

NEWS RELEASE



Touchmark at Wedgewood

For immediate release

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Author launches book at Touchmark

Edmonton, Alberta — Rick Lauber will present his new book *Caregiver's Guide for Canadians* November 18 at Touchmark at Wedgewood. Lauber's book was released recently at Chapters Bookstore and on Amazon.

The Lunch & Launch event will begin at noon with a lunch of soup, assorted sandwiches, salad and dessert. At 12:45, Lauber will be interviewed on the "The Brenda Edmonds Show." (Edmonds is Touchmark's Life Enrichment/Wellness director.) Beginning at 1:15, Lauber will sign and sell copies of his book.

The event will be held at Touchmark at Wedgewood, 18333 Lessard Road. There is no charge, but reservations are requested. For more information and to make a reservation, the public can call (780) 577-5000.

A freelance writer, Lauber wrote the book several years after experiencing firsthand the challenges of caring for ailing parents. The 160-page guide provides practical advice as well as encouragement. Checklists are included, and a number of care-giving situations are covered. And Lauber pays particular attention to the importance of caregivers taking care of their own health and wellness needs.

Lauber estimates that 20 percent of Canadians are caring for a parent. That number likely will increase as baby boomers age and need assistance.

"Rick's book is very timely, and Touchmark is pleased to provide this opportunity for people to learn more about this crucial topic," says Leanne Gugenheimer, Touchmark executive director.

Touchmark is a North American leader in planning, building and operating resort-style retirement communities for people ages 55-plus. Situated in a picturesque ravine setting, Touchmark at Wedgewood offers a range of homes and lifestyle options. Visit TouchmarkEdmonton.com for more information.

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