

# Owner and inventor of Exerstrider® Fitness Walking Poles visits Touchmark

More than 20 years ago, Tom Rutlin developed an innovative style of Nordic walking, using specialized fitness poles that he designed.

“Exerstriding helps people achieve full-body fitness and provides extra balance support,” explains Tom, who presented during Touchmark’s Active Aging Week celebration. He discussed the benefits of using the walking poles versus using a cane or walker. For example, the Exerstrider poles maintain joint health and range of motion, which improves both posture and balance.

The presentation was followed by a speech from Appleton Mayor Timothy Hanna and a walk around the Touchmark campus. People were able to test the specifically fitted walking poles during the walk. Many were so impressed with the walking poles, they purchased some for themselves. ■



**Owner and inventor of Exerstrider Fitness Walking Poles Tom Rutlin (in white) discusses how to use the walking poles.**



**Touchmark residents, staff, and friends tried the Exerstrider Fitness Walking Poles during the community walk, which was part of Touchmark’s Active Aging Week celebration. Exerstrider Fitness Walking Poles inventor Tom Rutlin is third from right, and Appleton Mayor Timothy Hanna is the sixth person from the right.**

## Enjoy convenient, tasty meals

Good company, good conversation, and good cuisine can enhance a person's overall well-being and health. Not only can mealtimes provide people with nutrition to fuel their bodies, but mealtimes often offer a relaxed setting, where people can savor food and cultivate friendships.

If you'd like to enjoy a complimentary meal and tour Touchmark's available homes, call 920-832-9100. ■



Located at 2564 Touchmark Court, this 1,844-square-foot home features the Madison floor plan with two bedrooms, a spacious den, and two bathrooms. The home is located across the street from several gorgeous water features, and it offers a scenic backyard.



The Madison, located at 2590 Touchmark Court, offers 1,844 square feet, three bedrooms, and two bathrooms. This home features expansive cathedral ceilings, an enclosed sunroom, and scenic views of the wooded ravine. Call today for a personal presentation.

## Celebrating, giving, and receiving



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

Once again, it's the season of celebration and for many of us a time of reconnection with family, friends, traditions, and celebrations.

Grief and sadness often are stronger during the holidays and shared celebrations. Over the course of the year since the holidays were celebrated last, you or others may have experienced the loss of important relationships. Diminishing health, finances, and/or possessions also can be difficult to accept in a season known for giving and "good cheer."

*"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."*

—Marcel Proust

Personal faith and spiritual practices provide solace and comfort to many who are coping with change. New friends, ceremonies, and celebrations are resources that also can give comfort and renew the spirit. Finally, there is a lot of research that shows reaching out to others—especially the disadvantaged or needy—offers consolation and solace to the giver/doer. *(cont.)*

(cont.) As the daylight hours grow shorter and fuller with preparations and planning for the holidays, take the time to do a personal assessment of your emotional health and reflect on the things that bring you comfort, joy, and peace. Take the time to do an inventory of your blessings and write a note to someone who is primary in your circle of well-being. For additional resources and opportunities for service and commitment, contact Julie Buss, Life Enrichment/Wellness coordinator. Be a “charming gardener” and enjoy the fruits of celebrating, giving, and receiving. ■

and say “buzz” every time they land on a multiple of seven or a number containing a seven. When someone says “buzz,” the direction reverses.

“This seemingly simple activity requires attention and uses the frontal lobes and the right parietal lobe; it builds the brain—and gets a lot of laughs,” says Touchmark Life Enrichment/Wellness Coordinator Julie Buss. Other cognitive enhancement activities include Facts of the Day, word generation activities, and games on the Nintendo Wii.

To learn more about Touchmark’s brain-building classes, talk with Julie. ■

## Touchmark staff help people “grow new brain cells”

“The scientific community widely accepts the idea of ‘use or lose it’ when it comes to maintaining cognitive function,” explains Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD. “We’ve learned that older adults are able to grow new brain cells and improve their memory ability with regular cognitive exercise.”

Rob led Touchmark staff and invited guests through more than 10 hours of training, which ended with attendees taking and passing an exam that certified them as Geriatric Wellness instructors for a period of two years.

With this certification, team members are part of an exciting new trend in brain research.

“Research about the brain, cognitive function, and aging is coming out at rapid speed,” explains Rob. “Touchmark is the largest company that has pursued this certification, and their staff members are now equipped to create and offer brain-building programs designed with this cutting-edge research in mind.”

### Buzz your brain

The Touchmark Life Enrichment/Wellness team is offering several cognitive-focused programs. One popular activity is Brain Buzz. Participants count aloud

2		5			7			6
4			9	6			2	
				8			4	5
9	8			7	4			
5	7		8		2		6	9
			6	3			5	7
7	5			2				
	6			5	1			2
3			4			5		8

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*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.**

## It's time for flu shots

Caused by viruses, the flu (or influenza) is a contagious respiratory illness that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Vaccine should be available in your location now.

