



Buy the neighborhood?



Message from
Amy Jo Powers
—Executive Director

There is a Russian proverb that states, “Don’t buy the house; buy the neighborhood.” Fortunately, residents living in Fox Pointe at Touchmark Village have the best of both worlds ... lovely homes placed in a highly desirable neighborhood.

In early 2005, Touchmark began working with Mark Winter Homes, a respected builder in the Fox Valley. Since then, we have enjoyed a growth spurt and recently completed 10 new homes! Phone calls and meetings with curious, potential homeowners take place most every day in Fox Pointe at Touchmark Village. The surrounding community is buzzing about maintenance-free living, and this particular lifestyle is becoming quite popular in the greater Appleton area. For you Fox Pointers reading this, **you** are on the cutting edge of a hot trend in real estate; congratulations! For you curious onlookers ... what are you waiting for?

If you or someone you know is interested in finding out more about Fox Pointe at Touchmark Village, please have them stop in or call Touchmark any day of the week. We are on site every weekend (Saturday and Sunday from noon to 4 pm).

Visit us during the Valley Home Builders Parade of Condos: May 12-13 & 18-20



Fox Pointe home living room.

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From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Touchmark is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Bobbie Thompson.

Celebrate National Senior Health & Fitness Day with Touchmark

by **Bobbie Thompson**
—Life Enrichment/Wellness Director



What would you be willing to trade your health for? For most people, the answer is that they wouldn't trade their health for anything. Our health is something that cannot be easily regained once lost and is an essential component of living well. Making the most of the health and lifestyle we currently have is—or maybe should be—one of everyone's top priorities. That's why at Touchmark, we encourage you to take good care of your health by staying physically, socially, mentally, spiritually, and intergenerationally active. It's worth the effort. It's your life.

This year, we will be celebrating National Senior Health & Fitness Day at the same time as other organizations across the U.S. by offering some extra special events that will encourage you to make the most of your health and lifestyle.



Resident Jean Ormson (left) receives a blood-pressure check from Registered Nurse Barb Carlson-Towne. Receive a complimentary health screening at the National Senior Health & Fitness Day celebration at Touchmark.

We'll start the day's events with well-known and much-loved Pastor Martin Ruge, who will speak on the motivational topic: *No Matter Where I Start, I Always End Up In The Same Place*. You won't want to miss the laughs, the challenge, and the encouragement to grab life with gusto and touch the world.

Immediately following Pastor Ruge's energizing presentation, we will participate in walking courses around the Touchmark neighborhood (indoors if weather prohibits) with prizes for

various distances that each of us accomplishes. The Health & Wellness Fair will offer health screening, complimentary services, and useful information to help you take good care of your health.

A box lunch will be available for a fee at Touchmark so you can stop, visit, and refuel before the afternoon's polka dance with Polka musicians Roger & Jerry. Come tap your feet, kick up your heels, and have a memorable time being active, healthy, and vibrant.

National Senior Health & Fitness Day

Wednesday May 30, 10 am to 3 pm

No charge for admission. Box lunch offered for fee.

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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 May is an article about active living—sports/fitness theme.

For the hugs

by Ray Hall
—Resident



Ray gets a hug from Life Enrichment/Wellness Director Bobbie Thompson.

because we liked it. We had those bikes four or five years. When I finally gave those bicycles away, the odometer on hers read over 1,000 miles and so did mine, maybe more.

My wife and I lived in West Carrollton, Ohio, which is a suburb of Dayton, Ohio. National Cash Register had a transportation theme park, called Carrillon Park, that was about seven miles from our home. My wife and I would ride our bikes to that park, enjoy that area, and then ride back home. It was about a 14-mile round trip. We didn't call it exercise, though; we called it recreation,

When I first moved here to be by my daughter in December 2001, I'd spend about an hour on the NuStep and then another hour on the stationary bicycle. In more recent years, I've switched to using only the stationary bike. It's easier for me, and I didn't want to quit entirely, even though I'm 94 years old. I've already won awards. I've won treats, prizes, and trips out to lunch for my participation in the Stepping Out exercise program here.

Awhile back, when we couldn't get out to lunch for a couple of months, I said I'd be just as happy just to get a hug as my reward for exercising. The truth is, even though my doctor told me once he thought exercise was one of the things keeping me going, and I know it keeps my legs strong, I don't do it for any of those reasons. I do it for the hugs.

For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Bobbie Thompson.

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Mother knows best!

by Amy Jo Powers
—Executive Director

My mother always told me that life is full of choices, and, as usual, she is right! Recently, a resident mentioned we have so many events scheduled on our monthly calendar that it's difficult to decide what to participate in. What a beautiful dilemma!

Shall I go to the Strength and Fitness class today or attend the walk through Heckrodt Wetland Reserve ... the Hot Air Balloon Rally or the Bird Club's trip to the Kaytee Aviary in Chilton ... a card-shark bridge lesson or computer training with Tina? Choices, choices!

As you may have noticed, we offer many interesting and exciting options for people to enjoy at Touchmark. The monthly calendar is formed by your ideas, interests, and hobbies. Truly, the sky is the limit! Our Touchmark team is dedicated to scheduling events that will not just fill the day, but more importantly, enrich lives.

Add your ideas and interests to our list by becoming part of Touchmark! Visit us any day of the week or pick up the phone and call us at 920-832-9100. This May, honor all the good guidance your mother gave you by making a great choice for you!

The value of exercise: a medley of residents' experience



Left to right: Edna Newbury, Willard Hawley, and Audrey Boyson walking through the lobby at Touchmark.

