

It's summertime at Touchmark!



You've heard of golf, you've heard of the Frisbee®, but have you ever imagined combining the two? Disc golf, also known as Frisbee golf, is a modern sport quickly gaining in popularity around the world. Greg Schuh, a Maintenance team member, shared his love of the game with residents as he discussed its history and demonstrated some of techniques. Greg's friend and fellow disc golfer Rich Martin joined Greg in helping residents learn some basic throws.

Throughout the summer, residents are gathering on the Touchmark lawn for lawn games. A recent gathering found 16 residents playing ladder ball, a game that is relatively new to Touchmark but quickly gaining in popularity. Residents even blew bubbles to add a touch of whimsy to an already fun afternoon.

There's no place like home



From the dog days of summer to the bitter cold of winter, you'll be comfortable year-round in this cottage home. Located at 2582 Touchmark Court, the Washington floor plan offers 1,536 square feet of tastefully appointed living space, two bedrooms, and two bathrooms. The heated garage, water purification system, and oversized wooded ravine lot are just some of the extras you'll find in this delightful cottage.



A spacious apartment in Wisconsin's premier adult community ... it doesn't get better than this! Apartment 234 offers three bedrooms, two bathrooms, and 1,305 square feet of comfort. The large living and dining rooms provide plenty of elbow room and space for entertaining family and friends. Call or stop by today and experience the Touchmark lifestyle.

Going green— and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to

the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local "green" architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind

power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), Waterford at Harwood Groves (Fargo, North Dakota), and Waterford at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton,

(cont.)

(cont.) Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At **Waterford on Saddle Drive** (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to “Go Green” in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Amy Jo Powers. ■

Brownies and blooms

Brownies make life a little sweeter—and a little more colorful, as was the case recently at Touchmark. Local Brownies purchased 100 carnations during a recent field trip to Memorial Florists and then stopped at Touchmark to share the colorful blooms.

Residents were surprised and delighted to open their doors to the smiling Brownies, who went door to door distributing the flowers. The girls also walked through the common areas of the Grande to share the carnations and friendly conversation. ■



Save the date!

Celebrate Active Aging Week with Touchmark! Events are planned during the week of Monday, Sept. 21 to Sunday, Sept. 27. Watch for more information to come.

Recent events

Community Liaison Officer Jason Weber with the Town of Menasha Police Department has become a popular “regular” on the Touchmark calendar. His recent presentation on recognizing and preventing scams drew 30 residents eager to learn how to protect themselves from scams targeting older adults. Officer Weber discussed the various types of scams that are gaining in popularity, with participants sharing their stories and asking questions throughout the presentation. Watch the Life Enrichment calendar for Officer Weber’s next visit.



From left: Touchmark CEO Werner G. Nistler, Jr. and Executive Director Amy Jo Powers visit with residents and guests during Werner’s recent visit to the community.



Take one ferret, add a little pet therapy, and what do you get? “Ferrapy!” Denise Winek, Nursing Coordinator with BrightStar Healthcare, visited Touchmark with her pet ferret, Cinnamon, during a recent What’s News session. Denise shared information about keeping ferrets as pets, including the therapeutic benefits of having a furry companion.



Executive Director Amy Jo Powers (far right) thanks Touchmark team members for their hard work and dedication to enriching residents’ lives at a recent staff appreciation picnic. Managers prepared the picnic for team members and their families. The gathering included prizes, thank-you goodies, and a special farewell for team member Libia Hernandez, CNA, who is moving with her family to Florida.

Share your time and talents

Research continues on the positive impact of “giving back” in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

Coming Events

Tuesday, Aug. 11, 10:30 am

Alzheimer’s Support Group, facilitated by Life Enrichment/Wellness Director Julie Buss. All are welcome. Cottage Room.

Wednesday, Aug. 19, 4:30 and 5:30 pm

Spanish and Portuguese dinner at 4:30 pm in the Garden Dining Room and 5:30 pm in the Four Seasons Dining Room. Regular meal plan applies to residents. \$9 for guests.

Wednesday, Aug. 26, 11:45 am

Depart for lunch at Bao Ju Chinese restaurant in Neenah, followed by a movie at Fox Cinemas in Menasha. Limited availability. Sign up at the front desk. Please bring money for lunch and the movie.