

News wrapped in fresh format

Happy holidays and seasons greetings from Touchmark! During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd love to hear what you think of our updated look.

Feedback is very important to us. Each year, Touchmark surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

We just completed this year's survey, and we're delighted that our health care staff were rated the highest of all Touchmark communities in the US and Canada for their training and knowledge. This is a real tribute to the staff!

Whatever the time of year, we welcome your feedback.



Warmly,

Amy Jo Powers
Executive Director

Local studio captures priceless moments

Monique Rosenthal's grandmother, Annabelle Fust, died last January, and it was only as Monique and her husband, Robert, prepared for the funeral that the two professional photographers realized that grandma hadn't had a current picture taken for approximately five years.

It was an additional loss to the family when they realized that not only was grandma gone, but there were no recent pictures of her. "There was no way to capture any more moments with her," shares Monique.

As a way to give back to the community and ensure that others wouldn't have to go through a similar experience, Robert and Monique started working with area retirement and assisted living communities to offer free portraits to anyone who would like them. Much to their surprise, they were met with more suspicion than acceptance.

"At first, everyone pretty much reacted the same way Bobbie Thompson at Touchmark did," says Robert. "They wanted to know what our 'angle' was or if this was

a scam to take advantage of older adults. But we just wanted to give something back, with no strings attached, and to make people smile and help other families avoid the experience we went through."

Robert and Monique's of- (cont.)



Marguerite Werner holds her portrait, as other pictures lay nearby.

(cont.) fer was accepted by Touchmark, the only retirement community in Appleton to do so. One other local assisted living provider allowed Rob to take portraits at two of their locations. Robert was able to photograph nearly 100 people among the three communities.

“Some people were hesitant at first, but after the first few had their portraits taken, they started grabbing their friends to come, too,” says Robert. “The residents were laughing and giggling and excited about getting their picture taken. That was our treat.”

“People think it’s a necessity to take frequent pictures as a child grows to record the milestones, changes, and memories. That shouldn’t change when someone is older. Life is a story to record all the way through.” ■



This Fox Pointe home offers 1,844 square feet, three bedrooms, two bathrooms, and a two-car garage. The Madison floor plan has high ceilings in the living room, creating a spacious, open feel. Call today for a tour.

Holiday meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal? When you’re part of the Touchmark community, you can take advantage of Touchmark’s catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Touchmark staff can help you design a memorable menu for your family dinners and holiday celebrations.

Call 920-832-9100 to learn more about the private dining room, catering, and the many amenities and services at Touchmark. ■



The Grande contains 104 apartments, and many of these homes include fireplaces, large windows, high ceilings, and balconies. Two full-time nurses and caregivers are available to offer support services.

You said it!

“When I moved into Touchmark, I kind of thought I’d just give up. Instead I found a whole new life after moving in here. Although my eyesight has changed to where I thought I wouldn’t be able to paint anymore, I actually got to help lead a painting class. I experienced all over again the wonder of something I love to do through the enthusiasm of others.”

Erv Volkman
—Resident

Sales director joins team

Michael Mapes brings 13 years of experience in sales and has worked for Wal-Mart Stores, Inc. and Associated Financial Group. “It’s been very exciting to meet all



Touchmark recently welcomed Michael Mapes as the new sales director.

the wonderful people who live at Touchmark as well as the many potential friends and neighbors,” says Michael. “I have had

opportunities to spend some time chatting with residents, and I keep hearing the same comment, 'I wish I would have moved in sooner.' I'm excited to introduce the Touchmark lifestyle to more people." Stop by and welcome Michael to the community. ■

Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we fre-

"I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life."

—Aimea Saul, artist

quently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Touchmark, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact the Life Enrichment/Wellness team to become an active change-maker and contributor to the circle of life. ■

Coming Events

Friday, Dec. 7, 6:30 to 8:30 pm

Friends & Family Holiday Party. Wine, hors d'oeuvres, and music by The White Heron Chorale. Each family will receive a free 5x7 professional portrait by M&R Studio. No charge for immediate family and friends of residents. RSVP.

Tuesday, Dec. 11, 8:45 am to 3 pm

Holiday Tour of Homes. Visit three homes decorated for the holidays. Enjoy treats and a three-course gourmet meal. Cost: \$10. Transportation and meal included. Life Enrichment/Wellness Director Bobbie Thompson's home is included in the tour. RSVP at 920-832-9100.

Friday, Dec. 14, 3 pm

The Live Weyers. Varied music and holiday tunes. Refreshments served. No charge. Open to the public. Lobby.

Sunday, Dec. 16, 2 pm

Sweet Adelines Holiday Program. Vocal harmony chorus. No charge. Open to the public. Four Seasons Dining Room.