

Touchmark residents are having a ball with their newest activities: Nintendo's Wii bowling and golf

Who needs a ball to go bowling or a set of clubs to play golf? Residents now know that all you need is a big-screen television, a small wireless remote, and a few folks who just want to have fun.

“You don’t need experience with video games, bowling, or golfing, and you certainly don’t need lanes or greens,” says Sales Director Michael Mapes, who spearheaded the effort to bring the Wii to the community. “You just need a Wii and a roomful of good sports.”

Getting sports enthusiasts together hasn’t been a problem since the community acquired its own Nintendo Wii video gaming system and placed it in the newly redone billiard room, which residents helped name. People submitted possible names for the stylish lounge, and the name “Wii Are The Champions,” which resident



Resident Don Laux practices Wii bowling in the lounge, which features a big-screen television, a leather sectional sofa, and resident-supplied bar and cocktail tables.

Kathy McDermot provided, won. **What about Wii?**

Wii (pronounced “wee”) was introduced in late 2006 by the video game maker Nintendo to show off

its motion-sensing “simulation” capabilities. It quickly became popular—especially among those over 50, who previously haven’t made up much of the video *(cont.)*

Touchmark launches redesigned Web site

Check out Touchmark’s updated Web site, TouchmarkAppleton.com. Among other features, you’ll find:

- Slide show of homes
- Life Enrichment/Wellness calendar
- Seasonal e-cards to send to friends
- Options for text size



(cont.) gaming market.

The Wii uses a remote that senses the player's movements, which translate into action on the screen. For example, when playing a bowling game, you simply move your arm in a bowling motion that appears on the screen.

Bowling is by far the most popular game at Touchmark with Wii golf being the next most popular. These two games are part of the the Wii Sports collection that includes bowling, golf, tennis, baseball, and boxing.

This new pastime has generated interest across a wide range of ages and physical abilities. And it's an activity in which spectators have almost as much fun as participants.

Michael, who led some introductory Wii classes for residents, says Wii games offers many real benefits to those playing the sports. "It initiates a great amount of positive social interaction, including team-building and healthy competition. It also gets people up, stretching, twisting, and laughing. It helps with hand-eye coordination as well as balance and timing."

And most experts now agree that when anyone at any age learns a new skill, it improves overall brain fitness. Wii also can help motivate people in physical therapy and offers a great opportunity for families to play a fun game that everyone can enjoy.

For May, Touchmark has scheduled a Wii Bowling League

and a Wii Golf competition. Anyone who wants to learn how to play or who wants to join the competitions should talk with a member of the Life Enrichment/Wellness team. ■

Coming Events

**Saturday, May 17,
10 am**

2008 Spring Garden Festival & Heirloom Plant Sale at the Gardens of the Fox Cities. Please RSVP by calling 920-832-9100. Bring money for dinner at Pullmans At Trolley Square.

**Thursday, May 22,
4:30 and 5:30 pm**

Birthday party. Celebrate with dinner, and then enjoy a performance by jazz dancers at 6:30 pm. No charge for residents. Cost for guest: \$9 meal ticket. Please call 920-832-9100 for reservations.

Team member attends national training

During April, Life Enrichment/Wellness teams from around North America gathered in Portland,

Oregon, for yearly training.

Touchmark's Bobbie Thompson attended the two-and-a-half day training seminar, gathering practical information from speakers and making a presentation about events happening at Touchmark in Appleton.

"The Life Enrichment/Wellness professionals across the company are a talented and energetic team with a common purpose—to enrich people's lives," says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. "The annual gathering promotes the exchange of new ideas." ■

Experience quality design throughout

Touchmark apartments and Fox Pointe homes include stylish design features that can add extra comfort and convenience. Many homes offer universal design features, like spacious bathrooms, easy-to-turn doorknobs, and single-level living with no steps.

"When constructing and designing homes, our goal is to meet the needs of people while adding style and comfort," says Touchmark Vice President of Architecture Joseph Billig. "In all communities we aim to create homes that offer high-quality design features," says Joseph.

