

An event for the dogs

To mark the culmination of Touchmark's summer Doggie Social program run by volunteers Annabell and Martina Hrycun, both 14, Touchmark residents and team members will celebrate man's best friend on National Dog Day Friday, August 26.

Leading up to the big day, all are welcome to contribute photos and memorabilia for a dog-photo gallery in the Grande Foyer.

On the big day, Annabell and Martina will showcase the Touchmark Dog Pack. "This is the third year of the the Doggie Social program, and the girls have done an outstanding job socializing the dogs," says Life Enrichment/Wellness Director Brenda Edmonds.

Eleven to 13 dogs regularly participate in the weekly program. "It gives the dogs a chance to be together," says Brenda. "Normally through the year, they only see each other in passing in the hallway or elevator."

All involved in the program agree the girls have a gift for working with the dogs. They always bring along their own dog, Sadie, who also is considered a member of the pack. And—what else?—a hot-dog barbecue will top off the event. ■



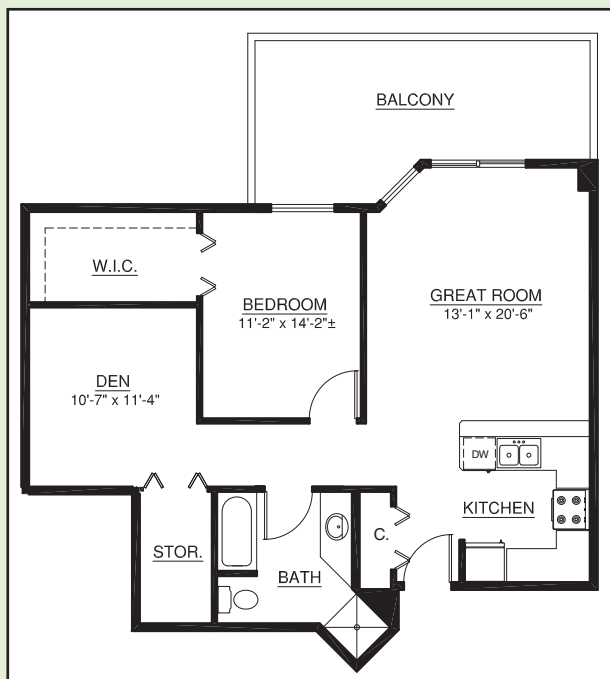
Sisters Annabell (left) and Martina Hrycun walk residents' dogs during the Doggie Social program. Eleven to 13 dogs regularly participate in the weekly program.

This is it!

Bungalows

As construction settles down on Lessard Road, you may notice the new crosswalk that allows easy access across the street to shopping. Now is the time to experience Touchmark at Wedgewood. Eva in the bungalows is looking forward to taking you on a tour. Move in to one of the existing available bungalows or build a new one that you can customize to your specifications.

Suites



Suite 206 is a one-bedroom, one-bathroom suite with a den. With just over 900 square feet, it features a large balcony, tub, a separate stand-alone shower, and huge walk-in closets. Experience the full life at Touchmark. 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.

Tuesday, Aug. 9, 7 pm

Identity Theft: The Myths and the Realities, with Lloyd Kenney of PPL Legal Care of Canada Corp. Open to all residents, family, friends, and staff. Marquis Room.

Monday, Aug. 15, 2 pm

Birthday and Anniversary Party with entertainment by Val Abello. Marquis Room.

Tuesday, Aug. 16, 9:15 am

Weekly Golf Outing. Deer Meadows Golf Course. Cost: \$40 per person, includes lunch

Friday, Aug. 19, 7 pm

Summer Dance with entertainment by Colleen Lazoruk. Grande Foyer.

Friday, Aug. 26, 11 am

National Dog Day. Annabell and Martina Hrycun showcase the Touchmark Doggie Social Pack. Peruse the dog-photo gallery and enjoy a hot dog for lunch. Grande Foyer.

Just for laughs!

