



A place to belong



Message from
Amy Jo Powers
—Executive Director

While traveling in the car on a Wisconsin highway recently, I passed through a small town that had the usual welcome sign that many communities build to greet people on their way into town. This particular greeting read, “A Place to Belong.” The beautifully constructed brick sign had this message posted in large, bold letters and a lamppost with a light was burning brightly next to it. It was a very hospitable image that made me feel good about being there. This experience started me thinking about Touchmark.

When visitors enter Touchmark, they often are welcomed by numerous residents, staff, and family members. In fact, I regularly have people tell me that when they visit or call Touchmark, they feel that a warm, hospitable message is being conveyed. This is how a true community begins to grow in the right direction.

When the initial greeting is warm and friendly, no matter what the environment, it fosters a sense of comfort. You feel able to let your guard down a little and perhaps explore what possibilities might be there for you ... you start to explore belonging.

There are so many different ways to belong at Touchmark, a person can surely count on a supportive staff and friendly

neighbors to help them fit in. If you or someone you care about would be enriched by living in a community where “belonging” is an everyday occurrence, stop in at Touchmark and find out why we are truly, “a place to belong.”

.....

Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Touchmark supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Bobbie Thompson. Good food, good health, good company, and good conversation are the goals of the Touchmark dining experience.

Upcoming events

Tuesday, October 2, 1:30 pm—Learning in Retirement presentation: *Ovarian cancer—A disease of older women*. Chapel. No charge.

Sunday, October 7, 1:45 to 3 pm—*What is the marimba and how do you play it?* Internationally recognized marimba player Mike Truesdell explains the beauty of this instrument and demonstrates his musical talent. Chapel. No charge. Reservations please.

Tuesday, October 30, 2 pm—Learning in Retirement presentation: *Advanced Care Planning. How do I want to live near the end of my life?* Chapel. No charge.

Wednesday, October 31, 2:30 pm—Harvest Festival & Halloween Costume Party. Riverboat Rascal performs with five costume changes during show; costume contest; pumpkin decorating contest; prizes; candy for children; and refreshments. Reservations please. Four Seasons Dining Room.

Nearly 300 attend Touchmark's Friends & Family Picnic

by **Bobbie Thompson**

—Life Enrichment/Wellness Director

The annual Friends & Family Picnic hosted by Touchmark brought out a crowd of enthusiastic people—nearly 300 attended, including residents and staff and their family and friends.

The adults came, looking forward to good food and time to visit together while enjoying the sunny day and high-energy event. The children were excited about trying the various games and outdoor activities, and they had their eyes fixed on the popcorn and cotton-candy machines. The prize table was a flurry of activity from the start of the event until the last child left with a face-wide smile.

Amy Jo Powers, Touchmark executive director, and Barb Carlson-Towne, one of the two registered nurses at Touchmark, were brave enough to be in the dunk tank. After plunging into the chilly depths multiple times, most people would have questioned why they were doing this, but Amy Jo and Barb had their focus on raising funds for the Touchmark Foundation with each ball that was tossed at the dunk-tank target.

An additional feature of the picnic this year was a Country Fair, where residents showcased garden produce, hand-made items, and handiworks. The entries received ribbons for recognition, but better than the praise of judges were the complimentary words of neighbors, who stopped to



Jean and Jim Ormson submitted a tower of tomatoes for the Touchmark Country Fair event. "The tomatoes we grow taste better than those from the store. Plus, it's so much fun to give them away," says Jean. Jean and Jim also submitted a creative floral arrangement of flowers from their Touchmark garden.

see the colorful, impressive displays.

Touchmark has a strong commitment to community and a friendly neighborhood. This event would not be possible were it not for the efforts of each and every manager. It's one of the things that draw people to Touchmark. The words of one resident made it all worthwhile, "It was a wonderful event for everyone who attended."



Barb Carlson-Towne, RN, prepares to get dunked, helping raise funds for the Touchmark Foundation at the annual Friends & Family Picnic.



Canned goods and fresh produce from her garden were Kathy Curry's award-winning entry in the Touchmark Country Fair. The variety and sheer volume of items, plus the time involved to create each item, impressed the judges.



Beverly Schroeder submitted many sets of mittens in the Country Fair at Touchmark. She won a ribbon for her participation, but the real prize is remembering the children she's helping keep warm this fall and winter by donating 20 pairs of mittens to the local Salvation Army.



"I just wanted to get the flowers out of my garden before the weather ruined them. Aren't they beautiful? This way I was able to share their beauty with my neighbors in the Country Fair at Touchmark," says Maxine Bathke, explaining why she included her flowers in the autumn Country Fair.

There's no time like the present

In Wisconsin, autumn is in full swing. It's a beautiful time that's crisp, colorful, and cold. It also heralds the coming winter.

The animal kingdom knows that autumn is the sign to quickly find a warm, comfortable, safe place for the coming ice, frost, and snow. A place with the security of others is ideal, since no one wants to face the winter alone.

For some, this change in nature is a sure indicator that

it's time to move to a more convenient, comfortable, care-free lifestyle. There's no time like the present to discover Touchmark.

This month, Touchmark is featuring two homes: the 1,376-square-foot **Fox Pointe home** at Touchmark Village and a one-bedroom, one-bathroom **Grande home** in the main building.

The **Fox Pointe home** has two full bathrooms, two bedrooms, a two-car garage, and a solarium. The home includes an oven and range, central air system, refrigerator, dishwasher, and washer and dryer. Residents can take advantage of Touchmark's amenities and services, including housekeeping, dining services, and more.

Located in the main building, the **Grande home** offers an attractive hospitality package, which includes fine dining, housekeeping, scheduled transportation, individual storage, complimentary laundry facilities, cable television, and more.

Both homes come with access to the dynamic Life Enrichment/Wellness program, meal options, and guest suites.

To learn more, call Chad, Lisa, Tina, or Amy Jo today.



This Fox Pointe home at Touchmark Village is currently available. Call 920-832-9100 to learn more.

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.”

To read Marge’s article, visit Touchmark.com/community-involvement.htm.

What others are saying

“A group of us were talking on the Touchmark bus today about how many nice things we have to enjoy here at Touchmark. Some of the other people had checked out other places to live in the area, and they said there’s no other place around here that has so much to do and so much to offer as Touchmark does.”

Francis Sajbel
—Resident

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 October is a poem.

She

by **Erv Volkman**
—Resident

She is a child of God who is loving and caring.
She has known the joy of giving and sharing.
Her eyes reveal her love for life,
Yet she knows the feeling of hurt and strife.

She must listen to expressions of affection and love,
For these are the gifts that are sent from above.
She must know that to others she is precious and dear,
And there are words of caring that her ears must hear.

She must move on and enjoy her life.
To live and learn to cope with strife.
She must not worry what others might say,
But live her life's dream day after day.

She must hear the words of friends who care,
And believe in the tender thoughts they share.
She must enjoy her life to its fullest measure,
And cling to those blessings she has to treasure.

For November, please submit a story and photo conveying giving/sharing. Deadline for this issue is October 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Bobbie Thompson.

Stay healthy—avoid the flu

by **Nona Phelps, RN**
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and

even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details.

For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

