



## Housing and care—a perfect combination



*Message from*  
**Michelle Belland**  
 —Chief Operating  
 Officer

The recent surge in interest in Touchmark at Wedgewood can be attributed to the unique combination of high-quality housing and on-site care that Touchmark offers.

Touchmark’s residents repeatedly remark on the fact that Touchmark is the “Cadillac” of retirement communities in the area. The luxurious common spaces in the Wedgewood building are second to none. The interiors are magnificent, and the lifestyle is active and fun. The bungalows are fabulous in the quality of the construction and finishing.

But what has piqued the interest of so many Edmontonians is the on-site care that will soon be offered at Touchmark. Folks in their seventies and beyond begin to plan for a future in a home that is accessible so they won’t need to change residences over and over. That’s what Touchmark’s “aging-in-place” campus provides. A high-quality living environment with high-quality care services. It’s really the best of both worlds!



**Slip into comfortable chairs in this Touchmark bungalow.**



**Enjoy the spacious kitchen in the Banff bungalow.**

Touchmark and  
Hawkstone Plaza are

**Celebrating mom!**

Saturday, May 13, noon to 5 pm

- ★ **Tours** of Touchmark 's bungalows and apartments
- ★ **Big savings** at Hawkstone Shopping Plaza
- ★ Show 'n Shine **Vintage Car Show** at Touchmark
- ★ Draws for **fabulous prizes**

## Leading a healthy heart lifestyle

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

For the first time in decades, heart disease has moved to second place as the number one killer of adults in Canada. This victory over premature death is due in part to Canadians taking control of those factors that can have a positive impact on the many risk factors of heart disease—specifically physical activity and heart-healthy food choices. Of course, anyone with risk factors for heart disease should not feel that these are the only tools for staving off this serious health concern. Annual physicals, awareness of cholesterol values, management of blood pressure, and a proactive approach to all of the preventable causes are important as well.

In the area of a heart-healthy diet, we know more now than we ever have before. Fresh fruits and vegetables; whole grains; low-fat dairy products; eggs, fish, poultry, or meat alternatives; and plant oils (olive, soy, and canola oil) are in the category of foods that should make up the bulk of a heart-healthy diet, with red meat, butter, and other high-glycemic foods in the “seldom” category of choices.

In the area of physical activity the news is even more dramatic. At least 30 minutes of physical activity most

days of the week need to be the minimum commitment. There is no way to put it “in the bank” or coast along doing what you have always done “occasionally” and receive the benefits associated with proactive, heart-healthy living. Internationally, the 10,000 Steps a Day program supported by the International Council on Active Aging, based in Vancouver, BC, has gained thousands of participants who put on their pedometers and stride out every day. Walking is truly the most accessible and beneficial physical activity for anyone at any age.

Spring is a good time of the year to do your personal inventory of your “health account balance” and join the ranks of informed consumers who are making choices that support good heart health.

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## Introducing Shelly Hines

by Greg Greschuk

—Director of Sales



Shelly Hines

Shelly brings 15 years experience in the area of business administration and marketing at the executive management level. She has held successful positions in the pharmaceutical, information technology, and construction industries. She took a hiatus from the workforce for several years to spend more time with her young family and actively volunteered in the community.

Her volunteer experience then drew her to the field of social work, and she enrolled in the social work program at Grant MacEwan College on a part-time basis. She decided to pursue a career path that enabled her to blend both her passion for business and for working with people. Shelly feels she has found her niche as a sales consultant with Touchmark. She finds it very rewarding to assist people in choosing the right home in the Touchmark community. Her position provides her with many opportunities to meet great people and their families as she works alongside them throughout the important decision making process of moving into a Touchmark home.

If you are interested in visiting Touchmark for a tour, contact Shelly at 780-577-5022.

# Sales update

by Greg Greschuk  
—Director of Sales



**Greg Greschuk**

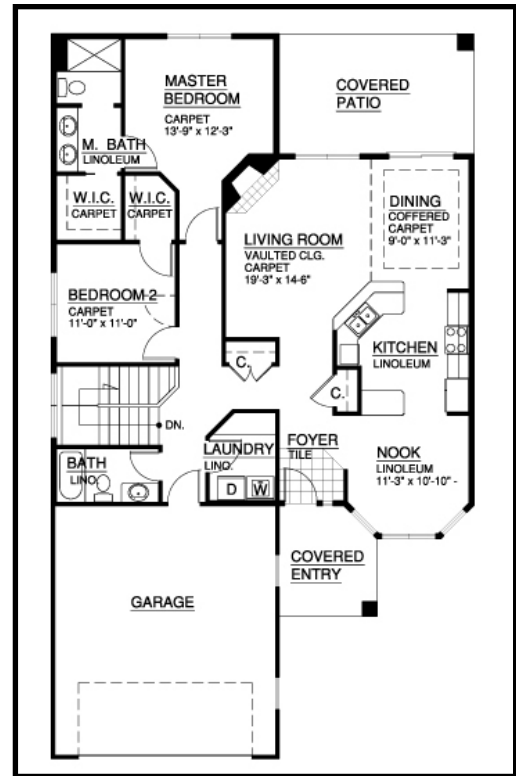
Starting last fall we have had the opportunity to introduce several people to Touchmark through various luncheons and marketing events. The response has been overwhelmingly positive. Our guests are very impressed with the quality of the homes, the common areas, amenities, and the available lifestyle.

