

Focus on fall reduction

The themes for September's WHBY Good Neighbor Radio Show was Touchmark's Fall Reduction and Awareness Program and promotion of Active Aging Week. Special guest Marge Coalman, EdD, Touchmark vice president of Wellness and Programs, discussed her background as well as welcomed listeners to attend the Fall Reduction and Awareness presentation. She also talked about the activities taking place during Active Aging Week. Inventor of the Exerstrider® Walking Poles Tom Rutlin participated in the radio show and talked about how and why he invented the poles and how people can benefit from using them.

The Good Neighbor Radio Show also featured resident Ethel Moehring, who shared her recent experience with the Posture & Balance class. She spoke about the



Kathy Keane interviews Ethel Moehring during the WHBY Good Neighbor Radio Show.

importance of exercise and the fun atmosphere the instructors provide. "I'm unsure of improvement as of yet, but it's definitely not hurting. I would like to see everyone in a class," says Ethel.

Marge discussed the causes of falling, such as muscle weakness, balance and vision problems, medications, risky behaviors, bad habits, and poor nutrition. She also recommended specific steps people can take to lower the risk of falls, including eating better, exercising, being aware of the environment, and knowing the side effects of medications and supplements.

Later in the month, Tom participated in Touchmark's Active Aging Week celebrations, discussing the importance of fitness and leading a walk. Appleton Mayor Timothy Hanna also joined people for the community walk. ■

During her two presentations, Marge introduced the Fall Reduction and Awareness Program, which is one of 10 efforts recognized nationally by the Falls-Free Coalition at last year's joint conference of the American Society on Aging and National Council on Aging.



Marge Coalman, EdD, gives her presentation on Fall Reduction and Awareness.

Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore, I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Touchmark team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Touchmark lifestyle—and the fall’s featured homes—call 920-832-9100 today. ■



The Roosevelt, located on 2553 Touchmark Court, offers 1,762 square feet, two bedrooms, and two bathrooms. This Fox Pointe home sits on a beautiful, private wooded lot and features a large gourmet kitchen and spacious living area.



Located at 2580 Touchmark Court, the Adams features 1,590 square feet, two bedrooms, and two bathrooms. The home offers dark mahogany woodwork, a full kitchen with graphite appliances, and a covered patio with a view of the wooded backyard and waterfront ravine.

Nutrition news—eat those blueberries



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

“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer *(cont.)*

(cont.) on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Touchmark, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Touchmark Life Enrichment/Wellness Coordinator Julie Buss or Executive Chef Mike Balistrieri. It’s never too late to make good dietary choices that support active aging. ■

Residents meet Thunder, Athena, and Jupiter

Touchmark residents recently visited the Gordon Bubolz Nature Preserve and attended a presentation about raptors. Thunder, a 6-year-old female red-tailed hawk, Athena, a 9-year-old male screech owl, and

Jupiter, a male American kestrel, delighted residents and friends. Presenters Tricia Elko and her daughter, Lydia, are educators with the nonprofit organization Wind River Wildlife Rehabilitation and Release in New London, Wisconsin.

The organization currently has 13 birds, which are the property of the US government. Education birds have injuries that do not allow them to be released into the wild. The organization releases 300 to 500 animals per year. ■



Tricia Elko shows Thunder, the red-tailed hawk, to the crowd.



Residents John Dyer, Kathy Curry, and Pat Lamont look through tubes, which represent an owl’s vision. This explains why owls turn their heads around.

Recent events



Maxine Bathke receives a hug from the mascot of the Green Bay Gamblers, Gus, who was at a recent Timber Rattlers game.



Residents recently attended the Timber Rattlers versus Great Lakes game at Time Warner Cable Field and donated more than 40 stuffed animals to the Teddy Bear Toss that supports local charity. From left: Gerry Mc Dermot, Life Enrichment/Wellness Coordinator Julie Buss, Maxine Bathke, Kathy Mc Dermot, and Julie's niece Jessica Buss enjoyed the baseball game.



Darla the Healing Heart Pet Hospice mascot poses with Ginny Sporleder. Healing Heart Hospice works with the Fox Valley Animal Referral Center, providing options for sick pets and support for pet owners.

Tour of the historic Paine Art Center and Gardens

People recently took a trip to The Paine Art Center and Gardens. Highlights of the trip included touring the French Impressionist and Post-Impressionist art works, a one-hour tour of the Paine mansion built in the early 1900s, and a walk around the Paine estate gardens. Afterward, people enjoyed a tasty meal, which included beer-battered shrimp, at Robbins Restaurant. ■

Meet volunteers Daniel and Nadine Easty



New worship service volunteers Daniel and Nadine Easty.

