

Touchmark celebrates Mardi Gras

Add some sparkle to winter—
come celebrate with us!
Friday, Feb. 1 • 2 pm



● Live music by the
Riverboat Rascal and The
Belle of the Mississippi

● Door prizes

● Party games

● Refreshments and snacks

● Home tours

● All are welcome!

- No admission charge
- Touchmark lobby

● RSVP by January 31
920-832-9100

Why move to a retirement community?

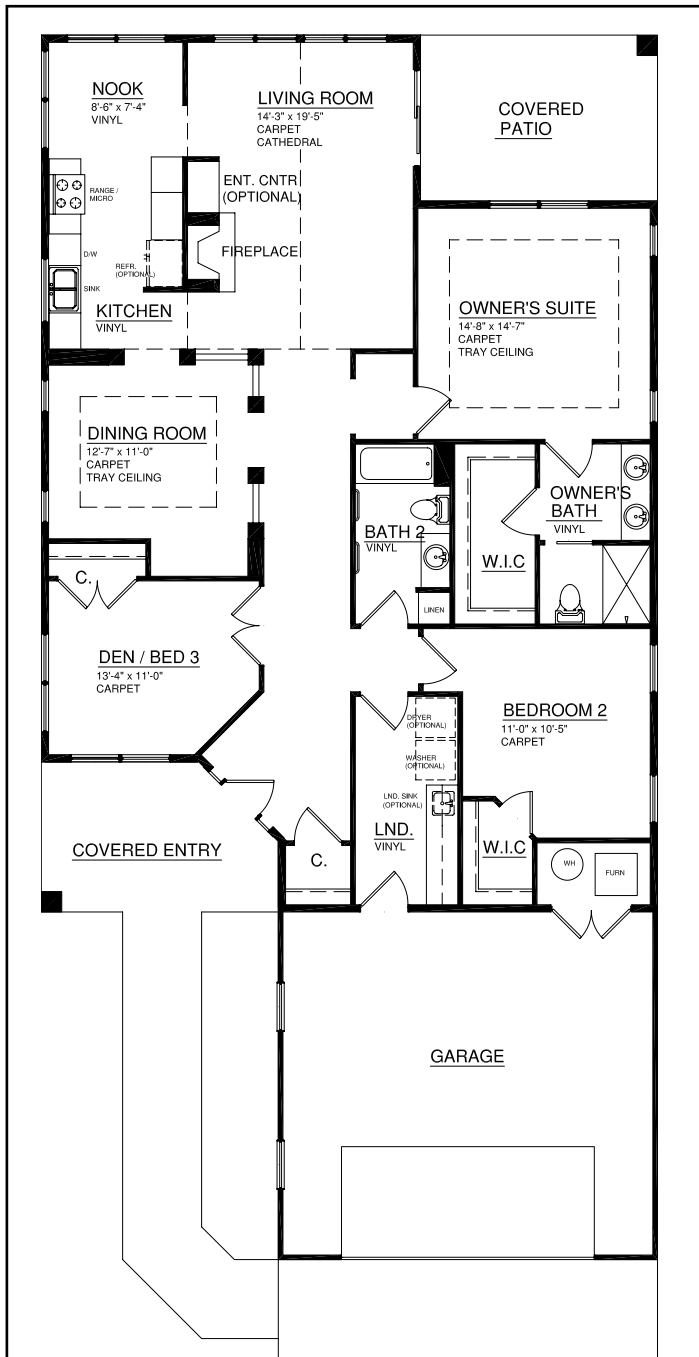
In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Touchmark reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

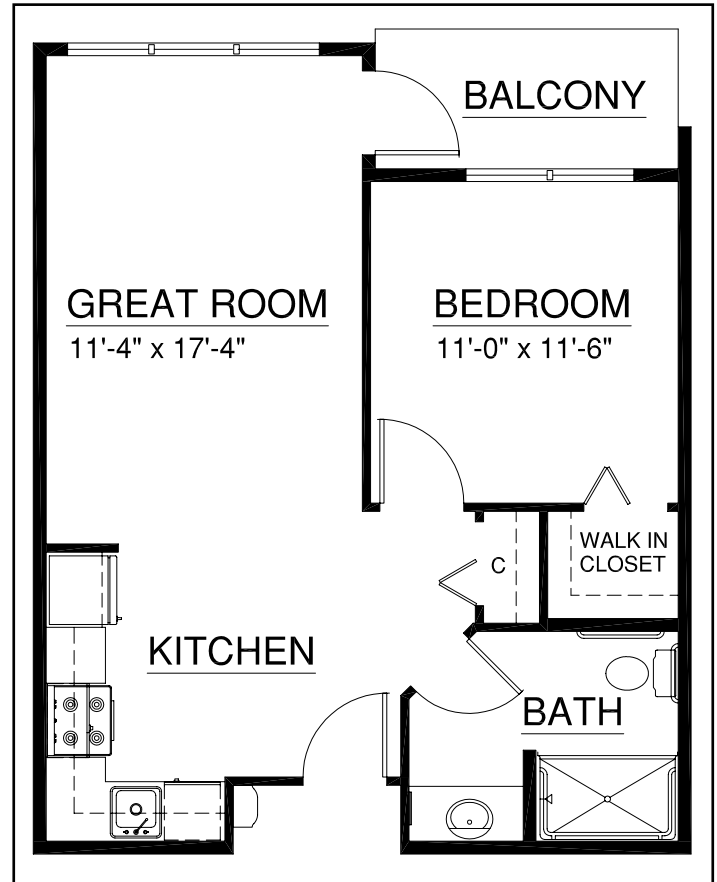
Social connectedness is a major component of the Touchmark Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at winetasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advan- (cont.)

