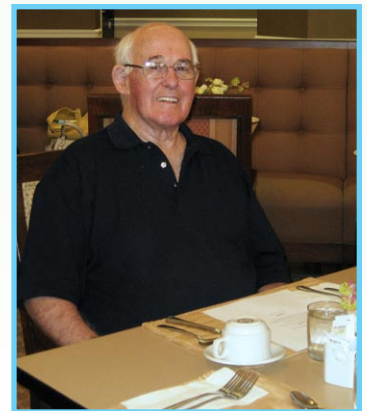


Celebrating teachers

Twenty residents and guests were honoured at a recent Teachers' Luncheon. The teachers in attendance taught all grade levels, including university. Attendees also included a school superintendent, school counselors, and psychologists. Most were in education for over 30 years.



Celebrating good citizens



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

"It is not always the same thing to be a good man and a good citizen." — Aristotle

Do you remember learning the fundamentals of being a good citizen? Maybe not, since the values are

introduced to children as early as kindergarten—and even before that at home. Five basic values have not changed over the last millennium. They are honesty, compassion, respect, responsibility, and courage. Being a person of good character, though, is not the same as being a good citizen. Being a good citizen translates character into action.

It is not hard to recognize when people have incorporated core values into their life practices. Think of the neighbor who watches out for the neighborhood; the volunteer who gives time, talent, and resources to causes that are in the best interest of the local—*(cont.)*

and global—community; the taxpayer and voter who carry out their responsibilities in a timely and honest way.

Valuing the opinions and actions of others—even those who may disagree with us—is another important attribute, along with demonstrating courtesy and respect.

As we celebrate patriotism on Canada Day and Independence Day, let’s also rejoice in the good citizens who support their community and country with lives well-lived. Those people who do the good deeds, have caring hearts and are loyal and supportive to family, friends, neighbors, and even strangers. They may or may not wave flags or get involved in politics, but they “walk the talk” by genuinely supporting and contributing to the greater good of all.

The Full Life Wellness & Life Enrichment Program™ at Touchmark invites every good citizen to be a contributor to the goal and mission of enriching people’s lives. To participate in planning and activities that support this mission, contact a member of the Full Life™ team. ■

Celebrate an enriched life

Suites



Take advantage of Touchmark’s Summer Spectacular. Tour our available suites. Limited time offer. Call or stop by to visit with a knowledgeable retirement counselor.

Bungalows

Construction crews are widening the road near the bungalows, but don’t hesitate to stop for a tour. Touchmark is working with Celebration Homes to build new bungalows. Two are currently under construction. Call today to learn more about these new homes and the Touchmark lifestyle.



Coming Events

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

Thursday, July 28, 4 pm
Twilight Lounge Happy Hour.

Friday, July 29, 4:30 pm
Caroling in the Grande Foyer.

Friday, July 29, 5 and 5:30 pm
Celebrate Christmas in July with a traditional turkey buffet dinner. Grande Hall Dining Room.

TV covers “Happy” visit at Touchmark



Part of the Edmonton Caring Clowns, Happy regularly stops by Touchmark. During a recent visit to the community’s Health Services Neighbourhood, a reporter for Access Television followed the bubbly clown. Happy’s story will air on *Alberta Primetime* and feature her life as a clown, bringing joy to others and living with multiple sclerosis. The reporter also interviewed Life Enrichment/Wellness Director Brenda Edmonds, who is a founding member of The Edmonton Caring Clowns.

Just for laughs!

Where does a cat go when it loses its tail?
The retail store.

Why don’t cats play poker in the jungle?
Too many cheetahs.

Why did the cat put oil on the mouse?
Because it squeaked.

From www.basicjokes.com

Recent events



Doris Douglas (left) and Isabel Evans participate in the Perfect Picnic event at Laurier Park, where residents kicked off summer.



Friends and neighbors gathered to celebrate Canada Day with a happy hour.