



Valuing each person



Message from
Amy Jo Powers
—Executive Director

Diamonds, silver, and gold—all things of great value that should be treated with great care. The staff at Touchmark understand and appreciate great value, as they spend each day serving the part of Touchmark that has the greatest value ... the people who live here.

Regardless of the area each staff member works, every person is here for the same common purpose: to value, serve, and give great care to those who call Touchmark home.

Consider moving to Touchmark as a way to add value to your life. You may just find the decision to be priceless.

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People can affect onset of progressive memory loss

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard

to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer's disease was published.

In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is "if it's good for the heart it is good for the brain."

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain's region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked to brain cell growth and enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow's research on reading shows that older readers

“Older adults have more control over their cognitive vitality than they may realize.”

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—Elizabeth Stine-Morrow,
Professor of Educational Psychology,
University of Illinois

with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don't need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Touchmark are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Bobbie Thompson.

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Find more time for friends and hobbies

Shoulda, coulda, woulda. Life is filled with opportunities, but some of those options pass us by, because we don't step out and grab them. Most people want to spend more time enjoying family and friends and doing the things they truly love.

Maybe you've been considering the carefree lifestyle in a Touchmark Grande or Fox Pointe home. Maybe you've been meaning to call to set up a tour or gather some information. Grab all life has to offer you at Touchmark.

Call Chad Strong or Amy Jo Powers at 920-832-9100 and ask them about how you (or someone you know) can spend more time with friends doing the things you love.

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Sicilian chef showcases Italian food

by Bobbie Thompson
—Life Enrichment/Wellness Director

Each month, a special Thursday night is set aside to celebrate residents who have a birthday that month. The August birthday party dinner theme was *Dino Italiano*, which is based on Dean Martin Italian music that played throughout the evening and the authentic Italian menu prepared by Touchmark Chef John Balistrieri and his team.

The menu included a flavorful antipasto, homemade breadsticks and garlic bread, shrimp scampi with lobster ravioli in pesto cream sauce or veal saltimbocca with cheese tortellini, and homemade marinara sauce. Both entrées included a side of eggplant parmesan. Italian cannoli, known for its crunchy exterior with a creamy cheese filling, was the dessert favorite. Grazie (thank you in Italian) to Chef John and the team!



Chef John Balistrieri and his cooking team create an extraordinary Italian meal for residents.



Jean Poulsen (left) and Ruth Freiburger celebrate Jean's August birthday at the Italian dinner.

Artist inspires neighbors

“I have two degrees, but I never have been able to paint. Now, I’m learning to paint!” exclaimed Roslyn Bell, a proud participant of the watercolor class at Touchmark.

The class was composed of six sessions and inspired by artist Erv Volkman, who lives at Touchmark. Erv has painted for more than 40 years using a variety of media, including acrylic, oil paint, and watercolor. The class was cooperatively led by Erv and former art teacher Keith Thompson, while Life Enrichment/Wellness Director Bobbie Thompson provided hands-on guidance to residents.

Ten people enrolled in the class, and two observed the class. Some of the participants had painted with watercolors before, but it was a new experience for most. One resident, having just moved to Touchmark during the month that the class started, wasted no time in signing up. She shared that she used to love to paint with watercolors but hadn’t picked up a brush for years. Now, having settled into her new home, she is doing the thing she loves again due to the inspiration of her artistic neighbor.

If you’d like to participate in the next session of watercolor classes or would like to learn another way to express your creativity, talk with Bobbie.



Touchmark resident and artist Erv Volkman (left) leads a watercolor class with Keith Thompson, former art educator and instructor.



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 September is a book review of your favorite book.

The Kite Runner

by Jean Ormson
—Resident and Library Committee Chairperson

One of the most interesting books I have read in the last few years is *The Kite Runner* by Afghan writer Khaled Hosseine. It is the first book written in English by an Afghan. The book is a captivating story about a little boy, Amir, who grew up in Afghanistan at the same time that the Taliban came into power. He and his very successful businessman father had to secretly escape the country in hopes of avoiding the unrest that was taking place in their country at the time. They moved to Fremont, California. More Afghan people followed, and a settlement of people from Amir’s country developed in California.

