



## Affordable luxury!



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

Luxury has never been as affordable as it is now at Touchmark at Wedgewood.

With the introduction of our Charter Memberships, apartment suites are available starting at \$140,000. Now, rentals are also available at Touchmark.

Touchmark at Wedgewood is Edmonton's most beautiful retirement community, complete with its acres of green space and thousands of feet of common space dedicated to lovely dining rooms, theatre, library, gym, hair salon, and art studio. And, assisted living services are coming soon.



**Touchmark offers exceptional apartment suites with exquisite amenities.**

Within the coming months, Touchmark will offer care services to those who require nonmedical assistance to ease daily living.

There has never been a better time to inquire about living at Touchmark. Charter Memberships are available on a limited basis only, so call 577-5000 for more information today.



## A life in balance: simplicity

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it's time to simplify. Here are a few ideas to consider:

**1 Just say “no.”** Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

**2 Spend time creating joy.** It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

**3 Don’t hang onto things you don’t want or need.** Clean out the closet and drawers and throw or give things away. If it’s broken, and you need it, fix it or replace it.

**4 Stop spending time to save money.** Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

**5 Take a moment (or more) each day to be grateful.** Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Touchmark is to assist residents and their families in creating a life that makes sense.

## Meet Touchmark’s volunteer librarian



**Jeanette Kusovac**

Not only does Touchmark at Wedgewood have a warm, inviting library, the room is made nicer by the work of volunteer librarian Jeanette Kusovac.

Jeanette has been living at Touchmark since fall and thoroughly enjoys her new home. “What I love most,” says Jeanette, “are the people. They are so kind and thoughtful that I feel right at home here. The food is great, the people are special, and the building is just beautiful.”

Jeanette has taken on the responsibility of organizing the dozens of books that have been donated to Touchmark’s library. From contemporary fiction and nonfiction to extraordinary coffee table books to the classics, the Touchmark Library is evolving into the heart of the Wedgewood building. “Come visit, enjoy a cup of tea by the fire, and sink into a cozy armchair with a great book,” says Chief Operating Officer Michelle Belland. “Thanks to Jeanette, Touchmark will be just a little homier for everyone.”

Jeanette enjoys Latin dancing and playing the piano. She has two sons, one daughter, and six grandchildren.

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## Join Touchmark’s new knitting group

Touchmark at Wedgewood is kicking off a new community knitting group, Knit & Kaboodle, headed by Melanie Zaitsoff, master knitter. The group will meet every Monday at 10 am in the Touchmark Library.

New knitters are welcome, along with crocheters, cross-stitchers, and petit pointers. Bring your materials and your sense of humor! The public is welcome. Call 577-5000 to register.

*“This club will be a fun chance for experienced knitters to visit and for new knitters to obtain assistance,” says Melanie Zaitsoff. “Eventually, it would be great to participate in charity knitting as a community.”*

## Join us for 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.



### ☞ 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 March is Humor and Life Balance.*

*For April, submit a story with a photo. Deadline for this issue is March 8. For a list of the guidelines, monthly themes, and deadlines, please contact Administrative Assistant Betty Harrison.*

## True love travels

*by* Francis Ruitter  
—Resident

We have a chef who is so adept in his art,  
the aroma of his unsurpassing succulent  
dishes will make you swoon with  
pleasure and delight.  
Our limpid tongue can never  
leave of savoring them.

Winston is our chef  
with his assistant Jeff  
Everyday a celebration  
Gourmet food with innovation  
Winston's kitchen is his sanctum  
His gourmet food to greet'em  
Food presentation so enticing  
Colourful and great spicing

Diners expound with Ohs and Ahs  
Tasting soup called vichyssoise  
Every dish has eye appeal  
Served with finesse so genteel

Every day, new delights  
No doubt you will be satisfied ...

Portions are sized to prevent  
The torment of possible flatulent  
Touchmark dining room,  
And its beautiful décor  
No black tie, do come in por  
favor.



**Francis and Grace Ruitter pause during a meal to pose with Chef Winston Barrett. Touchmark has already become known for its fabulous cuisine, and numerous catered events have been booked. If you are interested in hosting a catered event in one of our fabulous dining rooms, call 577-5000.**

## Westhill Construction builds Touchmark structures with integrity and high quality

Westhill Construction is building most of the buildings on the Touchmark at Wedgewood site, including the Wedgewood apartment building, the Health Services Neighborhood (extended care), and some of the bungalows that encircle the property.



**Dave Newson,**  
owner of Westhill  
Construction

“We have been directly involved in designing, planning, and project managing commercial, medical, and residential projects for about 40 years,” says Dave Newson, owner of Westhill. “We have successfully completed construction of custom homes, churches, golf clubhouses, museums, medical clinics and surgical suites, dental clinics, auto dealerships, restaurants, and fire halls.”

In the past five years, Westhill has taken on larger projects, including a church for West Edmonton Christian Assembly, Prestige Point, and Hawkstone Shopping Plaza.

“We have a strong commitment to our clients and recognize the value of maintaining solid relationships with the skilled tradespeople and suppliers we are involved with,” says Dave. “We realize the importance of following the highest standards of construction with a direct focus on quality craftsmanship, cost effectiveness, budget requirements, reliability, integrity, personal service, and warranty follow-up.” Westhill’s commitment to quality is evident throughout the Touchmark at Wedgewood community.



**Construction on the Health Services Neighborhood at Touchmark.**

## Canadian artist’s paintings grace the Touchmark buildings

by Michelle Belland  
—Chief Operating Officer

In last month’s newsletter, we introduced you to some of the fabulous art lining the walls at Touchmark. This month, we’re featuring two paintings by Canadian artist Debra Lynn Carroll.



**Springtime Field by Canadian artist Debra Lynn Carroll**

Debra graduated with honours in drawing and painting from the Ontario College of Art and Design. She has maintained an independent art practice from her studio at the Women’s Art Association in Toronto.



**Forest Walk by Canadian artist Debra Lynn Carroll**

Debra’s artistic focus is to create contemporary landscapes. The energy of nature comes to life through her use of rich vibrant colour to create images of enduring beauty and elegant splendor. Viewers feel as if they could walk into the painting. This is accomplished through the large-format composition, textural surfaces, and three-dimensional effects she creates that bring the foreground closer to viewers. She paints places of sanctuary, places that whisper the power and beauty of our corner of the earth.