these examples that Polis captures. A 97-year-old woman celebrates obtaining her master’s degree. A couple in their 90s walk down the aisle in a marriage ceremony, and a 94 year-old is a gold-medal winner in the pole vault at the Senior Olympics.

Throughout, the series explores two primary beliefs of the featured nonagenarians: (1) most did not expect to be here this long; (2) they seem to be completely unaware of chronological age being a limiting factor in achieving their goals and pursuing their dreams.

The series also overturns ageism—that insidious belief that at any age, achievements are limited, not appropriate, or possible only in one’s imagination. The pervasiveness of ageism is a cultural phenomenon worldwide and is especially prevalent in the United States. A documentary like this helps to refute those myths and mistaken beliefs.

In this series and other age positive campaigns—the Dove series of ads, the Ontario Human Rights project, the National Center for Creative Aging’s Beautiful Minds photo display—people’s age is irrelevant. It’s what they’re doing that is important.

Touchmark is committed to promoting and encouraging personal experiences for all residents. We provide opportunities for people to explore, celebrate, imagine—and live—the possibilities. There is no age limit.

To learn more about the Full Life Wellness & Life Enrichment Program, contact a member of the Life Enrichment/Wellness team. ■

Coming Events

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

Mondays, 3 pm

Laughter Club. Fireside Grill.

Friday, May 20, 11 am

Open studio art class. Art studio.

Tuesday, May 24, 11 am

Scenic country drive to Stony Plain, Alberta, with lunch at the famous Homesteader’s Kitchen located at the Multicultural Heritage Centre. Cost: \$8 per person, lunch on your own.

Tuesday, May 31, 2 pm

Monthly Birthday and Anniversary Party. Music by Dwayne Cannon. Grande Hall Dining Room.