



Change can enrich lives



Message from
Amy Jo Powers
—Executive Director

“Wherever you go, go with all your heart.” There is a stone that sits on my desk with this inscription, reminding me that once I make a decision, I put my whole heart into it. Right before I joined Touchmark, someone gave me this stone as a gift, and at the time, the decision to move from my previous job to my current position at Touchmark was difficult, since it required me to leave the familiar and jump into the unknown. But I evaluated my heart and boldly took the leap.

Much like my experience, residents choose to join the Touchmark community because they recognized the opportunity to enrich their lives. They aren’t pressured by necessity or circumstance, but they seize the chance to positively affect their quality of life for years to come.

When life offers us opportunities to grow, learn, and expand, we benefit from revisiting our hearts’ desires and goals and wisely selecting the path of enrichment. I’ve discovered rich fulfillment from picking the best and going with all my heart. I know residents also take pleasure in knowing they picked Touchmark and enjoy the benefits of an enriched life.

Leisure—it’s more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

**“Leisure is a form of silence,
not noiselessness. It is the
silence of contemplation such as
occurs when we let our minds
rest on a rosebud, a child at play,
a Divine mystery, or a waterfall.”**

—Bishop Fulton A. Sheen

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald’s Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating

(especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Touchmark, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Bobbie Thompson about how they define leisure—both individually and collectively.

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Experience full service at Fox Pointe

by **Chad Strong**
—Sales Associate

Personalized customer service is not a thing of the past! If you have not yet experienced a tour of the new homes at Fox Pointe, we welcome you to schedule an appointment today. Come and find out why Fox Pointe at Touchmark Village is the only development in the Fox Valley that is all inclusive.

We currently have 11 custom homes that are turnkey ready for occupancy. With eight different floor plans, ranging in size from 1,200 to 1,900 square feet, you'll be sure to find a home that fits the lifestyle you desire.

If you've found yourself wishing you were golfing this summer instead of tending to the yard ... we are only a phone call away. Please stop by or call 920-832-9100 to schedule

your appointment. Our service-minded community is your ticket to a maintenance-free lifestyle!

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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 August is a recipe with a story.

Grace's German potato salad

by **Grace Walbrun**
—Resident

Whenever I went to my grandmother's house, we could count on eating grandma's delicious German potato salad. My mother learned to make this wonderful dish from her mother, and in turn, I learned to make it myself.

Through the years, I have become known for my German potato salad. When family gatherings are planned, the request inevitably comes, "get Grace to make her potato salad!" When we lived in North Carolina and we would attend a potluck or family function, it was not uncommon to hear people at the food line actually ask, "Now, is this Grace's German potato salad?"

I don't mind making the potato salad. It's not difficult to make this family heirloom. The problem is that there is no recipe. I cook by taste and trial, like my mother did and her mother before her. But in an effort to share the taste that so many have come to look forward to, I'll make an effort to create a recipe, provided, of course, that the cook understands it must be adjusted for taste.

Grace's German potato salad

5 lbs. potatoes (red preferably)

1 lb. bacon

1 onion, diced

1/2 c. sugar

1/2 c. white vinegar

salt and pepper to taste

cornstarch

Cook potatoes with skins on until tender, peel, and let cool. Slice into large bowl.

Cut bacon into strips (remove excessive fat) and brown until crisp. Toss diced onion into pan with bacon and cook for a few minutes. If there is considerable grease, remove some. Add three to four cups of water to pan with bacon and onions; bring to a boil and turn down heat and simmer for about 15 minutes.

Add sugar and vinegar to mixture. Adjust to taste (sweet-sour). Add salt and pepper. Bring to boil and thicken sauce with cornstarch-water solution. Mix well, so all the potatoes are covered with sauce.

For best results, allow potato salad to sit out at room temperature for 12 to 24 hours (refrigeration is not required.) Reheat in low-temperature oven or microwave before serving. This serves 15; adjust ingredients for small quantities.

For September, please submit a book review of your favorite book. Deadline for this issue is August 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Bobbie Thompson.



Resident Bill Selle cares for his rose bushes at Touchmark.

with his beautiful blooms again.

Bill's love for roses goes way beyond Touchmark, though. Years ago he sponsored a sizable rose garden to be added and maintained at the local Gardens of the Fox Cities. Bill has shared his love of beauty and roses throughout the area and touched many lives with his passion.

"Taking care of 40-plus large plants may seem like work to some, but this is my favorite way to spend my leisure time. I love bringing beauty into the lives of others, and so it's natural for me."

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Leisure time: everything's coming up roses

by Bobbie Thompson
—Life Enrichment/Wellness Director

Summer in Wisconsin brings prized leisure time. By August, the Touchmark garden grows tall, and the fruit of months of labor is finally evident. For some of the gardeners at Touchmark, the growing season and everything involved lasts the whole year. Bill Selle is one such individual. Bill Selle is known by most of the Appleton community and at Touchmark as the "rose man."

"I have an inspiration for women and roses, because both of them mean beauty and love," says Bill. Bill loves all things beautiful, and roses have become his passion over the years. He supplies all the rose bushes and other flowering plants that line the various patio areas at Touchmark. He buys hibiscus, ponytail palms, but most of all, rose bushes. In the fall and winter, when most other gardeners can only hope for spring, Bill winters some of his potted plants in the bus garage at Touchmark near the eastern exposure windows. There they can continue to be watered, pruned, and prepared until the next year when he can adorn our patios

Upcoming events

Mondays, August 6, 13, and 20, 1:30 pm—Watercolor class. Come explore color and learn watercolor techniques with trio of leaders: Resident artist Erv Volkman, Life Enrichment/Wellness Director and art enthusiast Bobbie Thompson, and former art teacher and artist Keith Thompson. No prior experience necessary. Cost: \$15 (includes all supplies). Gables Room.

Friday, August 17, 10 am—*How Does It Work?* WFRV Channel 5 television studio tour and lunch. No charge for residents with meal plan. Cost: \$5 for others.

Saturday, August 18, 2 pm—4-H Project Parade. Come see the students' projects from the Outagamie County Fair at Touchmark. Pet the horse, dog, cats, and more. Refreshments provided. Please RSVP. No charge. Lobby and entryway.

Wednesday, August 29, 9 am—Door County day trip. Please RSVP by Wednesday, August 15. Cost: \$49 for the day.

August highlights



Residents enjoy tending to the colorful gardens at Touchmark.



The Touchmark Artsy Crafters made several quilts for area agencies. The group recently delivered one of its many quilts to the Children's Hospital of Wisconsin in Fox Valley.

