

# The Business News features Touchmark executive director

Describing Executive Director Amy Jo Powers as “an advocate for senior citizens, both in her career and her volunteer work,” a recent article in *The Business News* details how Amy Jo participates in and supports various organizations and events in the wider community, aiming to make a positive impact.

The paper quotes her as saying, “I truly think being a volunteer helps you to feel the pulse of the community and put your finger on what’s important to that community ... our communities need us.”

Amy Jo is a member of the Neenah Rotary and helps run some fund-raising events for the group each year. She also has worked with the group STRIVE and serves on the Wisconsin Assisted Living Association.

The article concluded with Amy Jo sharing about Touchmark’s volunteer program and explaining that staff and residents alike give of their time.

If you’d like to learn more about Touchmark’s volunteer program, call 920-832-9100 or visit [Touchmark.com/volunteer-opportunity.htm](http://Touchmark.com/volunteer-opportunity.htm). ■

## Collaborative collection decorates and generates interest

Sitting next to the Coffee Corner, a china cabinet holds multicolored clay items created during the pottery class at Touchmark.

This cabinet display rotates each month and features various collections, but this month’s exhibit is a collaborative effort spotlighting ceramics, both functional and beautiful. Resident Eve Brouard coordinated the display and personally arranged each item to show off its unique traits.

“I just thought it would be special for others to see how many people living at Touchmark have tried something new and made something

truly beautiful,” says Eve.

Eve shares that she’s heard others saying that they want to take the class after seeing the creative

artwork. “All it takes is one person to share their energy and abilities with others, and we all benefit as a result,” says Eve. ■



**Lillian Gitter, Archie Johnson, and Orvilla Willdermuth (in blue sweater) stand near the colorful pottery display, which features some of their artwork.**

(cont.)

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**Bonnie Foss shows off her artwork during a recent pottery class.**

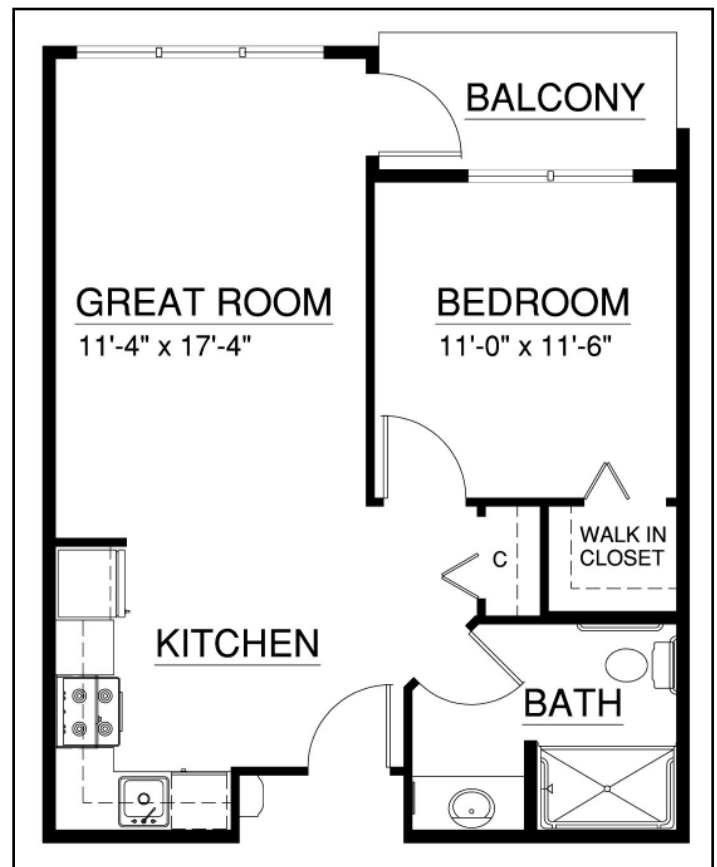
Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. “The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that’s what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that.”

Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others’ lives, and travel. At Touchmark, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 920-832-9100 today to learn more. ■



**Archie Johnson makes artistic clay tiles during the pottery class. The tiles are marked with the initials of his children’s names.**



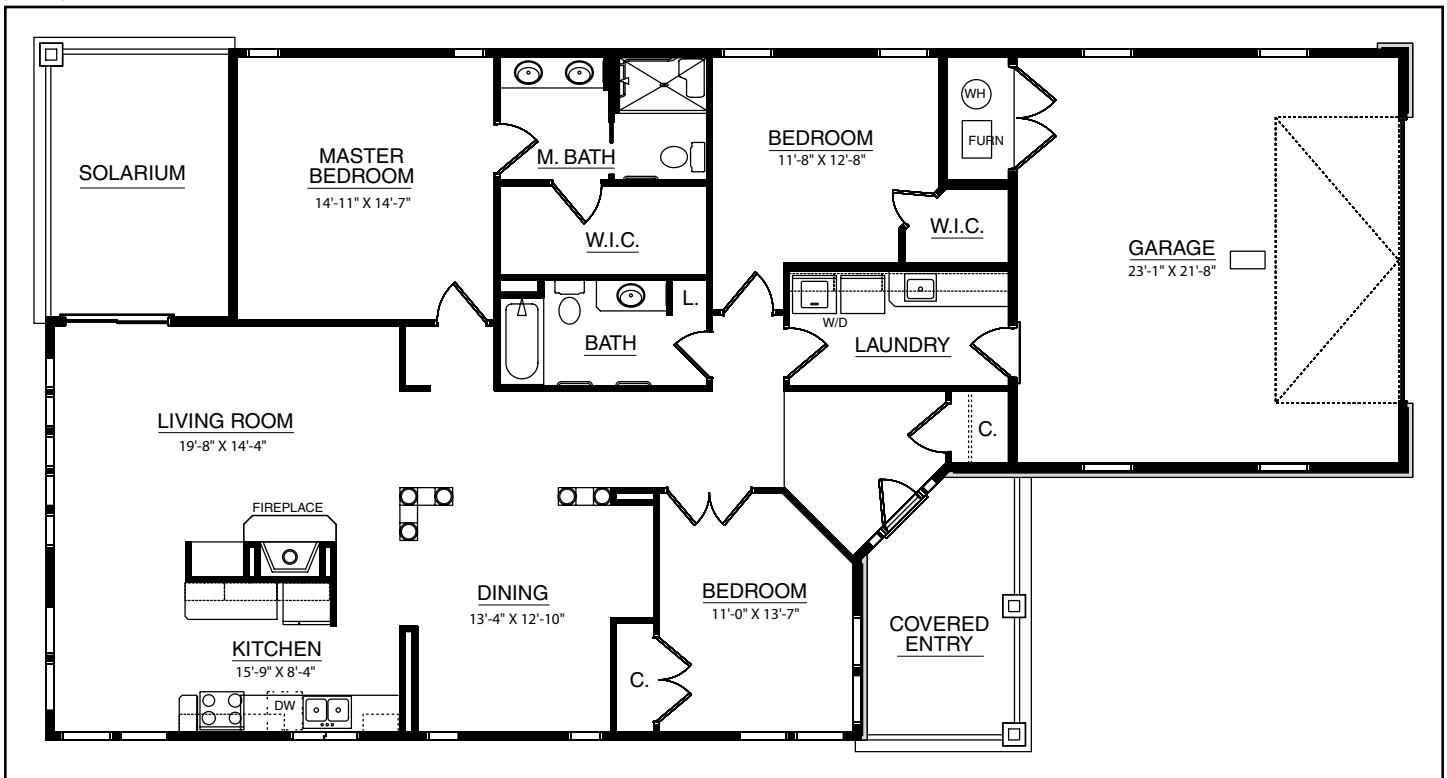
**This 604-square-foot Grande home features a balcony with a beautiful wooded view. The western exposure brings plenty of afternoon and evening indirect sunlight.**

(cont.)