And now, it's never been easier to join our community! Based on the feedback we received from the marketplace over the past year, we have revised our ownership program and monthly fee structure to give more flexibility and choice to residents. We have also introduced a rental program option for the one-bedroom suites and for some of the two-bedroom suites in the Wedgewood building.

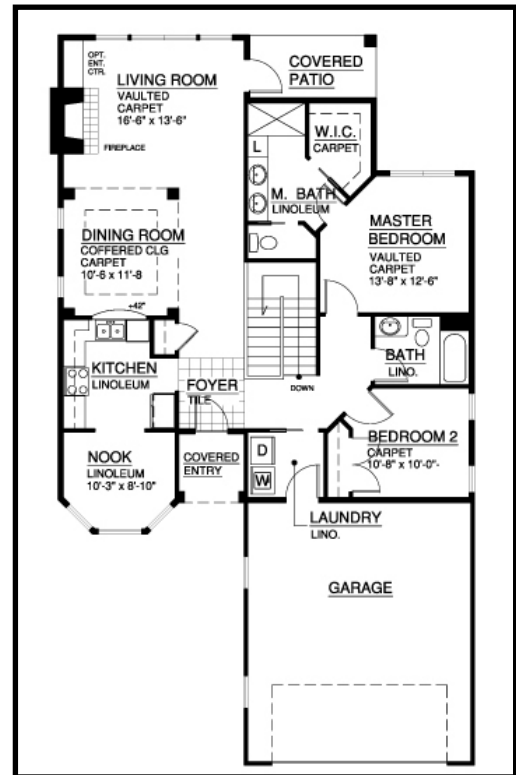
These changes, coupled with our Charter Member Program that will offer savings to the next 10 residents who join our community, have contributed to increased interest in Touchmark. The three-bedroom suites have already sold out, but there are still some excellent choices in the one- and two-bedroom suites.

Now that “spring has sprung,” there has been renewed interest in the bungalows. We recently introduced two new floor plans, the 1,431 square-foot Yoho and 1,524 square-foot Robson (both pictured at right). These floor plans offer people, who prefer a smaller home, the opportunity to enjoy the lifestyle and quality of life that comes with living at Touchmark. We have also built several homes that showcase some of the 11 different floor plans we have available. These homes are available for people who require an early possession date. All that is required is the final selection on floor coverings, paint color, cabinets, and fixtures.

If you are interested, or you know of someone who might be interested, in learning more about Touchmark, please call me at 780-577-5005.



**The Robson bungalow features 1,524 square feet of living space.**



**The Yoho offers 1,431 square feet of comfortable living space.**

## Upcoming events

**Monday, May 15 and 29, 2 to 3:30 pm**—Art with Grace.

**Thursday, May 11, 2 to 3 pm**—Chef Winston's cooking demonstration.

**Tuesdays and Thursdays, 10 to 11 am**—Keep Fit with Jocelyn.

**Wednesdays, 2 pm**—Bridge.

Call 577-5000 for more information.

## Lillian Ferguson—Part of the Touchmark family

*by* **Michelle Belland**  
—Chief Operating Officer

Lillian Ferguson was born in Stenen, Saskatchewan, in 1921. When she was two-and-a-half, her family moved to Donalda, Alberta. It was there she lived until she met and married her husband, Joseph Schille, in 1941. They moved to Comox, British Columbia, when Joseph was in the Navy. Their first daughter, Carol Judith, was born in Viking, Alberta. Their second daughter, Brenda, was also born in Viking in 1946. Joseph was discharged from the Navy in 1948, and they moved to Edmonton. Their third daughter, Patricia Joanne, was born in 1948 in Edmonton.

Joseph worked in a bank and later started three different car dealerships: Millcreek Motors (selling Morris Minors), Volkswagen North, and a Toyota dealership. Lillian was a homemaker involved with raising her three daughters and volunteering for Meals on Wheels, the Misericordia Volunteer Association, and Brownies.

Joseph played the sax, B-flat soprano, and the violin. Lillian played the organ, and they enjoyed good times with their music. Joseph passed away in 1984.

In 1986 Lillian married Floyd Ferguson. He was an accountant for Medical Arts. When he retired they lived in Peachland, British Columbia, for three years before moving back to Edmonton. Lloyd passed away in October 2004.

Lillian traveled to New Zealand, Australia, and all over the United States, including New Orleans and Alaska, and she spent 14 winters in Arizona. In Canada, she traveled

to the Maritime Provinces.

Lillian's oldest daughter, Judy, and husband live in California and have two children and four grandchildren. Brenda and husband live in Edmonton and have two children and two grandchildren. Patricia and her husband live in Onaway and have two children.

Lillian enjoys knitting, embroidery, and needlepoint. She relishes the time she shares with family and friends and thoroughly enjoys living at Touchmark. Lillian says she gets a lot of enjoyment out of life and her family.



**Lillian Ferguson and her granddaughter and husband, Sarah and George.**