



Spring is a great time to move to Touchmark!



Message from
Michelle Belland
—Chief Operating
Officer

If the huge increase in traffic at Touchmark at Wedgewood is any indication, spring is a great time to make a move! We have welcomed many new residents to our community and are starting to see the community take on the vibrancy and personality of its residents. All of the three-bedroom Wedgewood apartments are sold or rented. With the significant interest in the two-bedroom units, we're sure that we'll soon announce that they are sold out as well.

People moving to Touchmark are doing so because of the fabulous common spaces, which come alive with our Life Enrichment offerings. Residents love the access to amenities with Sobey's just across the street. And, of course, the 20-plus acres of park-like space on our site allows for walks, bird watching, and lovely views.

If you are currently considering your retirement housing options, keep in mind that this decision requires in-depth research. The Touchmark Foundation book entitled *Is your house still the right home?* can walk you through all of the considerations in choosing among the many options available and is available at no charge. Call our Sales Office at 577-5000 for more information.

Deadline looms to make cruise reservation



You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be made by April 10. This cruise is extremely popular

and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. You have your choice of an outside cabin with or without a balcony. (Travel to and from New York is not included.) A deposit will hold your spot for this colorful cruise on the Star Princess that sets sail from New York October 21, 2006. Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

Stewardship—it's more than managing money

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

The extended life span of the average Canadian is well documented. On average, Canadians can expect to live more than 79 years. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over

“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”

—Norman Lear, producer and playwright at age 65

pension system was enacted, most employers now are hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring

us fulfillment, contentment and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter.

The Let Your Spirit Soar theme for April is a story with a photo.

Happy birthday kidney!

by Lucy Schaefer

—Resident at a Touchmark retirement resort

At noon on May 22, 2003, I received the exciting news that there was a kidney waiting for ME! I was just getting ready to go to dialysis, but quickly called my son to come get me at McKennan Hospital. This news rates right up there with the arrival of a first baby in the family. The thrills, the anxiety, the fear, are all feelings you experience at that time.



Lucy Schaefer celebrates her kidney’s second birthday.

The first year of the transplant is rife with many doctor appointments, med changes, and life in general is a worry that all will be fine.

When the second year came on May 22, 2005, I realized that all is well with my new kidney, and I thought that

a very good reason to celebrate the occasion. So I made out invitations, took them to other residents where I live, inviting everyone to come share the wonderful luck of having a good life now. Forty-two people came to my party where I served cakes and coffee, mints and nuts. For decoration,

alongside the decorated cake was a wooden kidney used in the doctor's office!

My friends and family said it was a wonderful way to celebrate the second birthday of my two-year-old kidney. I am sure when the kidney is five years old I will have another birthday party to celebrate again.

For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Administrative Assistant Betty Harrison.

Resident paints and draws with flare

by Michelle Belland
—Chief Operating Officer

Recently Touchmark put a call out to all residents for art submissions as part of a competition. Winners will have their works published on note cards with proceeds going to the Touchmark Foundation. The foundation was formed in 2002 and aims to address the shortage of nurses and other health care workers by offering scholarship to deserving individuals.



Sketch by Grace.

We are blessed to have a very active and talented artist, Grace Ruiters, living at Touchmark. Grace used to doodle in her elementary school years. At grade five, she drew a sailor from a picture and was praised by her teacher. She never gave it much thought to make it a hobby.

At a much later age, when her children left home, one of her daughters suggested she take it up again and arranged a



Painting by Grace.

course at a local college. From there on, she kept improving her skill not only in drawing, but tried other media and settled with watercolor painting as her interest.

Upcoming events

Come enjoy lunch—Sample Touchmark's fine cuisine. Tour the Touchmark bungalows and Wedgewood apartments. Bring a friend! Touchmark at Wedgewood is providing a unique opportunity for visitors to experience the Touchmark lifestyle prior to the grand opening and enjoy a fabulous meal prepared by Chef Winston Barrett. To reserve a spot (or two) at a gourmet luncheon, call 577-5000. Call soon since space is limited.

Knit and Kaboodle—Join Melanie and the enthusiastic knitting group on Tuesdays from 2 to 3:30 pm. Bring projects you are already working on, including needlepoint and crocheting. Melanie's amazing knitting abilities are sure to inspire you. No charge and coffee's on us! Call 577-5000 for more information.