(cont.) tage of the many events that nurture the spirit, body, and mind.

If you're looking for an engaging retirement lifestyle that offers interesting social opportunities, call Mike to learn more about Touchmark's lifestyle and the following available homes. ■



The 1,855-square-foot Madison offers three bedrooms, two bathrooms, and a beautiful wooded lot with channel view.



This third-floor apartment includes 604 square feet, one bedroom, and one bathroom. The home includes vaulted ceilings and a balcony with a beautiful view of the golf course.

It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior. (cont.)

(cont.) The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body's ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

"When measures to combat chronic disease are started in one's 60s and 70s, there are still definite benefits."

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center (www.sciencedaily.com/releases/2007/12/071213152540.htm) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Touchmark, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact a member of the Life Enrichment/Wellness team. ■

Coming Events

Friday, Feb. 1, 2 pm

Mardi Gras celebration. At 2 pm join The Riverboat Rascal for an imaginative musical journey down the Mississippi River. At 3 pm enjoy a happy hour, games, and fun. Lobby. No charge.

Sunday, Feb. 10, 2 pm

The Sweet Adelines Choir performs for the upcoming Valentine holiday. Four Seasons Dining Room. No charge.

Friday, Feb. 15, 2 pm

The Y Not Barbershop Chorus will share the music of love, fun, and patriotism. No charge.

Wednesday, Feb. 20, 2 pm

Exotic animals visit from local Special Memories Zoo. Animal guest might include a kangaroo, turtles, and birds. Chapel. No charge.

You said it!

"People who work here are always nice, friendly, and have a smile. They are helpful and make it feel like home."

Myrtle Miller
—Resident

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

Memories, Memories, Days of Long Ago

By **Jack Lynch**, Resident

I still consider the day I met my wife to be the most important event of my entire life. It was December of 1942, when I was 17, that I met Beverly Jane Elizabeth Jarvey.

I was a young man from Kimberly, Wisconsin, and went to a dance at the Memorial Building in Menasha. I looked across the room and saw the most beautiful girl I had ever seen! “She had lips of red roses and wine-colored hair,” which is how I later described her in

a poem written for Beverly. She was tall and had the loveliest blue eyes I had ever seen and a smile that would knock your eyes out.

I immediately decided I had to meet her, so I walked across the dance floor and asked her to dance. She accepted and slipped into my arms like it was always meant to be. It was at that moment that bang!—I knew she was the one for me.

However, it was later that I found out that she was only 13 going on 14. Now when you find the girl who is to be with you, you cannot be discouraged from pursuing that goal, and I was not. When she turned 14, I asked her father if I could take her to a movie with me. After some very sharp questioning and warnings from him, he gave his permission, and I gained one more step closer to forever with my Beverly.

Next, World War II had begun, and I continued to court her by sending letters, flowers, and visiting when I was on leave. Finally, in November of 1944, I was discharged and hurried home to be with the one I love. It was in June of 1947 that our dream

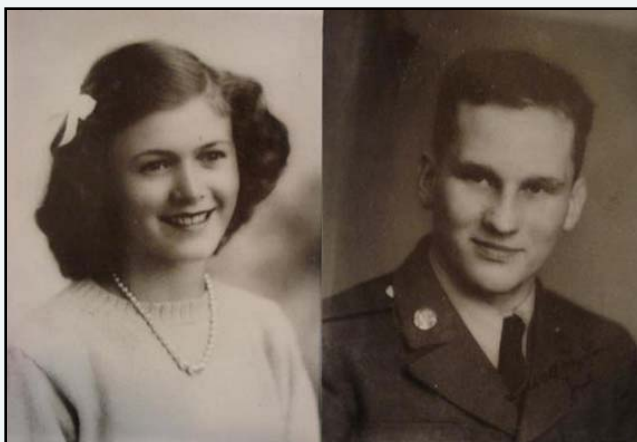


Jack and Beverly Lynch on their wedding day in 1947.

wedding took place. I still remember when I stood at the altar and watched her walk down the aisle; I just about passed out, because she was so beautiful in her wedding gown! It was then that I realized I had finally achieved the goal that I had set when I walked onto that dance floor at the Memorial Building four-and-one-half years earlier.

Knowing that we had a long journey together ahead, I could all but think, “we have only just begun.” Now, even though I miss her greatly every day, I am still thankful and blessed to have spent 54-and-a-half years with the love of my life. To this day, I still say that if there was a “marriage made in heaven, that ours was it.” ■

March's focus is the value of humor and optimism; the deadline is February 10.



Beverly and Jack Lynch

Team member shares passion for flowers



Robert Bohrtz, who began working in Dining Services approximately three months ago, comes to Touchmark with a lifelong commitment to customer service and a love for flowers. While growing up on a farm in Freedom, Wisconsin, Robert often helped his mother and grandmother tend to their flower gardens. This pastime grew into a passion for flower design, and now Robert is using his expertise to enhance people's lives with floral arrangements. The flowers will be available on Tuesdays and Thursdays from 9 am to 4:30 pm in the Country Store. The majority of the proceeds will go to improvements in the general store.

Local artist inspires



Linda Broussard-Norcross (left), who has a doctorate in psychology, stands with her mother, resident Eve Broussard, at a recent Book Club presentation and holds a reproduction of her angel painting, which was selected by a local high school for its holiday card. Linda, who is losing her eyesight, continues to create popular artwork. She also illustrated and authored a children's book about Hurricane Katrina and discussed the book at the gathering.