

Keep your brain and body active

Touchmark invites residents and the entire Edmonton community to celebrate Active Aging Week:

Monday, Sept. 26 at 10 am and 2 pm

Fitness combo class at 10 am. Join Life Enrichment/Wellness Assistant Lenka Makarian for a demonstration of Posture & Balance, Seated Yoga, Keep Fit, and Weight Training. At 2 pm, enjoy a tai chi demonstration.

Tuesday, Sept. 27 at 10 am

Annual CNIB Walk. Join Grade 4 students from Good Shepherd Elementary School for this annual event. Registration is at 10 am, and the walk starts at 10:30 am. ATB Financial, Hawkestone Pharmacy, and Running Room are helping sponsor the event, which will

conclude with a barbecue.

Wednesday, Sept. 28 at 10 am

Introduction to Zumba Gold. Learn the basics of this dance fitness class, which fuses Latin rhythms and easy-to-follow moves, with instructor Wendy McCormick. Marquis Room.

Thursday Sept. 29 at 2 pm

Brain Aerobics and Brain Builders. Enjoy fun and mindful exercises and games with Brenda Edmonds, Life Enrichment/Wellness director and Certified Geriatric Wellness instructor.

Friday, Sept. 30 at 2 pm

Join Certified Personal Fitness Trainer Andrew Do for an hour-long Senior Boot Camp class in the West Wing Hallway and Grande

Foyer. Take part in the obstacle course and tone your muscles with strength-training exercises.

For more information, call 780-577-5000. All are welcome. No charge.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles. ■



A day for the dogs



For the past three summers, fourteen-year-old twins Annabell and Martina Hrycun have volunteered at Touchmark and taught a Doggie Social program. The five-week class teaches socialization skills for canines. Typically, the girls have about a dozen dogs that they train as a group, working with them inside and outside. The program culminated on National Dog Day. Residents contributed photos and memorabilia for a dog-photo gallery, and Annabell and Martina showcased the Touchmark Dog Pack. *The Edmonton Examiner* covered the event and featured a photo of the girls and the dogs. Read the whole story at <http://www.edmontonexaminer.com/ArticleDisplay.aspx?archive=true&e=3277406>.

Imagine the possibilities



We are happy to show off our first new bungalow, pictured with Eva Marek, a Touchmark bungalow specialist. Eva is standing near the 1,343-square-foot Mayfair bungalow, which is the first of many homes to be built around the community in our Phase II. Drop by today to talk to Eva and learn how you could join the community. There has been a lot of activity at Touchmark lately. Several people have moved in, which means our community is almost completely full. Suites especially are going quickly. Call today for a tour, or join the wait list for our assisted living. Call one of our retirement consultants today.

Just for laughs!

Answers from students on music exams

1. A virtuoso is a musician with real high morals.
2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
3. A harp is a nude piano.
4. Refrain means don't do it. A refrain in music is the part you'd better not try to sing.

Long-term care residents participate in international nutrition study

What role does nutrition play in the well-being of long-term care residents? Are there certain health issues that can be improved through changes in diet and mealtime experience? How does Touchmark compare with other long-term care centers in Alberta and other parts of the world?

These are a few of the vital questions that Touchmark hopes to answer by participating in the international nutritionDay study.

What is the nutritionDay study?

What are its goals?

The nutritionDay study is an international project coordinated out of Vienna, Austria—and supported by Dietitians of Canada—whose goal is to increase knowledge and awareness in order to positively affect diet and nutrition locally and globally.

Specifically, nutritionDay uses volunteers in a series of annual, one-day/one-meal audits to compile the data needed to demonstrate how proper nutrition can lead to better outcomes for vulnerable populations in hospitals and long-term care centers.

Touchmark enthusiastically volunteers

“This is exactly the type (*cont.*)

(cont.) of study that Touchmark traditionally likes to participate in as we strive to provide the best possible care for residents as well as provide leadership in enriching the quality of life for older adults everywhere,” says Touchmark Executive Director Leanne Gugenheimer.

Leanne says, “When serving a vulnerable population, such as long-term care residents here at Touchmark, we are always very concerned about nutrition ... so if we can participate in a study that addresses larger issues that we can adopt at a community level—issues that would enhance all residents’ health—that’s a wonderful opportunity.”

Touchmark’s first nutrition Day was November 2010

To keep the first nutritionDay logistically manageable, Touchmark asked just half of the 64 long-term care residents to participate. Brenda Arychuk,

RD, Touchmark’s Clinical dietitian, enlisted the help of students in the university’s nutrition program, the residents’ family members, plus many from the Touchmark team.

General information was collected on each of the 32 residents prior to nutritionDay. More data were collected, based on that one day’s lunchtime experience. Follow-up information was provided to the Vienna research team six months later.

NOTE: All participation in this study is voluntary, anonymous, and kept strictly confidential.

What have we learned so far?

At this time, preliminary assessments by the international organization are just beginning to come in. Brenda is sharing observations and theories with colleagues in Alberta’s other eight participating long-term care providers. (cont.)

Water features being installed



The Beautification Committee and Touchmark team members are partnering with WaterWorks Ponds in Edmonton to install water features, and they are taking shape!




(cont.) **What's next?**

“Our first nutritionDay is providing a solid benchmark of knowledge that we can then compare with future nutritionDay findings,” says Brenda. Touchmark hopes to participate in at least three nutritionDays to document trends and progress and formulate ways to improve nutrition and the lives of seniors.

Brenda says Touchmark is already preparing for its second nutritionDay on November 10, 2011.

“We have a great team here and everyone realizes the importance of mealtime experience for quality of life,” Brenda says. “I’m confident there will be things we learn from this that will help us refine our service to Touchmark residents.” ■

Brain Builders



In one minute, think of as many possible uses for a dime.

Official ribbon-cutting ceremony

Thursday, Sept. 22, 2 pm

Join Edmonton City Councilor Karen Leibovici, Touchmark Resident Council presidents, and others to celebrate the installation of the amber light at the Lessard crosswalk.

The ceremony will be repeated in the Grand Foyer, followed by a champagne toast. The public is invited. No charge.

Coming Events

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

Thursday, Sept. 22, 2 pm
Crochet/Knit & Kaboodle. Library.

Thursday, Sept. 22, 4 pm
Happy hour. Ravine Café.

Friday, Sept. 23, 10 am to 2 pm
Garden Club Harvest Luncheon. Guest Speaker Ginger Potts, Edmonton Community Garden Network Coordinator. Enjoy garden vegetable soup prepared by the Culinary Delights Cooking Club. Beet and potato soup also will be served. Don't miss this fun tradition—last year's event drew over 100 people! Marquis Room.