If you'd like to see and (cont.)

(cont.) experience a Touchmark home, call 920-832-9100 for your personal presentation. ■

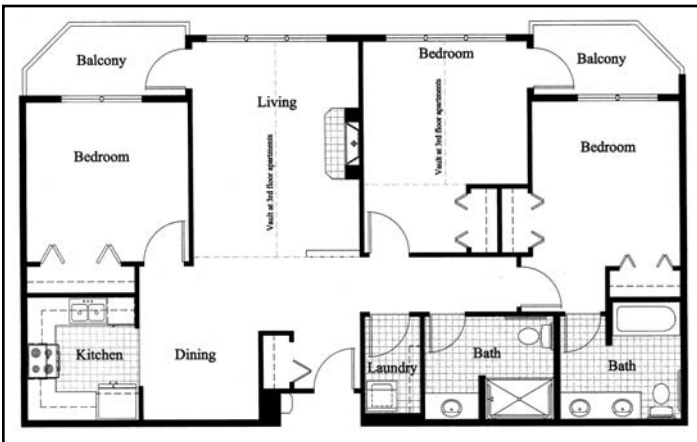
Destination Discovery—whole-person wellness



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



Located at 2590 Touchmark Court, the 1,844-square-foot Madison home features three bedrooms, two bathrooms, and a beautiful open floor plan. The home has cathedral ceilings in the living room and tray ceilings in both the formal dining room and master suite. The wooded backyard offers a perfect spot for relaxing outdoors during the summer.



Apartment 334 features 1,305 square feet, cathedral ceilings in the living room, a fireplace, balcony, and a large laundry room.

Mather LifeWays Institute on Aging, Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- *“Wellness is fully integrated into the organization;*
- *Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;*
- *Benefits of the wellness program are extended to others (beyond the resident population).”*

The respondents were grouped into three categories. About half (51 percent) were identified as “tenderfeet,” with almost no culture of wellness. Twenty-eight percent were labeled “travelers”—communities that are moving toward a culture of wellness. The third group was referred to as “trailblazers,” because they had most or all of the components.

For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities operated in the US and Canada. I work with (cont.)

(cont.) the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

“Senior living communities are increasingly focused on cultivating a culture of wellness for their residents, staff, and community—to improve quality of life and to avoid illness and reduce health care costs.”

—*The National Whole-Person Wellness Survey (2008)*

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about our Life Enrichment/Wellness program, contact a member of the Life Enrichment/Wellness team. ■

You said it!

“Touchmark satisfies our emotional needs, our economic needs, and our social needs.”

Gerry and Kathy McDermot

—Residents

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.

Destination Discovery

By **Orvilla Wildermuth**, Resident

I AM A RETIRED TEACHER, AND I HAVE HAD MANY INTERESTS THROUGHOUT MY LIFE. Literature, drama, and music were some of my main outside focuses.

After moving to Touchmark, I discovered a “whole new world” to add to my ever-expanding interests and joys. First, I started taking watercolor painting and later ceramics classes. To my amazement, there is such joy in creating something out of nothing.

Now, I look for design in the things around me. There are designs in nature that I have never seen before. Seeing color, curve, and design have assumed a new importance to me. It is fun to look at pottery and appreciate how it was made and what all went into it. Now I wonder: who were the first potters? Where did they live? How did they create their pieces? I will never stop learning and never stop my quest for “new worlds.”

June’s focus is celebrating the good times; the deadline is May 16.

Thinking spring—and summer

Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking (cont.)

(cont.) shoes and head out for a walk or hike is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one's body, mind, and spirit.

However, the commitment to a group-exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose.

As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■

Recent events



Resident Jackie Pagel (seated) and friends pose at a recent Red Hat event.



Brownie Troop 413 visited Touchmark and helped create crafty floral arrangements. More than 20 residents joined the 6- and 7-year-old girls and their parents around tables to make bright bouquets from tissue paper and pipe cleaners. Resident Maxine Bathe and Brownie Katy Giminez show off their new bouquet.