

City councilor, residents, and team members celebrate new amber light at crosswalk

City Councilor Karen Leibovici, Touchmark Resident Council President Jack Plumb, Touchmark Safety Committee Member Donna Williams, and Touchmark residents and staff gathered for an official ribbon-cutting ceremony to celebrate the installation of a flashing amber light at the crosswalk across Lessard Road.

For several years, residents petitioned the city of Edmonton for this addition. With the twinning of Lessard Road this summer, the light has been installed, making crossing the busy four-lane road much safer for all pedestrians.

“We are excited that City Councilor Karen Leibovici could join us and mark the installation of this important safety feature. After five years of advocating to the city on behalf of our older adult population,

we are very pleased with the outcome. Residents can access the stores and services at Hawkstone Plaza more safely, as the amber light gives motorists a visual cue

to slow down and stop for crossing pedestrians. Safety and accessibility have now come together,” says Touchmark Executive Director Leanne Gugenheimer. ■



An Active Aging Week



Every year, Touchmark joins the international community in celebrating Active Aging Week. Highlights of the week included classes in the lobby (above), a tai chi demonstration, the popular CNIB Walk with local children, Zumba® classes (upper left), Brain Aerobics and Brain Builders, Laughter Yoga, and an hour-long senior boot camp class (upper right). Of course, the active week was topped off with a social gathering to celebrate active aging.

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Grade 4 students from Good Shepherd Elementary School joined residents for the annual CNIB Walk, which raised more than \$5,700. ATB Financial, Hawkstone Pharmacy, and Running Room helped sponsor the event. One of the children that participated sent a thank you. Here's a highlight, including her artwork:

Thank you Touchmark for letting us come to your residence. I've met lots of seniors and made friends. ... The walk we did for the CNIB was awesome. Even though it was tiring, it was fun. I ran five laps! ...

The BBQ lunch was delicious. I especially loved the cake! When I first looked at Touchmark, it was beautiful. I like how it was like a hotel with a little neighborhood around it. ... I can't believe we reached the goal. You're the best senior's residence in Edmonton!

Thank You Touchmark



Enjoy the full life



With Touchmark's robust Full Life Wellness and Life Enrichment Program™, there's always something new to do. As you pull into the community, you will notice several new additions to the landscape. There's a new pond located on the west side of the property, and there's a new courtyard, which provides the perfect setting for connecting with friends while getting a breath of fresh, crisp autumn air. While you're taking in the gorgeous scenery, stop by the Touchmark Sales Office to learn about Touchmark's various lifestyle options. With Touchmark's continuum of care, you can remain in the community if your care needs change.

Coming Events

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

Saturday, Oct. 29, 10 am

Christine's Keep Fit. Marquis Room.

Monday, Oct. 31, 10 am

Halloween party with 60 Grade 4 students and costume parade.

Teamwork helps landscape take shape

More than 600 additional plants, shrubs, and grasses accent the new water features. The bronzed deer are posing in more life-like positions around the pond and the waterfall near the ravines.

"Special thanks to Liz, Touchmark's Master Gardener, and Randy Ettinger of Celebration Homes for managing the landscaping project and being a liaison with WaterWorks Ponds/Nature Indoors," says Touchmark Executive Director Leanne Gugenheimer. "I also want to thank the Beautification Committee, Touchmark team members, and residents." ■

October highlights well-being



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

It is interesting to note that October has two significant wellness days that complement each other: World Mental Health Day (October 10) and Make A Difference Day (October 22). These make a good pairing, as both are forces for self-empowerment. Recognizing the importance of mental health in a person's well-being as well as the positive impact of volunteering—both mentally and physically—can be important keys to your overall health.

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than any other self-initiated behavior. The relationship between volunteering and overall health benefits has been well-studied. In one of the larger, most recent studies done by United Healthcare and Volunteer Match (2/2010), the following data were gathered from more than 4,500 American adult volunteers:

- 68 percent agree that “volunteering has made me feel physically healthier.”
- 89 percent agree that “volunteering has improved my sense of well-being.”
- 92 percent agree that “volunteering enriches my sense of purpose in life.”

Complete results of the survey can be viewed at www.DoGoodLiveWell.org/OurCommitment.html

The most compelling data for Touchmark is to talk with those who have personal experiences with volunteering. Across Touchmark communities, there are hundreds of residents, team members, family members, and community partners who volunteer

their time, talents, and resources to a variety of causes that improve the quality of life for others—both on the campus and in the community at large. They experience enhanced well-being through their chosen volunteer opportunities. They also report feeling they receive even more benefits than the recipients.

Opportunities for giving back are not limited to one Saturday in October. The Touchmark Full Life program is diverse and invites each of you to participate in altruistic endeavors that enrich people's lives. To find out about existing opportunities or bring suggestions and ideas for outreach experiences, talk to a member our Full Life team. Your perspective, recommendations, and participation are important. ■

Feasting on the bounty



Touchmark's annual Harvest Soup Luncheon draws a big crowd to feast on delicious soup made from the bounty of the community vegetable garden. Erin Wall from the Community Garden Network stopped by to join in the fun and commended Touchmark gardeners for their efforts in the community vegetable garden. The garden has doubled in size this year and produced an outstanding harvest.