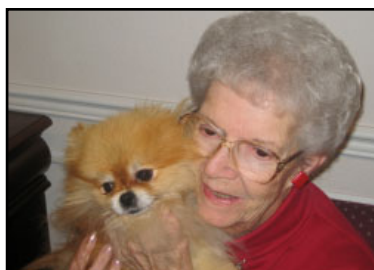
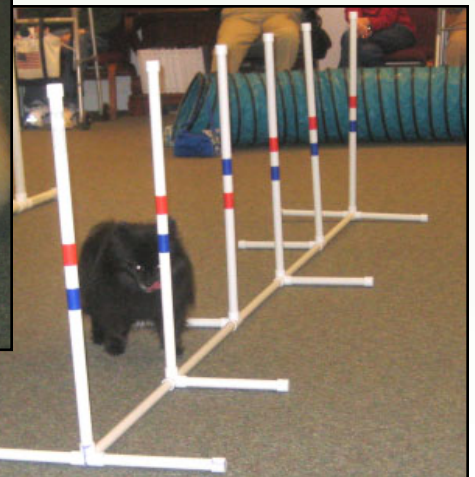
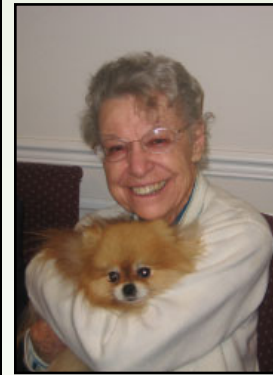


“Soda pop” dogs add fun and fizz

Jack and Nancy Zolkowski and their five “soda pop” Pomeranians—Squirt, RC, Ginger Ale, Dr. Pepper, and Sierra Mist—shared fun tricks with the Touchmark community.

The Pomeranians, ranging in age from 9 months to 17 years, gave “high fives” to audience members and performed agility tricks using tunnels and jumps. Dr. Pepper puts his paws together while standing on his hind legs to look like he’s praying, and Sierra Mist rides around in a remote-control mini Hummer. When one dog is asked her age, she barks six times.

After the show, residents had the opportunity to hold the little dogs and share hugs. ■



Come home to Touchmark!

Located at 2580 Touchmark Court, this beautiful two-bedroom, two-bathroom home features expansive cathedral ceilings in the living room and kitchen. Enjoy relaxing summer evenings on your very private covered patio with beautiful views of the wooded ravine. This 1,590-square-foot home won't last long with our limited-time Special Savings Program offer. Call today for a personal presentation. View the available homes at TouchmarkAppleton.com.



Enjoy your privacy while being close to friends, neighbors, and many amenities. Apartment 306 offers carefree living with all the services Touchmark has to offer. Cathedral ceilings in the roomy living room provide a feeling of spacious comfort in this 806-square-foot, one-bedroom, and one-bathroom home. Large windows in the dining area allow natural light to fill the room. Call or stop by today and picture yourself at Touchmark!

Humor helps



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

“Humor is mankind’s greatest blessing.” —*Mark Twain, author*

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active Aging (*Is Laughter Really the Best Medicine*—November/December 2005). But a consistent sense of humor is less well-understood by the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life’s road and coming through with the ability to face the day (and tomorrow) with a smile.

Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not “starry-eyed optimists” out of touch with the hardships and stresses of life. They are realists who are able to maintain their perspective (*cont.*)

(cont.) when others experience fear or depression.

At Touchmark, there are many opportunities to share humor and optimism. For information on how to participate in the Life Enrichment/Wellness program planning and implementation, contact Julie Buss, director. ■

A life filled with history, dolls, and family

“My husband and I both loved history,” says Donnalee Naverstad. “Viroqua (population 5,000) was my husband’s hometown, and after 57 years, I considered it my hometown, too.” The two decided to capture the town’s history—and the resulting process of creating a book bound the couple even more closely.

“We started in 1993, prior to the town’s sesquicentennial,” says Donnalee. What started as a “small” project for the Vernon County Historical Society evolved into an 11-year commitment to publish an award-winning book, *Viroqua’s Main Street History: 1846–1996*. In fact, in 1996, Vic and Donnalee were named the Vernon County Historical Society Volunteers of the Year.

