

Wii bowling league keeps rolling

Touchmark residents are proving that video games aren't just for children and teens anymore. They also are proving that a bowling league doesn't need special shoes, balls, or even a bowling alley.

Recently, five teams of four concluded a fun and exciting eight-week league competition with a "virtual" bowling alley using the Nintendo Wii video game system.



Top bowler Nancy McLaughlin

When Wii joined the list of available activities in 2008, it became so popular that the Life Enrichment/Wellness team formed a Wii bowling league, which now meets in the "Wii Are The Champions" lounge. During the recent league competition, resident Nancy McLaughlin took home the

honor of top bowler, with an average score of 193 and a top score of 233.

Why Wii?

The Wii uses a remote that translates a player's movements into action on the screen.

While there are numerous games available, the most popular at Touchmark is Wii Sports, which includes bowling, golf, tennis, baseball, and boxing. The Wii often draws a crowd of spectators, who have as much fun as the participants.

In addition to a fun, social time, the Wii offers the benefits of team building, healthy competition, and use of motor skills that help improve hand-eye coordination as well as balance and timing.

To learn more, talk with a member of the Life Enrichment/Wellness team. ■

Stitching joy ... together

On the second and fourth Fridays of every month, the sound of clicking knitting needles is heard emanating from the Four Seasons Parlor. The Touchmark Knitting and Crocheting Club gathers twice a month to visit and make handcrafted creations for those in need. The group makes warm hats and scarves to give to the local homeless shelter and comfort shawls for patients at Heartland Hospice.

Knitting now for every generation

In recent years, knitting and crocheting have experienced a resurgence across the generations. It's not just women and girls turning a skein of yarn into a wearable work of art, either. Men and boys also are taking up the craft. Case in point: the youngest member of the Touchmark Knitting and Crocheting Club is 7-year-old Cub Scout Tyler. Volunteering his time, (*cont.*)



The youngest member of the Touchmark Knitting and Crocheting Club is seven-year-old Cub Scout Tyler, who volunteers and enjoys helping club members. He also is learning to knit.

Tyler arrives and greets each person and shakes hands. He then visits with residents and works on mastering the art of knitting. During a recent gathering, he also helped serve refreshments.

Last November, Tyler and his godfather, Bill Johnston, attended a Coffee for College event at Touchmark.

“Well, as a Cub Scout, one of the things that you try to do is community involvement, and I thought this could be a project for him,” says Bill. “It’s a good opportunity for him to be around older people and a good experience.” Bill adds that he wanted Tyler to witness and be part of the whole process. Tyler helps gather yarn, writes thank you notes to those who donate, assists the Touchmark club members with their knitting, and more.



Tyler walks around the room greeting people while he serves refreshment. Club members appreciate Tyler’s thoughtful disposition and enjoy talking with the youngest member of the club.

The club is sending messages of hope and compassion through their gifts. Members also feel they benefit from being part of the group, which has made more than five shawls and about three hats/scarves. Once the items are completed, residents attach handmade tags, which communicate love and encouragement. ■



Residents create tags for the scarves and shawls. Each tag expresses in words the love that went into the creation of each item and offers thoughts of hope.

Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart *(cont.)*

(cont.) and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is most compelling. We

Dr. Marge's Smoothie Recipe

Follow Marge's example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.

- ½ cup nonfat plain yogurt.
(Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
(Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winingham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2009.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

(cont.)

(cont.) At Touchmark, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Julie Buss, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

Helping feed the hungry

During the Annual Friends and Family Holiday Party, the Touchmark community not only enjoyed the sights, sounds, and tastes of the season, but packed nonperishable food items into 16 boxes. The boxes then were donated to the local St. Joseph Food Program.

Touchmark received the following thank you note from St. Joseph's Operations Manager Monica Clare:



The St. Joseph Food Program was the recipient of 16 cases of nonperishable food donated by the Touchmark community. In operation since 1982, the program delivers 30 tons of fresh food and nonperishable items every week to hundreds of men, women, and children in need.

