

# Celebrating and sharing expressions of patriotism

An estimated 40,000 gathered for the 58th Annual City of Appleton Flag Day Parade in downtown Appleton. Parade participants handed out thousands of flags, and some proud recipients were people from Touchmark.

The sunny afternoon began with a yummy American tradition: hot dogs topped with the works.

When the parade started, the group stood with patriotism and pride. Fran Burstein, who served in the Navy WAVES during World War II; Dee Markley, whose husband served as a soldier in the Army; and Dorothy Daitsch mentioned their delight as the color guards and marching bands passed.

Maxine Bathke placed her hand over her heart to show her support, and Phyllis Werner reminisced



**From left: Dee Markley, Fran Burstein, Maxine Bathke, Phyllis Werner, and Dorothy Daitsch show their patriotism at the Appleton Flag Day Parade.**

about dear friends and family who served in the military.

“Today we enjoy a memory that will remain strong for a long time,

just like our pride in the flag and those who have served this fine country,” says Dee. ■

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The annual event is held Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Touchmark's Active Aging Week celebration. ■



## The greater good of all



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

**“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”**

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is

a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harrises, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women

serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of the greater good of all. To learn more about opportunities to reach out to others, contact a member of the Life Enrichment/Wellness team. ■



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Touchmark, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Touchmark today to learn



**This one-bedroom Grande apartment offers 604 square feet and a balcony off the living room, which features a beautiful view of the backyard. This apartment is one of only three available one-bedroom apartments in the Grande.**

more about this vibrant community or call 920-832-9100 to learn more about the summer’s featured homes. ■



**This 1,844-square-foot Madison home, which is located at 2590 Touchmark Court, features a spacious living room with cathedral ceilings and a picturesque view of a wooded backyard.**

## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

## 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.*

### I'm an American!

By **Dee Markley**, Resident

I CAME TO THE UNITED STATES IN DECEMBER OF 1948 TO MARRY AN EX-GI, who I had met in London. It took me awhile to get used to America's wealth and ways of life. As I adjusted, I realized how much this country has to offer to so many different people, with the wonderful farmland we have here in Wisconsin, the mountains and canyons, seacoasts with quaint villages, and so many more places to fall in love with.

As I watched the Flag Day Parade in Appleton on Saturday, it was with pride and delight that I saw so many stars and stripes marching by. What's the song? *I'm Proud to Be An American*. My own country will always be very dear to me. However, I can now say with great pride, I'm an American!



**Dee Markey (left) and Fran Bernstein** comfortably watch the Appleton Flag Day Parade.

*August's focus is a reflection on choosing to live/work at Touchmark; the deadline is June 18.*

## Coming Events

### Tuesday, July 15, 2 pm

By Resident Request: Go behind the scenes at Touchmark. Join us for a fun and educational adventure. No charge.

### Tuesday, July 15, 5:30 pm

Swing Back in Time. Enjoy a special meal and live dance music by the Geriatric Jazz group. Cost: use meal plan or \$15 per guest.

### Tuesday, July 22, 6:15 pm

Relaxing evening at Pierce Park with music by the Appleton City Band. Bug spray and seating provided by Touchmark. No Charge.

### Thursday, July 31, 2pm

Join Touchmark for an educational tour of the Heckrodt Wetland Reserve. No charge.

## You said it!

*"Working at Touchmark is not only rewarding, but the interaction with residents and the team environment brings me immense gratitude."*

**Emilie Cruz**  
—Touchmark

## Recent events



Thirty dancers of all ages recently performed at Touchmark. The group demonstrated hours of hard work and shared their practiced routines. The dance students are part of the Town of Menasha Park and Recreation Department program lead by Carla Hales. “The kids just do it for fun, but it’s a really healthy workout,” says Carla. “They really worked hard and looked forward to being able to show their talent to the residents at Touchmark.” Striking an impromptu pose for the camera are (front row, from left) Kiara VandenLangenberg, Baylee Falk, Kayla Charneski and (back row, from left) Olivia Rogers, McKenna Seegers, Hannah Borree, and Sabrina Anklam.



Touchmark has a team of people who secretly make special projects and then give them as gifts to neighbors. The Secret Service Projects are prepared and delivered quarterly each year. Here, members of the Secret Service Project (from left) Audrey Boyson, Ginny Sporleder, and Orvilla Wildermuth make stars and stripes pins to celebrate Independence Day.