According to the CDC, yearly flu vaccination should begin as soon as the vaccine is available and can continue into the spring. For people not able to get their influenza vaccine in the fall, vaccination in December, January, and beyond is beneficial in most years.

Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

If you have questions about the flu or how/where to get a flu shot, contact your health care provider or visit [www.cdc.gov/flu](http://www.cdc.gov/flu). ■



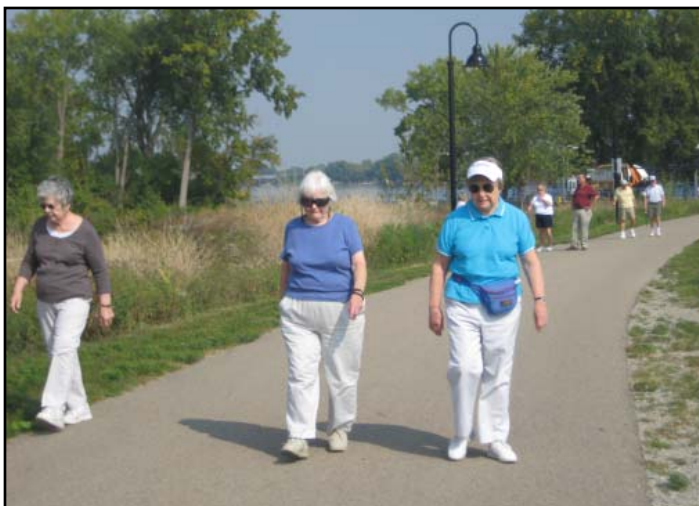
Pat Broderick and Rob Schwarzbauer stroll by the waterfront during the Active Aging Week walk on Trestle Trail.



Resident Clarence Miller (left) and filmmaker, songwriter, and author Bill Jamerson discuss the Civilian Conservation Corp. (CCC). Bill, who has written about the history of Michigan and Wisconsin, recently visited Touchmark to share stories and songs about the CCC, a Depression-era work program that ran from 1933 to 1942. According to Bill's research, 3.5 million teenagers enlisted in work camps restoring America's damaged natural resources. The work consisted of planting over 5 billion trees, constructing miles of roads, building national parks, fighting forest fires, and aiding soil conservation projects. Bill also discussed the food people ate during the Depression era as well as other interesting facts.

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## Recent events



Active Aging Week offered a variety of healthy activities, including a walk through part of the popular Trestle Trail in Menasha. From left: Dee Markley, Pat Lamont, and Barb Leslie lead the group.

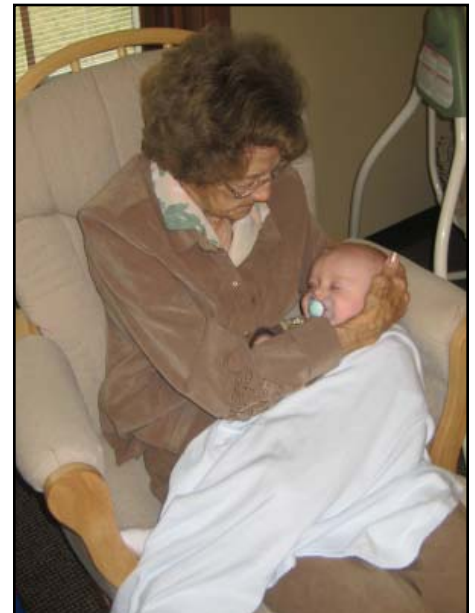
(cont.)



Residents visited the infants and children at Apple Tree Daycare Connections. They put together puzzles, worked on arts and crafts, read, and ate lunch and cupcakes together. The group plans to visit every month. Pictured: Wynne Vanden Heuvel (in blue) works on puzzles with the children.



Kathy McDermot (left) and Dee Markley take a break from walking on the Trestle Trail and enjoy some swinging.



Maxine Bathke rocks baby Jack.



Fran Burstein (left) and Germaine "Shorty" Bassett relax in the sun during the last days of summer.



Kathy McDermot indulges in some playtime on the slide.

(cont.)

(cont.)



Sophomores from Xavier High School recently volunteered at Touchmark and helped prepare gardens for winter, aid staff in the kitchen, clean the outside of homes, read with residents, and assist in the craft room.



Executive Chef Mike Balistrieri discusses the benefits of using fresh herbs while preparing a dish. Mike brought fresh herbs from his home garden to prepare the various dishes, such as pesto sauce served with fresh focaccia bread, sautéed Swiss chard and green apples, and lemon verbena tea.



Fava Tea Company™ owner Melissa Stafford talks about tea and shares a sampling of white blueberry, houjicha (green tea), English breakfast, and lemon chiffon. Melissa and her husband opened the store in Dec. 2007; they offer 300-plus varieties of tea.



Archie Johnson and Touchmark Executive Director Amy Jo Powers pose near Amy Jo's 1966 Ford Mustang. Twelve classic cars "sped" into Touchmark for a Classic Car Show on Grandparents Day. Car owners shared pictures and stories of work done to their cars. For example, participant Lillian Gitter shared how she and her brother restored cars' upholstery, engines, and bodies. Following the show, people gathered for a tasty lunch and a sweet treat of Italian ice.

