

# Futuristic performance of *The Magic Flute* visits Touchmark

A fun space-age adaptation of Mozart's *The Magic Flute* transported audience members to the future. The talented professional cast of Opera for the Young, Inc. (OFY) and 30 students from Lincoln Elementary School recently performed this charming rendition of the classic opera for the public and the Touchmark community.

Established in 1970, OFY has evolved from its founders' "labor of love" to its present status as a fully professional opera company. OFY is a leading provider of arts-in-education services in the Midwest as well as a preeminent producer of opera for children in the United States.

"The Touchmark community believes in the power and importance of intergenerational activities to enrich people's lives," says Touchmark Life Enrichment/Wellness Coordinator Julie Buss. "By teaming up with Opera for the Young and Lincoln Elementary School, we're connecting multiple generations and celebrating the joy of opera." ■



John Gauthier plays the part of Papageno.



Opera for the Young cast members Jessica Medoff Bunchman (left) and Kristen Johnston perform during a scene of *The Magic Flute*.

## Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Touchmark offers snow and ice removal and scheduled transportation.

Visit Touchmark or call 920-832-9100 today to learn more about this winter’s featured homes. ■



**The Madison, located at 2590 Touchmark Court, offers 1,844 square feet, three bedrooms, and two bathrooms. This cottage home features expansive cathedral ceilings, enclosed sunroom, and scenic views of the wooded backyard.**

## Make daily deposits in your bank of well-being



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

**“The silence allows you to listen to the wind, your step, the fragrance of love.”**

—Signpost along the “walk of silence” at Lake Orta

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect. *(cont.)*



**This 1,844-square-foot home is located at 2564 Touchmark Court and offers two bedrooms, two bathrooms, and a spacious den. The home features a Madison floor plan with beautiful views from the front porch as well as the south-facing sunroom.**

(cont.) We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Touchmark, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Touchmark Life Enrichment/Wellness Coordinator Julie Buss for information on the program opportunities that will provide meaningful moments throughout your day. ■

## Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the

antioxidants can decrease damage to cells.

3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

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

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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.**

## Fox Valley Technical College students talk teeth

*According to the National Institute of Dental and Craniofacial Research (NIDCR) “tooth decay remains the most prevalent chronic disease in both children and adults, even though it is largely preventable.”*

Fox Valley Technical College seniors Nicole Torgerson, Sara Beath, and Kelly See recently visited Touchmark and shared the importance of good dental hygiene. They reported that poor oral care can lead to cardiovascular problems, pneumonia, and other serious health problems. The trio talked about two specific diseases (dry mouth and oral cancer) and said that regular visits to the dentist can prevent many dental complications.

The dental hygienist program at Fox Valley Technical College offers regular cleanings, x-rays, and oral cancer screening for \$10. For more information and to schedule an appointment, call 920-735-4884. ■



**From left: Fox Valley Technical College seniors Nicole Torgerson, Sara Beath, and Kelly See shared the importance of good dental hygiene.**

## See what is happening at Touchmark



**Attorney Jennifer Koeppel talks with resident Archie Johnson about communication techniques. She and Peg Jankowski from Home Instead Senior Care® shared communication tips during a recent presentation at Touchmark. Their 10 tips: (1) Be assertive (2) Nonaggressive (3) Be selective (4) Optimize your energy (5) Compensate for weakness (6) Seek independence, avoid dependence (7) Raise the issue (8) Defend without defensiveness (9) Look for points of agreement (10) Listen and put yourself in the other person’s shoes.**



**These ladies enjoy a girls’ night out at award-winning Confucius Restaurant in Appleton. From left: Norma Gourlie, Dee Markley, Jean Poulsen, Pat Broderick, Char Copps, Life Enrichment/Wellness Coordinator Julie Buss, Fran Burstein, Eve Broussard, Nancy McLaughlin, and Ruth Freiburger.**

*(cont.)*

*(cont.)* **Amish country day trip**

Touchmark residents recently took a day trip to Bonduel, Wisconsin, to learn about the Amish country. The group visited the Lark Country Store and the Millers' Crafts & Food that stocked crafts, bulk foods, homemade baked goods, and more. Another interesting stop was the Harness Shop with its buggies. The group took a guided bus tour and learned the history of the area, saw an Amish farmer harvesting corn with an eight-horse hitch, and shopped downtown. The day included a hearty lunch of salad, homemade bread, stuffing, noodles, mashed potatoes, chicken, cookies, and three kinds of pie.



From left: Rose Romenesko, Kathy McDermot, Stephanie Marks (Life Enrichment/Wellness assistant), Orvilla Wildermuth, Karen Swenson (volunteer), and Lillian Gitter participate in an Arts & Crafts class and make decorative spoons. Residents are welcome to join the class, which is Mondays at 1:30 pm.



From left: Cliff Peters, Ginny Sporleder, and Nancy McLaughlin sing with entertainer Carrie Frechette (not pictured).



Residents beaded these colorful spoons. During the next class, the group dipped the spoons in melted chocolate, let them dry, and wrapped the spoons with cellophane. The spoons were sold during the Touchmark Foundation Bazaar, which made more than \$230.



From left: Ann and Bob Schindhelm, Marion Van Dinter, and Archie Johnson play tambourines and sing.