Their new way of life and location could not erase the memories or the choices that were made by the boy in his original homeland. The reader can relate to the messages of redemption and starting life with a fresh perspective. The story kept me reading because of all of the twists and turns that the author built in and the realistic description of life in



Resident Lynn Cole practices her watercolor trees in preparation for her first watercolor landscape. Lynn, who is legally blind, has two other watercolor classmates who also have low vision and share her determination to develop their creative abilities.

Afghanistan. Even though the work is fictional, the writing is done in such a way that the reader feels the real-life quality that comes from being based upon experience.

This book is currently available in the Touchmark Library of which I am the chairperson. Years ago when my husband, Jim, and I moved into Touchmark, I said, "We need to get this library going." I've been working on it ever since.

Tina, the receptionist, and I organized the donated books. Later, when we received an endowment donation from a past resident, the library committee was formed. The library committee visited the nearby bookstore to purchase the latest titles and authors. We still welcome the donation of new books, especially large-print versions. As a result, the library has become something that we can all be very proud of and enjoy regularly.

Time to celebrate!



Autumn weather may be on its way, but residents (from left) Orvilla Wildermuth, Jackie Pagel, and Bill Selle savor the summer's hot and sunny days at the recent Island Party. The party included a hula demonstration and practice, a conga line, limbo, live music, dancing, and flamingo-stemmed island drinks.



Library committee members at Touchmark make reading a convenient pleasure. From left to right and back to front: Jean Ormson, Barb Leslie, Grace Walbrun, Jean Poulsen, Jackie Shiner, Corinne Wocelka, and Arline Strohm.

For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 14. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Bobbie Thompson.

Upcoming events

Saturday, September 8, 11:30 am to 1:30 pm—Annual Friends & Family Picnic. There will be children's games, adult activities, picnic food, a dunk tank, prizes, and more. Reservations required. No charge. The Grande (main building) at Touchmark.

Sunday, September 9, 11:30 am—First Green Bay Packers game of the season on the big screen. Enjoy complimentary pizza, chicken wings, drinks, and chips. Reservations required. Guest tickets: \$4 each. Chapel.

Tuesday, September 11, 6:30 pm—Forum in honor of National Assisted Living Week. Learn about definitions, services, and options in assisted living. No charge. Lobby.

Saturday, September 22 and Sunday, September 23, 9 am to 4 pm—Experience the beautiful Touchmark campus as part of the Fox Valley Gallery of Homes tour. Tickets only \$5 (part of the proceeds go to Habitat for Humanity).

Didn't like the chicken pox? Make sure to avoid shingles

Touchmark wellness nurse Janet Meyer, RN, gathered this timely information.

The virus that causes chicken pox also causes shingles. Usually, people experience the chicken pox as children, whereas shingles is more likely to develop in adults. As much as 80 percent of adults over the age of 60 years, who have had chicken pox, will experience shingles. Since shingles have become more common, it is good to be aware of the early symptoms, which may include fever, headache, and lack of energy. Like the chicken pox, the shingles virus causes similar skin lesions to emerge with itching, intense pain, and numbness. At this point, the lesions are very contagious to those who have not had chicken pox. After two to four weeks, the lesions dry and become crusted and are no longer able to transfer the shingles virus.

Recently, the company Merck & Co., Inc. designed a shingles vaccine called ZOSTAVAX®. According to Merck, this vaccine uses “a weakened chicken pox virus” and “helps your immune system protect you from getting shingles.” The recently approved vaccine is designated for people 60 years and older and can either prevent an infection or reduce the intensity of an infection.

Note: Janet Meyer, RN, is the wellness nurse at Touchmark and one of two registered nurses who serve the people in the Touchmark community. She offers additional health reading topics in the library and helpful Web site tips on health and active lifestyles in Touchmark's business/computer center.