“I walked regularly before I moved to Touchmark, but when I moved here and started walking with other people, my efforts became even more committed. When walking is a part of your schedule and you’re exercising with other people, you’re less apt to back out. Recently, I slipped and fell. My legs were not injured though, and I believe it’s because they are in shape from walking.”

by Edna Newbury
—Resident

“Getting exercise was no problem when I was younger and chasing cows all of the time. Farm work and walking kept me in great shape as did my job at the school. The reason I make walking and staying active a part of my life (now that I’m retired) is because I can tell it’s good for my body, my lungs, and my heart. It’s great for mental capacity, too. When I put all that together with the fun that I have being around other people, it’s easy to see what a great health plan it is for me. I suggest that people make up their minds to do something. Anything is better than nothing. I don’t always feel good either, but just to sit in a chair is the worst thing you can do. My aim now is to encourage more people to walk at Touchmark.”

by Willard Hawley
—Resident

“My best activity for exercise before I moved to Touchmark was golfing. I was a pretty good golfer, and this spring I hope to see if I still am. Walking has become my main exercise in the winter, though. I think walking keeps some of my health problems from getting worse. I like that I can do it with someone else, and even if I feel pain when I start out, by the time I’m finished, I feel a little better.”

by Audrey Boyson
—Resident

What others are saying

“They call this place The Grande. It is the staff that we have here that make it so. We are blessed.”

by Paul Pfaff
—Resident

Upcoming events

Tuesday, May 1, 11:30 am—Spring Fashion Show, cosponsored by Yonkers. Luncheon included. Limited seating. Advance tickets required. Cost is \$14.

Tuesday, May 8, 2:45 pm—Lion Statue Tour: Downtown Appleton. Bus and walking tour. No charge.

Thursday, May 10, 10 am to noon—WHBY Radio Show at Fox Pointe homes. Light brunch. Call 920-832-9100 for reservations. No charge.

Thursday, May 17, 2:30 pm—Book Club presents: Top Ten List from Barnes & Nobles. Drawing: \$20 gift card for those who attend. Reservations please. No charge.

Wednesday, May 30, 10 am to 3 pm—National Senior Health & Fitness Day. Keynote speaker Pastor Martin Ruge, Stepping Out walk, Health & Wellness Fair, and live Polka music. Lunch available for fee. No charge for event.

Girl Scouts: little jewels



Julia Teggie, a member of the Girl Scouts Daisy Troop 413, helps residents create beaded bracelets as her mom, Katie, watches.

fingers and direction. In the end, the girls left saying what a fun time they had with “all the grandmas.” Residents agreed that the well-behaved and helpful young girls were little gems.

Girl Scouts from the Daisy Troop 413 visited residents at Touchmark recently. The girls, all either 5 or 6 years of age, had practiced making bead jewelry ahead of time so that they could show the ladies how to make bead bracelets.

The girls came with containers of cording, different colored beads, and lots of enthusiasm. Each resident made a bracelet with the help of tiny Daisy



Bernice Meyers (left) makes pillows at the sewing machine as Grace Walbrun (right) works with a sewing machine that was donated by Marguerite Werner.

is where Touchmark Artsy Crafters create useful, artistic, and whimsical things. It wasn't that Bernice needed a sewing machine, since she owns two, but she immediately knew that the amount of sewing that people could produce would be more.

Unbeknown to Bernice, resident Millie Strandwitz had made a suggestion the week before Bernice moved in and asked for small pillows that could help support residents' lower backs while playing bridge or participating in similar leisure-time activities. After only a couple of weeks in her new home, Bernice gathered supplies and had the large Rubbermaid containers that held the material brought to the Gables Room.

The Artsy Crafters began a major project—to cut, shape, sew, and stuff 20 lumbar pillows—with “Booty” leading the way. Creative Coordinator of Arts and Crafts Grace Walbrun and Margaret Kreblein added their years of experience and ideas in sewing the pillows along with many other residents who helped stuff the pillows.

People would have been happy with any small pillow to put behind their backs, but in Bernice's case, this wasn't all she had planned. In previous years, Bernice had gathered volumes of beautiful tapestry and heavy upholstery fabric. The fabric had rich burgundy, greens, deep blues, and tans in various patterns and textures. It was clearly expensive fabric, and it couldn't have coordinated better with the Touchmark furniture. In most cases, Bernice confessed that she was able to get the elegant fabric for almost nothing or sometimes even for free from local furniture stores

“Booty” has your back covered

Bernice Meyers moved into Touchmark in March 2007. When a person moves to Touchmark the Life Enrichment/Wellness staff have the pleasure of talking with the new neighbor and helping him/her discover ways to become a part of the community.

For Bernice Meyers, or “Booty” as she is called by most everyone who knows her, the time between moving in and getting involved went very quickly. During her Life Enrichment/Wellness interview, it was discovered that Bernice didn't just like to sew, she loved to sew. In fact, she'd made a business out of her hobby by serving others in the area with alterations and was a sought-after seamstress.

Bernice was delighted to hear of a recent donation of a sewing machine to the Gables Room (Touchmark's craft room) by resident Marguerite Werner. The Gables Room

when their upholstery samples were replaced.

The result was more than 20 rich-looking pillows that make pastime activities more enjoyable for many of Bernice's new neighbors; some of whom she now calls friends.

Learning about plants



Horticulturist Natalia Bjorklund (right) from The Gardens of the Fox Cities and Gert Tews talk about plant care after repotting a plant together. Natalia spoke to Touchmark residents about houseplant basics.

International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted

with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own.” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- Surround yourself with a positive support system;
- Maximize individual capacity—do as much as you can;
- Make sure your “whole person” shows up every day;
- Take on self-responsibility;
- Recognize that life happens and make a decision to be positive.

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be Well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