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## Coming Events

### Tuesday, Nov. 11, 10:30 am

The Alzheimer's Association® begins monthly Caregiver Support Group at Touchmark and offers insight, resources, and fellowship to those caring for someone with Alzheimer's disease or other age-related dementias. All are welcome. No charge.

### Tuesday, Nov. 11, 1:30 pm

Veterans Day remembrance. Recognize those who have served the United States and protected the country's freedom. Four Seasons. No charge.

### Monday, Nov. 17, noon

Touchmark Foundation Bazaar and Resident Gallery. Pick up a sweet treat, used book, or a gift for the holidays, or enjoy art produced by neighbors. This year the gallery will feature paintings of Joan Geenen. All proceeds from the bazaar will be donated to the Touchmark Foundation.

### Tuesday, Nov. 18, 3:30 pm

Field trip to Fava Tea Company™. Melissa Stafford will brew complimentary cups of tea. No charge.

### Wednesday, Nov. 19, 3 pm

Learn about Appleton's Public Charter Schools and what is happening in the Appleton Area School District. Join Superintendent Lee Allinger for a timely and educational presentation. No charge.

### Wednesday, Nov. 19, 5:45 pm

Xavier High School's performance of *Beauty and the Beast*. Admission: \$5 per person.

### Tuesday, Nov. 25, 2:30 pm

Touchmark Book Club field trip to Barnes and Noble. Enjoy some coffee at the café, browse through the books, or do some early holiday shopping. All are invited.

## Touchmark already using new Physical Activity Guidelines for Americans

Adults gain substantial health benefits from two-and-a-half hours of moderate physical activity each week. Activities should include aerobic activities, which make the heart beat faster and strengthen the heart, lungs, and blood vessels, and strengthening activities that make muscles do more work than usual. Both are needed each week, according to the new Physical

Activity Guidelines for Americans. In early October, the U.S. Department of Health and Human Services (HHS) released the comprehensive set of recommendations for people of all ages and physical conditions.

### Touchmark introduced new guidelines last year

A year ago, the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) released similar guidelines. "As soon as ACSM and AHA released their guidelines, we modified our fitness programs," says Vice President of Wellness & Programs, Touchmark, Marge Coalman, EdD. "Essentially, Touchmark has been following the latest guidelines for the past year."

The new HHS guidelines include several recommendations just for older adults. These are:

👉 When older adults cannot do two-and-a-half hours of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

👉 Older adults should do exercises that maintain or improve balance if they are at risk for falling.

👉 Older adults should use relative intensity to determine their level of effort for physical activity.

👉 Older adults with chronic conditions should understand (*cont.*)

(cont.) whether and how their conditions affect their ability to do regular physical activity safely.

According to the guidelines, inactive persons can begin to gain health benefits as they increase their physical activity—even before they reach two-and-a-half hours each week of moderate-intensity aerobic activity. Plus, research shows the benefits of physical activity outweigh the risks of injury and heart attack.

To learn more about the HHS guidelines, visit [www.health.gov/paguidelines/adultguide/default.aspx](http://www.health.gov/paguidelines/adultguide/default.aspx). ■

*nearby, as needed. Thanks again to the entire staff for all you do for my parents and the others of Touchmark."*

**Eric Ormson,**  
—Son of residents Jim & Jean Ormson

## Watch for your 2009 calendar



**This year's calendar theme is Destination ... Discovery. Each month features a different Touchmark community and provides photos of some of the many fulfilling destinations and discoveries that residents, team members, and community partners enjoyed together in 2008. December highlights the work of the Touchmark Foundation. Residents and staff will receive copies of the calendar soon. Others interested in receiving a copy of the calendar can contact a member of the Sales team.**

## Great American Smokeout® is in November



Thursday, Nov. 20 marks The American Cancer Society's Great American Smokeout. The day is intended to encourage people to quit smoking for the day, which hopefully will encourage them to quit for good. To find out about local events or to gather resources, visit [www.cancer.org](http://www.cancer.org).



Smoking is a key contributor to memory loss. During November, the Alzheimer's Foundation of America is organizing National Memory Screening Day (Nov. 18). To learn more, visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org).

## You said it!

*"Thank you ... staff of Touchmark for your genuine care and friendship you've given my parents as well as the other residents of Touchmark. It is obvious to me upon each visit there that the staff is connected and caring ... . With the challenges my parents have faced, Touchmark has been a godsend. I know that the help and care is always*

2	3	5	1	4	7	9	8	6
4	1	8	9	6	5	7	2	3
6	9	7	2	8	3	1	4	5
9	8	6	5	7	4	2	3	1
5	7	3	8	1	2	4	6	9
1	4	2	6	3	9	8	5	7
7	5	9	3	2	8	6	1	4
8	6	4	7	5	1	3	9	2
3	2	1	4	9	6	5	7	8

**Answers to the Sudoku on page 3**