Although Vic died before the book went to press, the years of researching, editing, and writing reflect a relationship of commitment and shared passion. The book is a tribute to Vic and to the town they both loved.

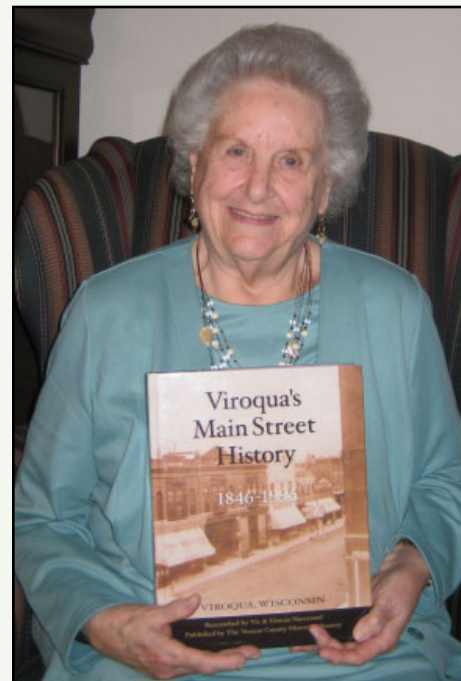
The couple painstakingly gathered, researched, authenticated, and documented information from newspaper articles, scrapbooks, photo albums, anecdotal accounts, and letters. She smiles as she remembers. “It was amazing. Once word got out about our project, people we didn’t even know knew us would appear on our doorstep with photos and documents. It was fun.”

According to Donnalee, Vic did most of the research. She compiled the information, wrote the articles (unless they were stories from the newspaper), and did the typing. Vic did all of the editing. In recognition of her and Vic’s dedication and work, the book was awarded Wisconsin’s 2004 Best Cultural Preservation Project. To date, the book has raised over \$20,000 for the Society, and there are plans to print more.

“It’s no wonder I am so busy ...”

“Donnalee’s home at Touchmark on West Prospect is filled with memorabilia of her life with Vic as well as a computer that keeps her in touch with her many interests.

One of those interests is dolls. Although Donnalee no longer sews or knits, she used to create authentic replica doll clothes for the American Girl historical character doll collection. “The doll clothes I made were my own designs and were from 1800 to the early 1900s. I not only made the dresses but also the slips, (cont.)



Donnalee Naverstad

(cont.)

pantaloons, camisoles, and whatever the period dress was.” Although she donated most to hospital auxiliaries, church benefits, and other charities, she displays a few in her home. Donnalee also knit clothes for Barbie dolls but gave away all of the outfits.

Other interests include reading, playing cards and games, swimming, updating her genealogy, and writing her memoirs. Currently, she is interested in the Oklahoma land rushes. Her family is from Oklahoma, and her brother suggested the topic. “I can’t go to bed without looking up the items on my list,” she says enthusiastically.

Making a difference in people’s lives

Family and relationships are important to Donnalee, who is a mother, grandmother, great grandmother, and community ambassador. “Our family was a scouting family through and through,” says Donnalee, who notes with pride that both of their sons were Eagle Scouts.

Donnalee also is proud of the work she did training girls from low-income families through the Comprehensive Educational Training Act. “These girls were qualified as experienced workers upon completion of the program,” says Donnalee. “I am sure my recommendations also helped them to acquire good jobs. ... Several times, ‘my gals’ were successful voting me supervisor of the year for the county. ... and most of them still remember me when my birthday comes around and over the holidays.”

Sometimes referred to as the “inspiration of Touchmark,” she says she tries to bring a little happiness to everyone. “I love to read, and I love to spend time with people. Nothing makes me happier than to walk into the lobby and tell someone a little joke and to see their eyes light and hear them laugh.”

Recently, Donnalee has dealt with her share of health challenges, including open-heart surgery and a mastectomy. In spite of this, though, she says she is an optimist with a spirit of curiosity and heartfelt commitment to live each day to the fullest.

“I read a limerick once that described me perfectly,” she shares. The limerick is:

*Give me a sense of humor, Lord,
Give me the grace to see a joke,
To get some humor out of life,
And pass it on to other folk.*

“If I can make someone smile, that makes my day worthwhile,” says Donnalee. “If I can make someone laugh, it’s been a great day!” ■

Recent events



Middle school student Dillon Lehrer’s inquisitive mind led him to create the card game Pass. Dillon, the younger brother of Life Enrichment/Wellness Assistant Nicole Fannin, recently shared the game with a group of residents. They gathered around; some watched and others played. Some people complimented Dillon on his creativity and urged him to “always keep inventing.”