National Relaxation Day ~ August 15

National Dog Day ~ August 26

National Trail Mix Day ~ August 31

Protect your identity

Minimize your risk by taking control of your personal information. Lloyd Kenney with PPL Legal Care of Canada Corp. will share how to avoid falling victim to identity theft Tuesday, Aug. 9 at 7 pm in the Marquis Room. Lloyd will expand on the following tips:

- ~**Ask questions.** Know who you are giving information to and how it will be used.
- ~**Shrink your wallet.** Remove any personal documents that you don't need to carry.
- ~**Buy a shredder.** Turn personal documents into confetti before throwing away.
- ~**Check your credit report.** Order regular updates and report any unusual activity.
- ~**Use passwords.** Increase the security of your electronic tools by adding password protection.

Residents, family, friends, and staff are welcome to attend Lloyd's presentation: *Identity Theft: The Myths and the Realities.* ■

Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national health promotion event helps advance active, healthy aging. Touchmark is hosting the annual, community-wide CNIB Walk on Tuesday Sept. 27 at 10 am. On Wednesday, Sept. 28, Instructor Wendy McCormick will lead an Introduction to Zumba Gold at 10 am in the Marquis Room, and on Sept. 30 Certified Personal Fitness Trainer Andrew Do will lead a boot camp at 10 am. Look in next month's newsletter for more details about Touchmark's Active Aging Week celebration.



Creativity and community intertwined at Touchmark



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

“Creativity is our greatest legacy.”

— Gene Cohen, MD, PhD

Is there a limit to the amount of creativity anyone has in their DNA? Opportunity, environment, support, and feedback are certainly vital in nurturing the creative aspect of anyone, and the potential seems limitless across the lifespan for expressing oneself. Individually and collectively, the creativity of people who reside in Touchmark communities results in the Touchmark Full Life Wellness & Life Enrichment Program™, in place at all Touchmark communities.

This award-winning program supports all areas of whole-person wellness through specific programming areas based on resident's interests, talents, skills, and creativity. The wellness dimensions that comprise each person—physical, social, emotional, vocational, intellectual, and spiritual—interact with the environmental dimension through activities and offerings provided at each community.

The opportunities are not limited to the categories defined in the program description. They are enhanced by Touchmark team members and the dynamic and creative residents who contribute and participate in the day-to-day activities and events. The role of Touchmark team members is to support and facilitate a variety of offerings and encourage involvement from each resident. Residents engage in the programs of their choice and are provided opportunities to explore new interests and experiences.

This collective pool of creativity creates a unique fabric and culture in each community. Quilters, authors, gardeners, artists, athletes, book lovers, singers, and

(cont.)

(cont.) more creative groups than can be listed in this column meet together and encourage and support each other in pursuing interests both old and new.

To participate in planning and activities that support creativity and programming, contact a member of the Full Life™ team. Ideas, talents, skills—and creativity—are welcome! ■

Welcome, Andrew!



Personal Fitness Trainer Andrew Do (in blue shirt) has officially joined the Touchmark fitness team. The men of Touchmark can benefit from his fitness expertise at the weekly Men’s Fitness Class this month. For a private consultation or training session with Andrew, please contact Life Enrichment/Wellness Director Brenda Edmonds.



FIFTH ANNUAL GOLF TOURNAMENT *Texas scramble*

Tuesday, August 30 at 10 am

Lewis Estates Golf Course
8700 207th Street
Edmonton, Alberta
780-489-4653

- Bus service departs from Touchmark at 9 am
- \$70 registration fee includes 9 holes of golf with cart, lunch, and prizes
 - Deadline to register: Monday, August 22
 - For more information: 780-577-5000

HOT PRIZES! Awards given for:

- Longest putt
- Longest drive
- Best team spirit
- Winning team

Brain Builders



In honor of the NFL reaching an agreement, unscramble these football words. *Example: OGLA is goal*

1. AURBQTEKCAR _____
2. LAKHAFBC _____
3. BOFLTOLA _____
4. CEIREREV _____
5. UHDOCNTOW _____
6. NUTP _____
7. CKKI _____
8. MATE _____

Answers: quarterback, halfback, football, receiver, touchdown, punt, kick, team