

# Touchmark hosts Active Aging Week

## Public invited to participate in fun, healthy activities



Touchmark invites people to participate in Active Aging Week, Sept. 23 to 26. There is no charge for most events.

On **Tuesday, Sept. 23 at 9:30 am**, Tom Rutlin, owner and inventor of Exerstrider® Fitness Walking Poles, will discuss Exerstriding and its benefits. More than 20 years ago, Rutlin developed this innovative style of Nordic walking, using specialized fitness poles that he designed. Exerstriding helps people achieve full-body fitness and provides extra balance support. This will be the first time Rutlin has presented in the Appleton area.

At 10:30 am, people can practice walking with the poles. At 11 am, Appleton Mayor Timothy Hanna and Rutlin will lead a fitness walk. The rest of the week's events include:

### Wednesday, Sept. 24

- 11 am: *What are good walking shoes?*, presented by Andy Vanderloop of Vanderloop Shoes and New Balance-Fox Valley. After the presentation, he will offer complimentary shoe fittings.

- 1:30 pm: For those unable to attend the morning, Andy will repeat his presentation.

### Thursday, Sept. 25

- 11 am: Julia LeNoble, Touchmark reflexologist, explains reflexology.

- 2:30 pm: Touchmark massage therapist Lori Boushele will talk about the benefits of massage.

### Friday, September 26

- 11:30 am: Touchmark bus leaves for Trestle Trail. Participants will take part in a fitness walk on this popular trail. Cost: \$6 for boxed lunch. Since space is limited, please RSVP by calling 920-832-9100.

For more information, people can call 920-832-9100.

“We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Touchmark Life Enrichment/Wellness Coordinator Julie Buss.

*Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■*

## Enhance your mobility and strength

*One in three Americans 65 and older falls each year, and 30 percent of them require medical treatment.*

Touchmark is offering a Posture & Balance class, which is part of the national award-winning Fall Awareness and Reduction Program developed by

Touchmark's Vice President of Wellness & Programs Marge Coalman, EdD. The class aims to lower the risk of injury-related falls and help increase independence and function.

“There are nine people enrolled in the current class, and some have told me that they already have noticed improvements in their hand-eye coordination, endurance, and balance,” says Life Enrichment/Wellness Coordinator Julie Buss, who leads the class.

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(cont.) The Posture & Balance class features a combination of exercises done from seated and standing positions. Class participants also use fitness balls.

Prior to joining the class, people completed written and physical assessments. If you're interested in joining a future class, see Julie for more details. ■



Members of the Posture & Balance class work their muscles while fine-tuning their hand-eye coordination. From left to right: Eve Broussard, Life Enrichment/Wellness Coordinator Julie Buss, Shirleen Jones, Ethel Moehring, Jewel Dyer, and Nancy McLaughlin.

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## Enrich your life

Touchmark features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

Touchmark offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 920-832-9100 today to learn more about the Touchmark lifestyle and dynamic Life Enrichment/Wellness program—and the fall's featured homes. ■



Located at 2553 Touchmark Court, the Roosevelt offers 1,762 square feet, two bedrooms, and two bathrooms. This beautiful Fox Pointe home features a spacious gourmet kitchen and a large living room with an octagon layout that opens to the formal dining room. The home sits on a private, wooded lot.



The Adams is located at 2580 Touchmark Court and features 1,590 square feet, two bedrooms, and two bathrooms. This home offers open living spaces, dark mahogany woodwork, and a Graphite appliance package. Enjoy a lovely view of the wooded backyard and waterfront ravine from the covered patio.

## What happens behind the scenes? Residents get a sneak peek

More than 55 people, including staff members and volunteers, took part in the behind-the-scenes tour at Touchmark. The tour gave residents an opportunity to familiarize themselves with services offered and the inner workings of the community.

As people walked through the community, managers gave mini presentations about the departments, and people had a chance to ask questions.

Participants received beads at each department, which

went on their Life Enrichment/Wellness keychains at the end of the tour. Residents Naomi Schuning and Archie Johnson also won door prizes, guest meal tickets. ■



**Dorothy Daitch collects beads during the tour for her Life Enrichment/Wellness keychain.**



**Before starting the behind-the-scenes tour, people divided into five groups.**



**There were lots of questions for the Nursing staff.**



**From back left: John Dyer, Phyllis Werner, Jewel Dyer, Vera Zumph, Jackie Shiner, and Pat Lamont return from informational sessions with the Housekeeping and Maintenance departments.**

## Use it or lose it—redefined!



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

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

*—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota*

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive enhancement activities that can delay—and even interrupt—the onset of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes and subsequently move from independent living to

assisted living; from assisted living to memory care or skilled nursing.

- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Touchmark Life Enrichment/Wellness Coordinator Julie Buss. ■

## Recent events

### Children from local church perform for Touchmark community

More than 20 children from Eternal Love Evangelical Lutheran Church in Appleton performed seven fun-filled songs they learned during the recent Vacation Bible School. Over 50 members of the Touchmark community came to the performance.



**Children from Eternal Love Lutheran Church perform a song.**

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From left: Donna Schultz, Kathy Mc Dermot, and Rosemary Romensesko thank Chloe for her energetic performance.

### Solo artist Dean Ratzman performs



Entertainer and musician Dean Ratzman brought jazzy tunes to Touchmark. Dean, who is originally from Port Angeles, Washington, sings and plays piano, trumpet, and trombone. He tours all over North America.

### Santa visits in the summer

The holidays came early this year when Santa Claus came to visit during a birthday dinner celebration. Executive Chef Mike Balistreri planned a delicious meal and arranged for Santa to visit and distribute presents.

For dinner, people enjoyed Kris Kringle soup, pineapple-glazed ham, poached duck with a cherry glaze, sweet potato bakes, green-bean casserole, and summer holiday cookies.

“Residents were surprised and appreciative of the

event, and there was a lot of laughter, which is always music to the ears,” says Life Enrichment/Wellness Assistant Stephanie Marks. ■



Norma Duquaine gives Summer Santa a hug after receiving her gift.



Colorful summer- and holiday-themed décor jazzed up the dining rooms.

## Touchmark vice president writes for recent issue of *The Journal on Active Aging*

In the July/August issue of *The Journal on Active Aging*, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” writes Marge.

Read the full article online at [touchmarkappleton.com/common/pdf/civic-engagement-enrich-lives.pdf](http://touchmarkappleton.com/common/pdf/civic-engagement-enrich-lives.pdf). ■



## Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community.

These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



**The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.**

## Coming Events

### Tuesdays, starting Sept. 2, 10:30 am

Back by request: Pottery class with artist and potter Alan Schroeder of Cornerstone Kiln. Series of six classes. Limit of eight participants, so sign up today. Cost: \$75 per person.

### Wednesday, Sept. 3, 7 pm and Thursday, Sept. 4, 2:30 pm

Learn what you can do to reduce your chances of falls. Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, will present at these two no-charge events. Since seating is limited, people are encouraged to call 920-832-9100 to reserve a spot.

### Thursday, Sept. 4, 6:30 pm

Attic Theatre presents *Suburb: The Musical*. Lawrence University's Cloak Theatre. Cost: \$12 per person. Limited availability, so sign up today.

### Friday, Sept. 5, 11:15 am

By resident request: lunch on the deck of Waverly Beach, overlooking Lake Winnebago. Please bring money for lunch.

### Sunday, Sept. 7, noon to 3 pm

Celebrate Grandparents Day with Touchmark's first-ever classic car show. No charge.

### Monday, Sept. 8, 10:30 am

Escanaba, Michigan-based filmmaker, songwriter, and author Bill Jamerson presents a music and storytelling program about the Civil Conservation Corps (CCC). Bill will talk about CCC projects in Wisconsin, share excerpts from his novel, and perform original songs about the CCC. No charge.

### Tuesday, Sept. 9, 2 pm

Voting for state and local elections. Town of Menasha.

### Tuesday, Sept. 9, 4:45 pm

Ione's Dining Room at Fox Valley Technical College. Theme is Pan-Asian. Limited availability; sign up today. Bring money for dinner.

### Friday, Sept. 12, 9:45 am

Celebrate Grandparent's Day by visiting Apple Tree Connections child care center. No charge.

### Tuesday, Sept. 16, 3:30 pm

Tea tasters. Enjoy teas while owner of Fava Tea Company™ Melissa Stafford shares the fine art of tea drinking. No charge.

### Wednesday, Sept. 17, 6 pm

Wine dinner: enjoy four wines paired with four courses, prepared by Executive Chef Mike Balistrieri. Invite your friends. Please RSVP. Cost: \$30 per person.

### Saturday, Sept 20, 1:15 pm

Christian musician Carrie Frechette performs. No charge.

### Sunday, Sept. 28, noon

Pizza party. Cheer on the Green Bay Packers as they play Tampa Bay Buccaneers. Cost: \$5, which includes pizza and beverages. Limited availability.

### Tuesday, Sept. 30, 6:30 pm

Visit with Becky Reider and her registered therapy dog Ruthie.