"I cannot begin to express my gratitude to you for your support of the St. Joseph Food Program. Your donation of 16 boxes of food from your Friends and Family Holiday Party will help us to continue fulfilling our mission of 'Feeding the Hungry.'"

The fall and winter have been very busy here at St. Joe's. We have seen a large increase in clients and, with food costs on the rise, meeting the need has been difficult. The community's response to this need has been unprecedented! Thank you for your caring and giving hearts."

On behalf of our clients, volunteers, and staff, I offer my most sincere gratitude." ■

Build your brain

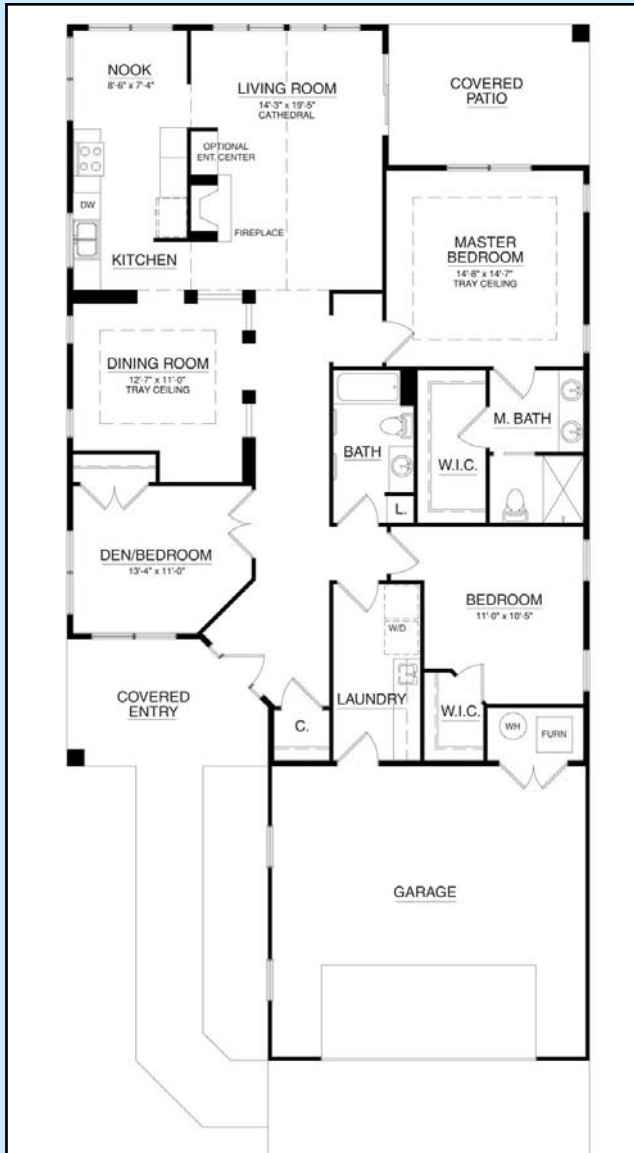
4	7		9		1	6		5
	2		3				8	4
								1
	1	4	7		8		5	
6			2		3			9
	3		6		5	8	1	
8								
5	9				4		2	
7		1	5		2		9	8

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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.

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 seven for answers.

Look what's available at Touchmark!



This beautiful 1,844-square-foot Madison floor plan home is located at 2590 Touchmark Court. Offering three bedrooms and two bathrooms, the home also features expansive cathedral ceilings in the living room and kitchen with tray ceilings in both the formal dining room and master suite. Enjoy relaxing in the enclosed sunroom with expansive views of the wooded ravine in the backyard. Call today for a personal presentation.



Located at the end of a cul de sac, this Roosevelt floor plan home at 2553 Touchmark Court is ideal in all seasons. Keep warm on cold winter days in front of the cozy fireplace and enjoy summer days on the covered patio overlooking the wooded backyard. The spacious 1,762-square-foot home offers two bedrooms and two bathrooms.