## Choosing how you spend your time

June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn’t the case for the men and women who have made Touchmark their home.

(cont.)



This Fox Pointe Home offers 2,002 square feet, a living room with vaulted ceilings, a full kitchen, breakfast room, and a large formal dining room. The wall of Palladian windows showcases the wooded backyard.

## You said it!

*"After a recent surgery, it was so nice to be living here. So many people called to check in on me and really cared about how I was doing. It made me feel so important!"*

**Dorothy D.**  
— Touchmark Resident

## Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their "personal" definition of leisure, there is a life satisfaction benefit that is unlike any other.

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others (cont.)

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- “Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair.”
- “Rising early to stand in the meadow and bird-watch with other devoted birders.”
- “Going on a cruise.”
- “Writing [my prose/poetry/journal].”
- “Traveling to a destination that I have longed to see or revisit.”
- “Baking with my grandchildren and their friends.”

## “He enjoys true leisure who has time to improve his soul’s estate.”

—Henry David Thoreau, *journal entry*,  
February 11, 1840

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

To find out more about the pursuit of leisure through life enrichment and wellness program offerings and events at Touchmark, contact a member of the Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

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## 50 fifth graders quiz residents

The popular television program *Are You Smarter Than a Fifth Grader?* invites contestants to answer fifth-grade-level questions in order to win prizes. At times, the contestant can collaborate with the group of fifth graders to answer the question.

Recently, Touchmark hosted an activity that connected residents and 50 fifth grade students.

The program started with the students performing their school song and then a “Human Symphony,” in which each student played an invisible instrument in a cooperative musical effort, and residents were invited to participate, as well.

Then, each student paired with a resident. The duos asked each other questions, trying to discover at least one thing that they had in common and learning about each others’ hobbies and talents.

In the end, each person demonstrated their recall of the information when they shared with the group. One student shared newfound information with the entire group for more than three minutes, having learned that his partner also had previously lived in Chicago and shared some of the same interests.

“The bonds of friendship that formed were amazing considering the short time residents and students were getting to know each other,” says Bobbie Thompson, who oversees the Life Enrichment/Wellness department at Touchmark. “Many of the students and residents hugged and continued to talk at the end of the program.” ■

## Coming Events

### Thursday, June 12, 10:30 am to 3:30 pm

Foxy Lady Yacht Tour, which includes a two-hour boat tour of the Green Bay area and lunch on board. Cost: \$29 per person. Please call Bobbie at 920-832-9100 for reservations by Tuesday June 10.

### Friday, June 20, 5:30 to 8:45 pm

Swing Back In Time! Relive the Friday night dance music of yesterday with highly acclaimed Geriatric Jazz Trio following our Friday Fish Fry. Cost: \$15 for guest ticket, which includes complete meal and two hours of live music. Please call 920-832-

9100 for reservations. This event sells out quickly. Four Seasons Dining Room.

### Monday, June 30, 5 pm

Appleton Yacht Club cookout with burger and brats and side dishes. Cost: \$5 for dinner on the deck at the Yacht Club. Cost of beverage is separate. Reservations required: please call Bobbie at 920-832-9100.

### Fridays at 9:30 am (June 13 to June 27)

Posture & Balance Class. This weekly Balance and Posture class assesses participants and then employs a variety of exercises and techniques to help reduce the risk of a fall. It is part of Touchmark's award-winning Fall

Reduction and Awareness Program, which was one of 10 programs recognized nationally by the Falls-Free Coalition at last year's joint conference of the American Society on Aging and National Council on Aging. There is no charge for this class, but space is limited. Call Julie at 920-832-9100 for reservations.

**Coming soon: Swing Back In Time Dinner & Dance programs in July and August.**