



We're cooking now!



Message from
Michelle Belland
 —Chief Operating Officer

I am happy to announce the opening of Touchmark's fabulous Food and Beverage Service and the hiring of Touchmark's executive chef, Winston Barrett.

Winston, trained in hotel and catering culinary management at George Brown Culinary Institute in Toronto, Ontario, is an Ontario Provincial Blue Seal Chef. He has experience with several upscale establishments, including the Bayview Golf and Country Club in Toronto and the four-star Sutton Place Hotel right here in Edmonton. In 2004, Winston beat 60 other nominees and was honored as the recipient of the prestigious *You're Welcome—Edmonton Awards' Outstanding Heart of House Award*, which recognizes people in the tourism and retail industry who provide superior and professional customer service.

Winston has held many positions in the kitchen—sous chef, banquet chef-sous chef, and most recently banquet executive chef. He joins the Touchmark team ready to turn a new page in his career, taking responsibility for all culinary offerings—the Fireside Grill, The Grand Hall, The Ravine Café, and our private dining and catered culinary offerings.

Winston has participated in a variety of culinary

competitions both to display his own skills and creations as well as to increase his culinary knowledge by learning from coaches and fellow competitors. A sampling includes:

- 2005**—Las Vegas Black Box Competition (Individual competition)
- 1994**—Vancouver Black Box team (Bronze)
- 1992**—Toronto Canadian Federation Chef Culinary Competition
- 1986, 1987, 1988**—London, Ontario Competition (Silver, Bronze)

We are looking forward to sampling Winston's many delicious and nutritious creations! Winston brings his passion for food and fabulous personality to Touchmark.



Winston Barrett
 Executive Chef

Mind, body, and spirit: solutions not resolutions

Marge Coalman, EdD

—Wellness & Programs Director, Touchmark

What is all this fuss about “mind, body, and spirit?” If one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote “holistic health” and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in “for sale” remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making “New Year’s resolutions” it might be more productive to look for “New Year’s solutions” to any and all concerns that create a feeling of ill-being, discomfort, or pain.

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Meet Touchmark’s designer



Cheryl Kotlowitz
Touchmark Designer

In the short time since its opening, Touchmark has already become known for its beautiful interiors. This high standard is incorporated into each new bungalow and

apartment through the efforts of Touchmark Designer Cheryl Kotlowitz.

Cheryl, a graduate of the University of California, Los Angeles Interior & Environment Design School, spent four years working on the Paramount lot designing, constructing, and furnishing offices and office buildings. Her clients included senior executives as well as producers and celebrities, including Eddie Murphy and Arsenio Hall, who were residing on the Paramount lot. She has also worked with a Los Angeles commercial design company that served both the residential and commercial design community.

Cheryl’s creative flair and design aptitude have been very much appreciated by couples currently constructing bungalows on the Touchmark site. She provides creative suggestions and assists with the selection of flooring, cabinetry, fixtures, and appliances.

“We’re thrilled to have Cheryl on the Touchmark team,” says Chief Operating Officer Michelle Belland.

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“Is laughter really the best medicine?”

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two resources for well-being in an article just published in the *Journal of Active Aging* (vol. four, issue six). For a copy of her article, visit touchmark.com/MAC-IsLaughterReallyTheBest.pdf.

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My memoir

Francis Ruiter

—Touchmark member

Francis Ruiter and his wife Grace have lived at Touchmark since November. They bring much friendliness and spirit to our community. We thoroughly enjoy having them here! While in Arizona recently, Francis joined a creative writing class to write some stories about his history. One week the assignment was to write a one-page essay in the form of a memoir. He quit writing in frustration over the number of pages required to cover his personal history. Later he decided to abbreviate his story into poetry form. After rave reviews from his instructor, he has agreed to share his poetic memoir with us.

— Chief Operating Officer Michelle Belland

Born in The Netherlands 1929
Small village, horticultural area

Grade 6, teacher ex sergeant, disciplinary
Junior High, grade eight, not academic
Felt inferior, self-worth impeded
Restless, loved play and games

1948

Canada, uncle, mixed farm, horses and cattle
Winter, bush, timber sawmills

1952

Edmonton, my sister
Encouraged to read, learned new words
Applied and declined, employment
Canadian National Railway
Apprenticed, no pay, was hired
Telegrapher, one year, laid off

1954

Applied sales position
Seed company 5 years, felt appreciated

1959

Recruited, sold Life Insurance
Discovery, I could read instructions
Did well, built vocabulary

1979

Money, by itself, no gratification
Applied to enter college, part time
Discovering my potential, sweating
Had the words, not right order, red ink

1987

Bachelor of Arts, in History

2003

AZ College, read my Poem
Professor, much praise, shed a tear

2005

Here I am. Thank you Lord.