Happenings at Touchmark



Twenty residents sampled "White Christmas" tea from the Fava Tea Company at the Holiday Tea Tasters gathering. Adding to the festivity of the afternoon was the sound of holiday music, which could be heard over the munching of molasses and spice cookies.

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Appleton's Rondini performed his famous magic show for residents at a special New Year's Eve performance. With over 30 years of experience as a magician, Rondini has performed around the country but always returns to the Fox Cities. Executive Chef Mike Balistrieri also helped residents ring in 2009 in style with a special dinner of Cornish games hens, beef tenderloin, and shrimp. Champagne and wine were on hand as diners raised their glasses to the new year.



Once again, the popular behind-the-scenes tour returned. Thirty residents toured offices and the Reflexology and Massage Therapy area and learned more about the inner workings of Touchmark. As participants toured, offices sparkled with holiday décor, staff answered questions, and people enjoyed treats. At each location, residents had staff sign their game cards, which were used for a drawing. The tour ended in the chapel, where residents voted for the best-decorated office. The Dining Services team, who decorated the dining service area in a tropical theme and offered pina colodas, received the winning vote.



Red and green filled the halls of Touchmark on Red and Green Day. Later in the day, residents enjoyed the sounds of the Neenah High School Touch of Class Orchestra. The 13-member orchestra and their director Kristie Stingle performed holiday music. Chef Tyler Woodkey then treated everyone to a specially created hot cocoa that included nutmeg and cinnamon.



Abby, a three-year-old golden retriever with Therapy Dogs International, along with her guardian and handler Marilyn Kottke visited with 15 residents. Abby keeps busy with visits to retirement communities and hospitals, with 39 visits under her collar in just the last year. She also volunteers her time with "Kids Reading to Canines." The program (offered at the Neenah and Appleton public libraries) encourages enthusiasm for reading by providing an opportunity for first through fourth graders to read aloud to dogs. (cont.)

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The Holiday Music Sing-Along featured resident Jean Ormson on the piano and Sales Manager Mike Mapes leading the group in song. Executive Director Amy Jo Powers sang *Have Yourself a Merry Little Christmas*, and Mike's eight-year-old daughter, Macy, performed *Good King Wenceslas* on the piano while her father sang along. Residents joined in song and rang bells during the holiday favorite *Jingle Bells* and were treated to a ballet routine performed to a song from *The Nutcracker Suite* by resident Mary Laughlin.

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

**Answers to
the puzzle
on page four**

Coming Events

Monday, Feb. 2, 7 pm

Come enjoy your musical favorites with the 14-piece Fox Cities Swing Band. Chapel. No charge.

Wednesday, Feb. 4, 10 am to 2:30 pm

"Know Us Before You Need Us" health fair. In-home service providers will provide valuable information regarding health-related topics and supportive in-home services that are available in the Touchmark community. No charge.

Saturday, Feb. 7, 1:30 pm

Tricia Elko from Wind River Wildlife Rehabilitation and Release of New London will present some of her educational birds of prey. Chapel. No admission fee. Donations appreciated.

Tuesday, Feb. 10, 2 pm

Wilmar Chocolates factory tour. Visit this Appleton landmark and see how Wilmar's delicious chocolates are made. Participants will have an opportunity to shop and sample Wilmar confections. No charge.

Saturday, Feb. 14, 6:30 pm

Romance, Wine, and Roses four-course gourmet dinner featuring local harpist Julie Meinke. Savor featured wines paired with each course. Garden Dining Room. \$35 per person. Limited availability. RSVP to 920-832-9100.

Wednesday, Feb. 18, 3 pm

Town of Menasha Police Office and Community Liaison Jason Weber will present what's new with the community and the local police. Questions and answers at the end of presentation. No charge.