(cont.)

(cont.)



Heartland Hospice Volunteer Coordinator Leslie Schiller (left) and resident Pat Lamont gather nine beautifully handcrafted shawls. The Touchmark Knitting and Crocheting Club, which meets twice a month to create comfort shawls for area hospice patients, recently donated the items. The warm feeling generated at the meeting reminded members of the value of their work and the importance of helping those in need.



Jean Kenevan (right) and Jennie Ernst (not pictured) from the Wisconsin Department of Health and Family Services, Office for the Blind and Visually Impaired offered helpful tips for those dealing with vision loss. Tips included watching a smaller television; sitting closer to the television, if necessary; using special magnifying glasses; and using Touchmark's Optelec ClearView+ Desktop Video Magnification System (shown). To learn more about the office's complimentary services, visit www.dhfs.wi.gov/blind.



A book fan and kindergartener at Woodland Elementary School, 6-year-old Sarah Blohowiak entertains residents with a reading of *Does a Kangaroo Have a Mother, Too?* by Eric Carle. Sarah's mom, Life Enrichment/Wellness Assistant Catherine Blohowiak, holds the microphone for Sarah as she reads to the Touchmark book club. Sarah also talked about some of her favorite books, including *Curious George* and *Corduroy*. When she finished presenting, Sarah commented that using the microphone made her feel like "Hannah Montana."

(cont.)

(cont.)



The balcony became “Touchmark Field” as students from Paula Meyer’s Spanish class at Appleton North High School and Touchmark residents made and decorated paper airplanes. Fashioned after an annual event at Wisconsin’s Lambeau Field, the highlight of the festivities came as participants lined up and threw their airplanes from the balcony. Red Godhart, Ada Rivera, and Donna Schultz took home first, second, and third place honors, respectively. The event ended with an ice cream social.



Brain a buzz ...

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

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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.

Coming Events

First Friday of every month, 2:30 pm

Miracle-Ear® hearing-aid checks and cleanings and hearing tests. Cottage Room. No Charge.

Friday, April 3, 10:15 am

First in a series of yoga classes with Catherine Zehner. No charge for first class. Chapel.

Monday, April 6, 2 pm

Resident and Staff Talent Show. Chapel.

Wednesday, April 8, 11 am

WHBY broadcast of the Good Neighbor Show with Kathy Keene.

Monday, April 13, 2 pm

Make & Take with Cheryl Last from Sterling Gardens. Create fresh floral arrangements and take them home with you at the conclusion of the class. Gables Room. \$20 per person.

Tuesday, April 14, 6:30 pm

The New Horizons Band entertains residents in the Four Seasons Dining Room. No charge.

(cont.)

(cont.) **Saturday, April 18, 2:15 pm**

Bus departs for *Happy Trails* concert at Xavier High School. \$15 per person.

Tuesday, April 21, 9:30 am

Civilian Conservation Corps presentation by author, writer, and filmmaker Bill Jamerson (www.billjamerson.com) and interactive nature presentation by students from the Fox River Academy Charter School. Four Seasons Dining Room. No charge. Pizza party to follow presentation.

Monday, April 27, 5:30 pm

Spring Formal Dinner in the Four Seasons Dining Room (meal plan or regular meal charges apply) followed by the Spring Formal Dance in the Chapel with music by the Fox Cities Swing Band.

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

Answers to the puzzle

Celebrating St. Patrick's Day



Left photo: Touchmark Chef Tyler Woodkey (left) donned his family's Irish kilt for St. Patrick's Day and posed with resident Red Godhardt. Center and right photos: A member of the Trinity Irish Dancers, Hannah Farrell, 7, wears an authentic costume representing County Cork and treats residents to a dance while they enjoy an Irish meal. Hannah rotated to each dining room, dancing and greeting each resident with a chocolate candy and happy St. Patrick's Day wish. Hannah is the grand-niece of resident Erv Volkman (upper right), who was delighted by her special performance.