The author and his wife, Grace.

Calling all photographers, writers, and poets ...

Remember when baseball bats were made of wood, and coffee creamer was ... real cream? Nostalgia is one of several themes identified for Touchmark's 2006 Let Your Spirit Soar program.

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark would like to feature some of this talent and creativity in each newsletter.

Starting in February, at least one resident's submission will be published in the monthly newsletter. Since February is often known as "heart month," residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic "Heart-to-heart." Deadline for this issue is January 10.

For a list of the guidelines, monthly themes, and deadlines, please contact Chief Operating Officer Michelle Belland.

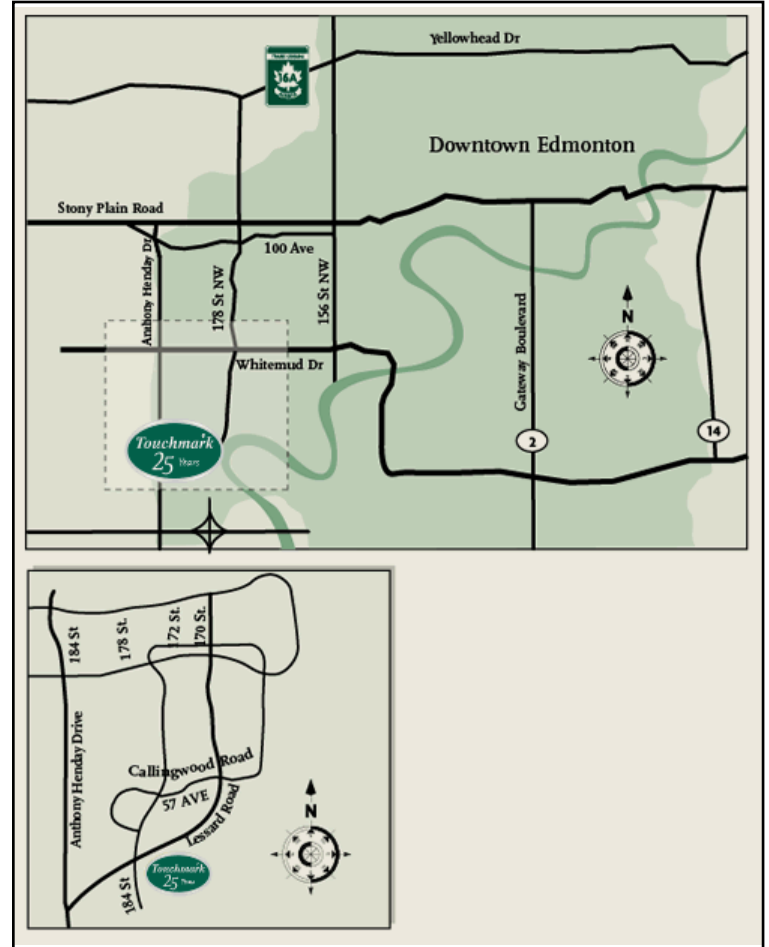
Construction under way for Health Services

We're easy to find ...

Construction has begun on the Touchmark Health Services Neighborhood, which is being built in partnership with the Capital Health Authority and will provide skilled nursing services.

This will not be the only building in which care will be offered at Touchmark. Because we believe in minimizing stressful dwelling changes, we will assess members' care requirements and develop a care solution that may mean members would remain in their existing bungalow or apartment on the Touchmark campus.

Touchmark's director of nursing will coordinate all health care services on the Touchmark at Wedgewood campus, from home care to assisted living to nursing care.



Construction of the Touchmark Health Services Neighborhood has started.

Join us for lunch

Sample Touchmark's fine cuisine. Tour the Touchmark bungalows and Wedgewood apartments. Take this unique opportunity to experience the Touchmark lifestyle prior to the grand opening. Bring a friend!

To reserve a spot (or two) at a gourmet luncheon, call Krystle at 577-5021. Space is limited.