

'Tis the season for patriotism



Stars and stripes filled the streets of Appleton for the city's 2009 Memorial Day parade. Touchmark residents (including resident Fran Burstein in her original Navy WAVES uniform) and team members watched the parade under sunny skies and waved small flags as they enjoyed the sights and sounds. Patriotic festivities continue this month as Appleton celebrates the Fourth of July. Residents are invited to attend the Wisconsin Timber Rattlers baseball game on Military Appreciation Night (Friday, July 3). The game will be followed by a fireworks display.

Dance the night away

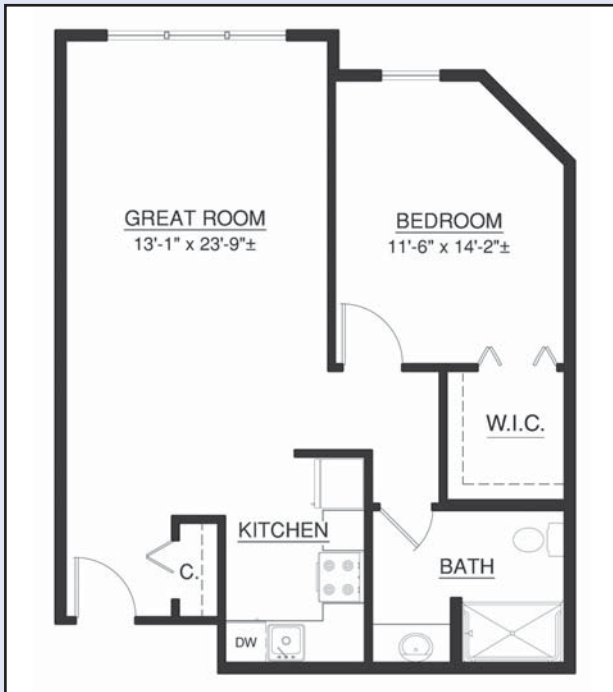


Fifty residents, Touchmark team members, and students from Appleton West High School's Peer Helper program danced the night away at Touchmark's Spring Formal Dance, themed Moon River. The students also helped with logistics of the evening. The Fox Cities Swing Band—a Touchmark favorite—filled the air with classic swing tunes while everyone danced and enjoyed strawberry shortcake, chocolate-covered strawberries, and chocolate torte. The event included the crowning of a queen and king, with residents Jean and Jim Ormson receiving the honor.

The perfect place for your welcome mat



This Washington floor plan home, located at 2582 Touchmark Court, is truly one of a kind. With a heated garage, water purification system, and oversized wooded ravine lot, this home is ready to impress both inside and out. Stretch your legs and enjoy the two bedrooms, two bathrooms, and 1,536 square feet of living space. Call today!



This 763-square-foot home offers one bedroom, one bathroom, and worry-free independent living. Plus, apartment 209 has a view.

Citizenship—a call to action



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

“Be the change you want to see in the world.”

—Mahatma Gandhi

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

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At Touchmark, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Julie Buss, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

Recent events



Ladder ball or horseshoes, anyone? Residents relax and enjoy a warm afternoon playing lawn games with friends. Every Monday afternoon throughout the summer, residents gather in the Garden Parlor at 1:30 pm and head outdoors for a variety of games, all of which are designed to be accessible to those with mobility devices.

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The sound of piano music fills the Lobby as Sarah Blohowiak and Adam Lawrence perform for residents. Sarah, six-year-old daughter of Life Enrichment/Wellness Assistant Catherine Blohowiak, has played piano for one year and shared the keyboard with her mother for a duet performance of *Canon in D*. Nine-year-old Adam has been taking piano lessons from Catherine for one year. While both children were nervous prior to the performance, they managed to relax and enjoy entertaining the residents. They concluded the recital by taking a bow while attendees applauded.



Captain Tim Paegelow captivates the audience with his commanding voice and talents on the acoustic guitar. With 35 years of experience on the water—he has captained boats as large as 81 feet and 75 gross tons—Tim uses his experiences and adventures to add a personal touch to his performances.



Michelle Marr and Ralph Buesing perform classic songs. The duo invited residents to sing along.

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The Touchmark garden has been getting plenty of attention from the “green thumbs” as the growing season is in full swing. Barb Leslie (upper left) gets an early start on plantings while Stu Leslie (upper right) “supervises” the work in the garden. Residents were joined by volunteers Dave Waller and Mitch Bruckmoser, grandson and great-grandson, of Lucille Shutter.

Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

beet _____ prince _____
hoarse _____ plain _____

foul	_____	they're	_____
pale	_____	bored	_____
nose	_____	you	_____
sent	_____	for	_____
whale	_____	cruise	_____
one	_____	hi	_____
heal	_____		

Learning: lifelong journey

Touchmark's Life Enrichment/Wellness program encourages—and supports—residents to live happier, healthier lifestyles by becoming personally involved and engaged. Lifelong learning is an important component of the programming with several opportunities to expand knowledge offered every month. ■



Appleton native Lyle Beuttner shares his love of the Appalachian Trail with residents during a recent lifelong-learning event. Passing through 14 states and spanning 2,175 miles, the Appalachian Trail has long captivated nature enthusiasts as the nation's longest marked footpath. Lyle's hiking boots have traversed more than half of the trail—1,100 miles—over the course of two separate trips. He hopes to continue his adventures next year.



Community Liaison Officer Jason Weber with the Town of Menasha Police Department presents *The History of Menasha* to a group of 31 residents. His presentation brought back many fond memories for residents who grew up in the area. Robert Huelsbeck recalled paying 80 cents for his first airplane ride at Whiting Field, and Ethel Moehring remembered riding the roller coaster at Valley Fair Mall, the first enclosed mall in the United States.



Master Gardener Steve Schultz stopped by Touchmark to explain soil types and discuss a variety of gardening topics, including planting zones and climate moderation. His slide show, *Welcome to My Garden*, was accompanied by a game of Name that Flower.

Honoring volunteers



Pastor Judy Deckert discusses Pentecost and shares a rosemaling painting with residents before the Volunteer Appreciation Ice Cream Social. Pastor Judy has volunteered at Touchmark for over five years and retired last month. The Touchmark community expressed its appreciation for the 25 community volunteers and 25 resident volunteers who selflessly provide their time and talents to enrich the lives of those around them.

Receiving national award

Touchmark's sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark's Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting TouchmarkBend.com/news.

Coming Events

Friday, July 3, 6 pm

Depart Touchmark for Military Appreciation Night at the Wisconsin Timber Rattlers baseball game at Fox Cities Stadium. Fireworks follow the game. Cost: \$6.50 per person.

Tuesday, July 14, 10:15 am

National Weather Service Meteorologist Jeff Last discusses severe weather. No charge. Chapel.

Monday, July 20, 10:30 am and 7 pm

Ashby Memory Method presentation by John Ashby, a Certified Senior Advisor, researcher, and founder of the Ashby Memory Method. John is a lecturer, trainer, author, and facilitator for the Alzheimer's Innovation Institute. Chapel. No charge.

Wednesday, July 22, noon

Depart Touchmark for lunch and Chain O'Lakes boat cruise in Waupaca. Cost: \$9 for the 90-minute cruise, lunch on your own. Spaces are limited, so reserve your spot today!

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Touchmark recently hosted a blood drive in collaboration with the Community Blood Center. There also was a drawing for two gift baskets at the drive. Watch the calendar, as Touchmark plans to host another blood drive in the fall.