



## Community partner



*Message from*  
**Amy Jo Powers**  
—Executive Director

On Saturday, June 9, Touchmark on West Prospect will be taking part in a longstanding Fox Valley tradition—the annual Flag Day Parade. This past March, an article published in the *Appleton Post-Crescent* alerted the local community that the parade committee was in need of sponsors for 30,000 flags, which would be handed out along the parade route. In the past, private donors and local companies have donated between \$3,000 and \$5,000 to ensure this tradition stays alive. This year, Touchmark is donating \$1,000 to help purchase the flags.

Just before the parade begins, the new Touchmark van will be cruising the parade route, carrying 30,000 American flags that will be distributed by volunteers.

We are honored to be part of this wonderful tradition and, furthermore, extend this support as a symbol of dedication to our community partnership on behalf of the company and all residents of Touchmark on West Prospect.

It is our belief that commitment to strong civic duty is an important role established by the Greatest Generation and should be carried on by local businesses when the opportunity arises to make a difference. Join me June 9 for the Flag Day Parade. We will be waving our flags high!

## Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

**“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”**

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—*Maya Angelou, poet*

During my travels as vice president of Wellness & Programs, I visit all of Touchmark’s communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.
- People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.
- The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Bobbie Thompson. You are invited to be an architect of this intentional community.

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## Spring Fashion Show spotlights style

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

Not everyone is a thin wisp of a woman. Not everyone can relate to the ladies with arms and legs as long as telephone poles. But everyone enjoys having a sense of style, and everyone could be proud to be seen in the fashions supplied by Talbots—and modeled by the Touchmark ladies—at the second annual Touchmark Spring Fashion Show.

First-year model Jane Dionne and second-year models Barb Leslie, Shirleen Jones, Marge Stilp, Ethel Moehring, and Jean Ormson were not only beautiful but very stylish as they strolled around the Four Seasons Dining Room at Touchmark. Each model presented two fashion ensembles, complete with accessory options. The program was emceed



**Spring Fashion Show models were (from left) Jane Dionne, Barb Leslie, Shirleen Jones, Marge Stilp, Ethel Moehring, and Jean Ormson.**



**Jean Ormson looks particularly striking in her stylish Talbots summer outfit.**

by Talbots.

Executive Chef John Balistrieri and the entire dining services team “wowed” the 80 guests with a scrumptious gourmet chicken salad, fresh fruit, and warm French croissants. The homemade sorbet fruit medley of mango, strawberry, and raspberry still makes mouths water as we remember. But the most talked about aspect of the meal was whether or not to eat the exotic flower garnish.

Many thanks go to Talbots (Marilyn & Tracy), the models, model assistants Jean Poulsen and Ruth Freiburger, Fashion Consultant Dorothy Bradley, Stylist Linda Lemke, Appleton Newcomer volunteers, and Touchmark staff.

## 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.*

## Living

*by* **Erv Volkman**

—Resident

It's the golden years, and I ask myself,  
Is this the time to lay back and rest?  
I've lived my life; I've done my best.  
Do I lay down my tools and simply coast  
or wait for that moment when I give up the ghost?  
It's the golden years, 'cause there's precious few  
And so many things that I must do.  
There are pictures to paint, and there's verse to write  
There's music to play and guests to invite.  
There are people to love and people in need.  
Is life's work finished? No, indeed.  
If life is golden, its worth is in living,  
By doing, by loving, by caring, by giving.

*For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 10.*

*For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Bobbie Thompson.*

## What others are saying

*"We feel very lucky to have found our Fox Pointe home at Touchmark. The convenient lifestyle allows us more time to stay involved with our many volunteering jobs and spend time with our friends. If we ever have too many people coming over, we don't worry; we just use the dining services at The Grande (main building), and we don't have to spend our time cleaning up afterward either."*

**Marge and Bill Stilp**

—Residents at Fox Pointe at Touchmark Village

## Elvis has entered the building!



**"Elvis Presley" moved to Touchmark shortly before the last talent show. Guess who this neighbor is? Don't miss his act at the talent show!**

The Resident & Employee Talent Show is coming again this month (Tuesday, June 19, 2:45 pm). Artistic abilities, joke telling, demonstrations of hobbies, drama or dance, video footage of past accomplishments, and, naturally, singing and musical talent are just a few examples of what is welcomed as entries in the talent show. If it's something you enjoy and you believe others would too, please sign up to show your stuff!

## Reading: great health benefits

Many people already know that walking is very beneficial to one's health, but did you know that reading a book in the library at Touchmark also can be a very healthy activity? The Health Library, of course.

Touchmark Wellness Nurse Janet Meyer, RN, is offering this new service. It's a Health Library of books and resource materials that residents can access day or night. Janet also has popular health-oriented



**Touchmark Wellness Nurse Janet Meyer, RN, and resident Phyllis Werner (sitting) in Touchmark's new Health Library.**

Web sites posted on the wall of the Business Center (or computer room as it's casually known) for you to check out.

Wondering about that pain in your toe, or what ketoacidosis is and how it affects the body? Just received a new diagnosis from your doctor but didn't have enough time to ask all the questions you wanted to? Curious about what you can do to keep your balance as strong as possible?

Stop by the Health Library and check out a new book or just sit and read awhile in the comfy new section. The bookshelf was donated by Phyllis Werner, and the content was supplied by nurse Janet.

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## Touchmark residents "prowling" town

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

Now that the warmer weather has arrived in Appleton, the people living at Touchmark have started to "prowl" around town, looking for outside fun. The warm weather didn't just bring out Touchmark residents but a multitude of lions. Well, okay, the Lions were here first.

The individually decorated Lions of the Valley are positioned around town and in the surrounding communities to draw attention to Disney's *The Lion King* performance at



From left: Barb Leslie, Phyllis Werner, Ethel Moehring, and Jean Ormson stand near Bucky, one of the displays in the Lions of the Valley community art project.

the Performing Arts Center. Appleton is roaring with pride over the opportunity to have this award-winning Broadway musical in our own area. Residents took a bus and walking tour of the decorated lions around the downtown Appleton area as a start to the excitement about *The Lion King* musical. A full bus of lively people viewed multiple display lions, and the Touchmark gang ended the month's festivities by attending *The Lion King* in late May.

## Upcoming events

**Mondays in June, 1:30 pm**—Quilt making for donation to local children's hospital. No charge. Gables Room.

**Friday, June 1, 10:30 am**—Winneconne Middle School Band performance. Chapel. No charge.

**Saturday, June 16, 2 pm**—*Fashion in Film: Period Costumes for the Screen* at Paine Art Center and Gardens. See famous garments worn in popular movies through the years. Cost: \$6 for adults 55 and older, and \$7 for adults under 55.

**Tuesday, June 19, 2:45 pm**—Resident & Employee Talent Show. Chapel. No charge.

## Touchmark hosts Kiwanis Prayer Breakfast



More than 160 Golden K Kiwanis members (retiree Kiwanis) gathered at Touchmark for the annual Prayer Breakfast. The group heard from Father James Baraniak, O.Praem, (pictured) who serves as the Roman Catholic chaplain for the Green Bay Packer football team.

