



The dog days of summer



Message from
Amy Jo Powers
—Executive Director

If you've noticed man's best friend walking the hallways of Touchmark from time to time, you are not seeing things. Several residents' lives are enriched by having a pet, and Touchmark encourages cats and small dogs to live with their beloved owners.



Resident Tom Hudson visits with Beamish, who is from the local Humane Society.

Recently, Touchmark began a partnership with the local Humane Society, which brings therapy dogs to Touchmark each month to mingle and get to know residents who like to be around friendly tail-wagging pals! Many people have owned a pet in the past but never forget the soothing joy that pets can bring. It has proven to be a wonderful time of

fellowship with smiling faces all around.

The opportunity for interaction with domestic pets is priceless, and that is why I regularly bring my golden



Executive Director Amy Jo Power's dog, Austin Powers, sits near a Fox Pointe home.

retriever, Austin, to Touchmark with me. He loves visiting with people, and Jake Wagner, a Touchmark resident, enjoys walking him around the entire campus. When I take Austin into the hallway, lobby, or library, many people cannot wait to pet him, and they always tell me their own dog stories. Most people don't know that Austin was a resident at Touchmark at one time. Nearly three years ago, my husband and I moved to the area and lived in The Grande for three months prior to moving into our home. Austin lived with us and enjoyed every minute of it! We walked through Fox Pointe every morning and evening, taking notice of all the wildlife that we are blessed to be surrounded by.

In the July issue of the Life Enrichment/Wellness calendar, look for the Humane Society visit, and be sure to tell your friends that having a pet should not deter them from moving to Touchmark. In fact, it will be the best choice they ever make. Please call me or Chad at 920-832-9100 to schedule your tour today!

We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War 1” were recognized and interviewed. Those who are still alive are scattered around the world, and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s feature on centenarians still working*

World War 1 veteran Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007) died at 115 and is the oldest authenticated veteran from any conflict. How amazing that someone could survive through all the

health epidemics, storms, disasters, and challenges the last 115 years have presented to the human species.

In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter, and more abundant food have increased the average adult’s lifetime to the late seventies. The percentage of people over the age of 100 in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 ever. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Touchmark is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find

out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Bobbie Thompson. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

Being proud can be a good thing

Most everyone was taught to be modest and not to be too proud. But who can resist showing those pictures of grandchildren or a recent trip. When a new baby is added to the family, it only seems natural to want to tell the world. There are some times when being proud is the natural, even appropriate, response to a wonderful happening in life.

The same is true of living at Touchmark. Telling another friend about the great lifestyle, friends, events, and Grande or Fox Pointe homes is only natural. What good would it be to enjoy such a wonderful thing and not be able to tell anyone? Being proud of what you have and the good fortune you enjoy while living at Touchmark is something your friends may want to be a part of, too. And come to think of it, wouldn’t that be even better? A great place to live with great people you like—that’s Touchmark. Go ahead, be proud, and tell a friend or two! For more information, direct your friends to Amy Jo or Chad at 920-832-9100.

Flags fly high at Flag Day Parade

by Bobbie Thompson
—Life Enrichment/Wellness Director

In Appleton, the annual Flag Day Parade is one of the most widely attended parades. Last year, more than 30,000 people attended the Appleton Flag Day Parade, and it looked like even more people would attend this year. However, there were no flags for the parade due to a funding change. Touchmark offered to make a donation toward the flags, along with other area donors, and the tradition of handing out flags to children at the Flag Day Parade was saved. Residents Willard Hawley and Audrey Boyson volunteered to assist with the distribution of the flags before the parade. Willard and Audrey unwrapped thousands of flags, helped



Willard Hawley waves to other Touchmark residents while helping distribute flags prior to the start of the Flag Day Parade.

van, gathering the unwrapped flags and giving the flags to the thousands of children who lined the streets of Appleton.

It was a truly memorable experience, but the best part came when we passed in front of a group of Touchmark residents who had come to watch the parade. The Touchmark gang clapped and hollered as Willard and Audrey waved and greeted their friends from inside the van, which proudly represented their home—Touchmark.

give them to children, and waved at and greeted the thick crowds from the van as it passed by just before the actual parade began. The Touchmark van was third in line to see all the happy faces of children and adults during this preparade. Local Boy Scout and Girl Scout troops followed the Touchmark



Ralph Ballinger (pictured) served during World War II with the 8th Air Force Air Service Command.

at the second strategic air depot.

