

Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2008, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health Promotion Institute, which is part of the National Council on Aging. Life Enrichment is the cornerstone of our Touchmark community, and we are very satisfied that this focus is noticed on a national level and continues to set us apart from other top retirement communities in the country.

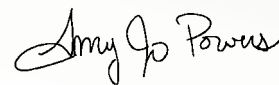
Additionally, during 2008, The Grande at Touchmark on West Prospect experienced 100-percent occupancy for the first time in our eight-year history. With a

record high number of new neighbors to introduce to Touchmark, our vibrant community has been humming with fresh ideas, new faces, and positive changes.

With these team-built achievements as the foundation for 2009, I look forward to growing as a community and continuing to serve residents, their families, and the Fox Valley area.

We have a very exciting year ahead of us ... stay tuned!

Yours truly,



Amy Jo Powers
Executive Director

More than 400 people attend Friends & Family Holiday Party



A quartet of strolling carolers from the White Heron Chorale delighted the crowd with their beautiful music, and attendees enjoyed a special slide show, featuring Touchmark photos from the past year.



The Touchmark community celebrated the season with a robust crowd of 425 people at the holiday party. Attendees savored gourmet food, delectable desserts, and a special visit from Santa Claus. Life Enrichment/Wellness Assistant Catherine Blohowski (left) and resident Maxine Bathke pose for a photo.

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Students from Appleton West High School's Peer Helper volunteer club helped with the coat check, served ice cream, and supervised the cookie decorating in the Kid's Corner. The event also included a food drive to benefit the St. Joseph Food Program.



Life Enrichment/Wellness Coordinator Julie Buss (left) and Life Enrichment/Wellness Assistant Nicole Fannin pose near the hanging-wall quilt that Julie made. The quilt includes cloth-printed photos of residents.

Tour these homes today!



Warm up on those cold evenings next to the cozy gas fireplace in this beautiful 1,762-square-foot home, located at 2553 Touchmark Court. This two-bedroom, two-bathroom Roosevelt floor plan home features expansive cathedral ceilings in the living room. From the dining room, a sliding glass door leads to a covered patio, overlooking a beautiful wooded backyard. This is a perfect spot for bird watching or just relaxing in the summer.



Apartment 133 is conveniently located on the first floor of the Grande, just around the corner from the elevator and the laundry room. This 604-square-foot apartment offers one bedroom, one bathroom, and a comfortable patio off the living room. This is the only apartment currently available in the Grande, so call today for your personal presentation.

Celebrations!



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

“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

—John Burroughs, naturalist and essayist

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

The intent is multifaceted. Of course, we’ll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have published books. Part of Touchmark’s ongoing Let Your Spirit Soar activities, the series will be featured in newsletters

and on the Touchmark Web site (Touchmark.com).

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Touchmark Life Enrichment/Wellness Coordinator Julie Buss at 920-832-9100. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

Calling Touchmark home since 2001



A group of residents who have called Touchmark home shortly after its doors first opened in summer 2001 recently enjoyed an “Originals” luncheon. “These special people have been neighbors for over seven years and have helped to build Touchmark into the vibrant community it is today,” says Executive Director Amy Jo Powers. During the meal, the group reminisced over photographs and stories of Touchmark in the early days. “A special thank you goes to Millie Strandwitz for helping organize the event,” says Amy Jo.

Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. "I was surprised by the number of authors we discovered once we announced the project," she says. "Literally, there are dozens of published authors living at Touchmark communities."

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark's resident authors, visit Touchmark.com/authors-in-residence. ■

Recent events

Learning about local schools

Appleton Superintendent of Schools Lee Allinger visited Touchmark recently to give an update on the status of the Appleton School District. Twenty-five residents attended the presentation, which included information about class sizes, charter schools, and ethnic backgrounds of the district's students, graduation rates, and percentage of students who go to college. Residents also had an opportunity to ask questions. Lee hopes to come back at a later date to share even more details about the local schools. Interestingly, resident Gerry McDermot was one of Lee's mentors earlier in his career.

Resident gives students tour of Appleton

Resident Bill Selle, who attended Appleton West High School, recently took members of the school's



Resident Bill Selle

Legends Club on a tour of the town. Bill is a lifelong resident of Appleton and shared a plethora of interesting information with the 20-plus students who took the tour. At the end, Bill treated everyone to yummy ice cream.

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Local Artisan Bobbi Stern (not pictured) taught residents how to make lovely pinecone ornaments. Residents used scrapbook paper, push pins, and foam balls for wonderful results. Above: Resident Maxine Bathke and Life Enrichment/Wellness Assistant Nicole Fannin put together pinecone ornaments.



The Touchmark Book Club traveled to the local Barnes & Noble for some holiday shopping. The trip was topped off with coffee and a sweet treat at Starbucks.



The smell of savory holiday cookies and hot cider wafted through the room as Pastor Rich Engle (standing) and musician Daniel Lovett (not pictured) shared holiday traditions and a message of the first Christmas. After enjoying the holiday goodies, residents joined in the festivities with a carol sing-along.



Spanish students from Appleton North High School visited with Touchmark residents and performed a Spanish alphabet “rap.” Students also shared some Spanish vocabulary and a brief history of the piñata. Then the residents took turns trying to break the snowman piñata. (cont.)

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The Touchmark management team entertains residents with *The 12 Days of Flu Season* during the Monthly Scoop. The song included lines like, “On the first day of flu season the nurse said to me, drink plenty of water” and highlighted other ways to avoid getting the flu.



Under the direction of Renee Millard, the 14-piece Fox Cities Swing Band entertained residents with a lively show.



The Touchmark Foundation Bazaar raised more \$230. People purchased treats, used books, or a gift for the holidays. The event also featured the Resident Gallery, which showcased the paintings of Joan Geenen (pictured). For more information on Joan’s work, visit www.pastelpainting.com.

Coming Events

Wednesday, Dec. 31, 7 pm

Appleton’s own Rondini will perform his famous magic show in this special New Year’s Eve performance. No charge. Chapel.

Sunday, Jan. 11, 2 pm

Spend the afternoon with the “King” (Elvis-impersonator Rich Saeger). No charge. Lobby.

Thursday, Jan. 15, 3:45 pm

A local Brownie troop will visit to make beaded memory bracelets. No charge. Gables Room.

Tuesday, Jan. 27, 4:30 pm (Garden Dining Room) and 5:30 pm (Four Seasons Dining Room)

Celebration of the Chinese New Year. Special Menu. No charge.

Friday, Jan. 30, 7 pm

Appleton square dancers will demonstrate some basic square-dancing moves and invite residents to join in the fun. No charge. Lobby.

Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____
2. a eyeliners town sour = _____
3. weathering rye inn = _____

*Answers:
1. happy new year 2. new year resolutions
3. ring in the new year*