Daniel and Nadine share a deep love for people and are bringing their enthusiasm to the Touchmark family as they volunteer to lead the Touchmark worship service.

Both born and raised in Minnesota, they met at a revival service in St. Paul and have been married 10 years. They moved to Appleton in 2005 and during this past summer started volunteering at Touchmark.

“We have a mission-minded focus and desire to touch lives wherever we go,” says Daniel. The couple has been to several countries, including Nicaragua, Israel, Bulgaria, France, Philippines, China, Costa Rica, Honduras, and Ecuador. They are a part of Praise Chapel Family of Fellowships.

“We feel blessed to be a part of Touchmark,” says Daniel.

If you're interested in volunteering at Touchmark, visit Touchmark.com/volunteer-opportunity.htm or talk with Life Enrichment/Wellness Coordinator Julie Buss. ■

Touchmark now offers Posture & Balance class

Make measurable improvements with the Posture & Balance class. The class, which is open to the public, starts October 27 and will be held Mondays and Wednesdays from 8:30 to 9:15 am.

There is a special introductory price of \$50 for eight weeks, which is 16 sessions. Please register for the class by October 17 by calling Life Enrichment/Wellness Coordinator Julie Buss at 920-832-9100.

There will be an orientation and registration opportunity Monday, October 20 at 1 pm. ■

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■

Boy Scouts—reaching across generations

A group of Boy Scouts recently shared the history of the Boy Scouts of America program. Noah Schmitz and Blake Renfro shared items they made as active scouts, such as a bow and arrow, drum, and derby cars. The boys also presented their trophies, patches, badges, and belts, which mark their achievements as Boy Scouts.



From left: Noah Schmitz, Than Irwin, and Blake Renfro pose for a photo following the boys' presentation.

Residents Than Irwin and Vaughn Gehrt enjoyed hearing the history and spoke about their own experiences as young scouts. They both acknowledged how the Boy Scouts taught them skills they continued to use through the years.

Following the presentation, Noah and Blake shared root beer floats with the audience. ■



The Boy Scouts of America was incorporated February 8, 1910, and within two years every state had a troop. Many boys and men have enjoyed participating in Boy Scouts, including Vaughn Gehrt, who shared his scouting experience while current Scouts Noah Schmitz and Blake Renfro listened.

Coming Events

Thursday, Oct. 2, 11 am

Get a sneak peak of *Wicked*, the Broadway play that residents will have the opportunity to attend in February.

Thursday, Oct. 2, 3 pm

Kathleen Albert from the Alzheimer's Association® greater Wisconsin Chapter presents an educational program. Learn what is new with brain health research and what support and resources are available in our community. No charge.

Friday, Oct. 3, 10:30 am

Daily Buzz. Executive Chef Mike Balistrieri will teach about unusual produce available in the fall harvest. No charge.

Sunday, Oct. 5, 11 am

Trip to Little Farmer Orchard and Farm Market to pick some apples and enjoy the crisp air, musical entertainment, and changing leaves. No admission charge. Bring money for personal purchases. Enjoy a hayride for \$3.

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Thursday, Oct. 9, 3 pm

Learn to tap dance. Class taught by Life Enrichment/Wellness Coordinator Julie Buss. No experience necessary. Dancing can be done standing or seated. No charge.

Thursday, Oct. 9, 4:45 pm

Resident requested: Chinese dinner at Confucius Restaurant. Bring money for lunch.

Sunday, Oct. 12, 2 pm

Performance by the White Heron Chorale. Invite friends and family. No charge. Four Seasons Dining Room.

Monday, Oct. 13, 11:30 am

Back by request: Potluck and musical entertainment at the Thompson Community Center. \$4 per person.

Wednesday, Oct. 15, 10 am to noon (Grande) and 1 to 3 pm (Fox Pointe)

Valley Visiting Nurse Association flu vaccine clinic. Stay healthy this winter: receive flu and/or pneumonia vaccine. Medicare billing available. Cost for non-Medicare recipients: flu vaccine \$30/pneumonia \$44.

Wednesday, Oct. 22

Wear-your-favorite-hat day. Watch out for the Hat Patrol—they will be awarding prizes.

Friday, Oct. 24, 10 am

Welcome Opera for the Young. The talented cast will perform music from *The Magic Flute* tour. No charge.

Monday, Oct. 27, 2:30 pm

Meet and learn about three lively, special dogs: Tora, Elsa, and Olive. They will be wearing their Halloween costumes.

Friday, Oct. 31, 2:30 to 4 pm

Celebrate the season with the Harvest Festival Social. Music, refreshments, and a pumpkin decorating contest. Costumes are optional. Family and friends invited. No charge.