After getting out of active duty, I thought it was very important to stay in contact with those guys who I had spent such a memorable time with, and so in 1961, I was voted into and accepted the position of secretary/treasurer of the 904th Signal Company Reunion. I thought this would be a great way to still see the guys and continue my service to our fine military.

What I didn't realize is that in 1963 I would be given this role again. The nominating committee told me, "You're gonna take this post until you learn how to do it right." I guess I still don't know how to do it right, since I've been serving ever since as the secretary/treasurer for the 904th Signal Company Reunion. When I started, I was given 65 names of fellows who we knew the whereabouts of. I knew there had been 270 men who came back from overseas; so I had my job cut out for me. To date, I have located all but 14 men. Keep in mind, I tracked

down all of those fellows before the day of convenient computer searches! I used the library, telephone directories, and the veterans' service offices from the counties where the serviceperson was last known to be.

The best part is when we get together and share our stories. Some guys don't talk about their experiences at all with other people, but we understand; we were there, too. We still feel connected and part of a great brotherhood as "Soldiers Together, Brothers Forever."

I tell you all of this for a reason. Serving our country is a

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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 July is a poem featuring patriotism and community service.

Patriots remember those who serve

by Ralph Ballinger
—Resident

As a part of the United States military, we have all experienced days we will never forget. In World War II, I was part of the 8th Air Force Air Service Command, located

proud opportunity and challenge. It's not easy, and when our military people come home, it is important that they are noticed, not lost or overlooked. I've spent all 46 of these years making sure that those proud servicepeople I worked with and lived with know that they are important and somebody still remembers that they sacrificed for this country. It's a good reminder for all of us.

For August, please submit a recipe with a story. Deadline for this issue is July 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Bobbie Thompson.



Dorothy Daitch (from left), Barb Leslie, and Grace Walbrun of the Touchmark Artsy Crafters work on an American flag quilt.

Wisconsin (Fox Valley branch), and Christine Ann Domestic Abuse Services. The remaining quilts will be sold at the annual Touchmark craft fair later this year. The funds are given to the Touchmark Foundation or are used for more charitable art projects. It is the hope of the Artsy Crafters that all of the time, attention, and care that was put into each quilt will calm, reassure, and comfort the person who receives it.

What others are saying

“It’s hard to put into words how much I think of living at Touchmark. You know, I didn’t want to come here originally, but now ... I can’t remember when I wasn’t here. When I wake up in the middle of the night, I look around and think, ‘Oh, I’m here,’ and it’s a good thought.”

by **Ruth Palmbach**
—Resident

American flag quilts give comfort

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

The Touchmark Artsy Crafters reserve June each year for their annual quilt-making project. In the past, quilts have been given to St. Luke’s Children’s Research Hospital, but this year, residents decided to touch more people in the Fox Cities with more handmade quilts.

Quilts were put together each Monday during the scheduled Arts & Crafts time. Some of the residents had never made a quilt before while others are seasoned at quilt making. Peg Reeves, Myrtle Miller, and Bobbie Baker donated fabric, supplies, and finances to provide for this community-oriented project. Bobbie also donated a sewing machine, and several practiced quilters donated expertise.

A quilt was delivered to each of the following: Emergency Shelter of the Fox Valley, the Children’s Hospital of

Upcoming events

Tuesday, July 3, 3 pm—Patriotic music with Ralph & John. No charge. Open to the public. Lobby.

Wednesday, July 4, 2 pm—Independence Day. Party at Bobbie & Keith’s house. No charge. Please RSVP.

Friday, July 6, 3 to 4 pm—Hearing aid checkup by Miracle Ear. No charge. Please reserve appointment. Open to the public.

Monday, July 23, 4:30 pm—Appleton Yacht Club Cookout. Cost: approximately \$5.

Tuesday, July 31, 2 to 4 pm—Island Party. Beverages, costume contest, music, and more. No charge. Please RSVP. Lobby.