*(cont.)*

(cont.)



**Nici Meyer (left) and Amanda Friedricks of Fox Valley Animal Referral Center share myths and facts about pit bulls.**



**Nici Meyer (left) and Amanda Friedricks with American pit bull Tora and American Staffordshire Terrier Elsay.**

## Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others?

Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online ([TouchmarkFoundation.org](http://TouchmarkFoundation.org)) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation  
 Attn: Holiday Food Box Project  
 Care of Touchmark on West Prospect  
 2601 Touchmark Drive  
 Appleton, WI 54914-8785

## 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.*

### Celebrating Life

By **Cliff Peters**, Resident

After many surgeries for many different reasons, I found out I had prostate cancer. I went through many tests and procedures before starting chemotherapy treatment 13 years later. Sometime after starting the treatments, through a bone scan the doctors found tumors on my hip and spine. The chemotherapy was stopped, and radiation treatment was started.

From the beginning, I knew my cancer was incurable, so this was just another stepping stone with the disease. I kept a positive attitude, knowing all I could do was to keep moving forward. I've had 77 chemotherapy treatments and 34 radiation treatments thus far. Prior to moving to Touchmark in June of 2008, I lost my ability to walk, even with a walker, due to osteoarthritis in the hip. And for the first time, I felt hopeless. I stopped taking care of myself and had to rely totally on my family and others for personal care as well as getting in and out of bed. It was the lowest I had ever felt and thoughts of it being over entered my mind. My desire to not interrupt my families' lives with my needs lead me to search for a home where I could get my needs met.

On my first visit to Touchmark I knew this was where I could come and not be a burden to my family. After moving in I decided to make the most of it and started meeting people I now consider my extended family. I also met a very special friend that I can talk to openly and relate to. I've found a new passion for life and reaching out to others. I've had incurable cancer for 18 years now. I believe it comes from moving forward with a positive outlook on life that I will continue living.

My last doctor's appointment revealed the cancer is at a minimum, and although it is progressing, slowly, my overall health is good. I've even regained some mobility in my legs. The bottom line is the more laugh you put into your life, the more life you'll get out of your laugh.



**Cliff Peters makes decorative napkin clips and sells them in the Touchmark community store. He donates all proceeds to Touchmark Life Enrichment/Wellness program.**

## Celebrating Halloween and harvest



Appleton North High School students hosted a Halloween party for Touchmark residents. From left: Ginny Sporleder, Betty John, and Ruth Freiburger decorate cookies during the party.



Kathy and Gerry Mc Dermot participate in the mummy wrap.



Roslyn Bell adds decorations to her Halloween pumpkin.



Bob Scott shows off his Halloween attire during the party.



During the Harvest Festival Social, people indulge in pumpkin pie and hot apple cider. Donna Schultz won first place out of 15 entries for the pumpkin decorating contest.

## Coming Events

### Monday, Dec. 1

Touchmark resident door decorating contest begins. Winners for each floor and the Fox Pointe Homes will be announced at Monthly Scoop.

### Friday, Dec. 5, 6:30 pm

Annual Friends and Family Holiday Party. Enjoy refreshments and the sights and sounds of the season. Please RSVP at the front desk by Wednesday, Dec. 3. No charge.

### Monday, Dec. 8, 1 pm

Bobbi Stern, local artisan, demonstrates how to make pinecone ornaments. Cost: \$5 per person/per ornament. View a sample of the ornament and sign up at the front desk. Gables Room.

### Tuesday, Dec. 9, 11 am to 1 pm

Invite your friends to Touchmark's Holiday Oasis. Bring gifts for complimentary wrapping, enjoy Fava tea, yummy treats, a hand massage, and more. Radio station WHBY's Good Neighbor show will be broadcasting. Lobby.

### Tuesday, Dec. 9, 2:30 pm

Tour the Nutcracker in the Castle exhibit at the Paine Art Center and Gardens in Oshkosh. Cost: \$5 per person. Lobby.

### Thursday, Dec. 11, 6:15 pm

Back by request: Xavier High School performs Christmas Stars. Cost: \$10 per person.

### Monday, Dec. 15, 2:15 pm

Behind the scenes at Touchmark: Holiday Style. Tour the offices, ask questions, and vote for the best decorated office space. No charge.

### Wednesday, Dec. 17, 6:45 pm

Touchmark's Mike Mapes with Jean Ormson on piano performing holiday sing-a-long songs. No charge. Lobby.

### Friday, Dec. 19, all day

Dress in the colors of the season for Red and Green Day. Prizes awarded for the most creative outfit.

### Saturday, Dec. 20, 12:45 pm

Children from Eternal Love Lutheran Church and Preschool perform a Christmas program. University of Wisconsin Fox Valley auditorium. No charge.

### Tuesday, Dec. 23, 6:30 pm

Touchmark bus driver Bob takes a tour of the holiday lights in Fox Valley. Signup is required. No charge.

### Thursday, Dec. 25, 11:30 am to 1:30 pm

Christmas Dinner. Charge for guest meals: \$15. The evening meal will be box dinners. Reservations are required for both meals. Dining rooms.

### Wednesday, Dec. 31, 7 pm

Ring in the new year with entertainment by Rondini the Magician. No charge. Chapel.

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

Answers to the puzzle on page 3