



Building a fabulous community



Message from
Michelle Belland
—Chief Operating
Officer

Touchmark is growing into a very delightful community—a community of interesting residents and energized employees.

In May, we welcomed a number of new residents who are from a variety of interesting backgrounds. All of these folks have something in common—they are looking for a quality aging-in-place community where they will have a variety of activities from which to choose. They all want to live in an environment that supports their values of living a healthy life through quality nutrition and regular physical activity. In addition, they all were interested in knowing that care is available on site should they require it at some time in the future. They like that Touchmark’s campus is situated on a park-like setting and is near so many amenities (Sobeys, Hawkstone Plaza, etc.).

Touchmark is also becoming known for the quality of its employee community. Residents continue to comment on the friendly, happy staff who greet them daily. With the dramatic growth in the number of residents, we continue to look to grow our employee group. Specifically, Touchmark is looking for a director of Care (RN), a Life Enrichment (activities) director, a line cook, servers, housekeepers, a maintenance assistant, Sales hostesses,

a hair stylist, and concierges for our front desk. If you know of anyone who would be interested in any of these positions, have them e-mail their resume to resumes@TEABmail.com. We’re looking for people who want to make a difference in the lives of retirees.

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Connecting the generations

by **Marge Coalman, EdD**
—Vice President of Wellness & Programs, Touchmark

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have provided wisdom and life experience to all of us via the political process, cultural enrichment, and critical thinking.

**“One thing is certain,
and I have always
known it—the joys of
life have nothing to
do with age.”**

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—*May Sarton, poet*

In today’s society, however, it seems that we have forgotten the contributions of our elders through the ages.

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and boredom are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring

relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich each other's lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Touchmark to support ongoing relationships among residents and guests of all ages.

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Touchmark gets growing!



Ruth McLeod (left), Jeannie Schultz from Ellerslie Gift & Garden, and Harriet Younie discuss plants and flowers. Jeannie spoke at Touchmark on *Planting for the Balcony or Window*. She provided Touchmark residents with lots of tips on how to make the most of balcony and patio spaces for planting. She discussed which plants are best for which exposures, how to effectively use pots, and provided great suggestions on which plants to group together for maximum effect.

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 June is "I remember when"

What a prom night!

by Hazel Nervig

—Resident from a Touchmark retirement resort

I remember when ... I was a junior at Watertown High School, and prom was coming up. My Latin teacher, Ms. Lister, met me in the hall and asked me why I wasn't going to the prom.

"I don't have a dress."

"I have gone on several cruises, so I have a couple dresses that would be your size," Ms. Lister replied.

"But I have no date!"

"Well, come on, let's go to the date bureau!" she replied.

So I took the dress home and hung it up—above the heat register. The furnace blew up! So after a quick trip to the cleaners, Fred and I were finally off to the prom.

We enjoyed the night dancing to our favorite tunes, even though Fred's shoes were pretty scuffed up! After prom, Fred and I hopped into his uncle's car that he was borrowing. It then started to rain very hard. Not knowing the car very well, Fred had a hard time finding the button to turn the windshield wipers on. Before he could turn on the wipers, we ran into the curb and blew a tire!

"You stay here. I'll go and get help," Fred said.

"I'm not staying in the car by myself! I'll go with you," I replied.

So I hiked up my dress, and we went sloshing up to the nearest fill station. After many hours passed, we got the tire fixed. Fred finally got me home about 3 am, and I haven't seen Fred since. But the funny thing about my prom night was—my parents believed the entire story!

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 6. For a list of the guidelines, monthly themes, and deadlines, please contact Administrative Assistant Betty Harrison.

Touchmark hosts vintage car show



Resident Francis Ruitter (left) and a vintage-car collector soak in the fun and sun at the Vintage Car Show that Touchmark hosted in May.

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Charter memberships going fast!

by Greg Greschuk
—Director of Sales



With the recent burst of activity, Touchmark's special Charter Member pricing is almost gone.

Specifically, if you are interested in a two-bedroom apartment, you'd better act fast.

Similarly, if you're interested in leasing or renting a one-bedroom, call today. Remember that continental breakfasts are included, and there are a variety of meal programs available.

Contact us at 780-577-5022 for more information. Don't delay.

Touchmark's unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don't have e-mail, you can still communicate with them electronically by using Web e-mail. Here's how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you're on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message** to a Resident.
- Write your message.
- Click **Send**.

The message is sent to a designated staff member who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden's father lives at a Touchmark community. "My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love."

If a resident wishes to reply to an e-mail, he or she can contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response.

Residents living in Touchmark communities also can take advantage of computers located in Touchmark business centres. For more information, please contact the front desk.

Touchmark welcomes Dr. Graham Clarkson and Mrs. June Clarkson



June and Graham Clarkson, MD, who recently joined the Touchmark family, prepare to cut the cake at their welcome tea. They moved into the Wedgewood building and enjoyed a warm Touchmark welcome at the tea.

Upcoming events

Thursday, June 8, 9 am to 4 pm—Bridge Tournament in the Marquis Room and Grand Hall.

Wednesday, June 14, 2 pm—Meet the New Neighbors Tea.

Thursday, June 15, 2 pm—Cooking demo with Chef Winston.

Every Tuesday, 2 pm—Knit & Kaboodle in the library.

Call 780-577-5000 for more information or to register.