

Celebrate *active* aging!

The Touchmark community will start its celebration of Active Aging Week with a broadcast of WHBY's Good Neighbor Show with Kathy Keene September 2 at 11 am. Live from a Fox Pointe home (2590 Touchmark Court), Kathy will interview Director of Business Development Bobbie Thompson about the community's events, scheduled to observe the annual international health promotion celebration.

On Wednesday, September 23 from 9:30 am to 3 pm residents and the general public are invited to ...

- *Enhanced Aging From the Inside Out* presentation and fitness class with Shana Conradt, co-owner and founder of Ellipse Fitness.
- Wellness offerings/survey presentation by Chiropractor Shae Doran, DC.
- Healthy, protein-packed lunch with Shana and Executive Chef Mike Balistrieri and presentation on Emergency Medical Traveler with Director of

Business Development Bobbie Thompson.

- Relaxing massage and reflexology demonstrations by Lori Boushele, LMT, and reflexologist Julia LeNoble.

Those who participate in all of the day's events will be entered into a drawing for door prizes.



Then, lace your walking shoes Friday, September 25 for Touchmark's Walking Winnebago Celebration. A bus trip around Lake Winnebago will offer stops for lunch, walking, and exploration.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■

Visiting the lake



Appleton residents are fortunate to live in close proximity to a number of picturesque and charming lakes. Seventeen residents took advantage of that proximity by participating in the Chain O'Lakes Boat Cruise in Waupaca. After lunch at the Harbor Restaurant, the group boarded the "Chief Waupaca" paddleboat for a 90-minute narrated cruise, followed by the perfect summer treat—ice cream.

Picture yourself at Touchmark!



Come home to this Washington floor plan home at 2582 Touchmark Court. Offering 1,536 square feet of living space with two bedrooms and two bathrooms, this home has just the right amount of space for comfortable retirement living. The heated garage, water purification system, and oversized wooded ravine lot are the icing on the cake for this impressive home. Call today for a personal presentation



If one balcony is good, two are twice as nice! Apartment 234 boasts two balconies, three bedrooms, and two bathrooms in 1,305 square feet. Experience worry-free retirement living at Touchmark, with privacy, independence, and amenities galore.

Recent happenings



Twelve residents took advantage of a beautiful summer day with a picnic lunch at Kimberly Point Park. After enjoying lunch and watching the passing boats, the group stopped at Doty Park to visit the cabin of Wisconsin's second governor, James Doty.



Despite being profoundly hard of hearing, Kathryn Bakke is a gifted pianist who travels around the country performing and inspiring others to pursue their dreams despite any disabilities they may have. Over 40 people gathered in the chapel for her recent program, *Reach for the Stars*. Learn more about Kathryn at www.kathrynbakke.com.

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Seventy-five people gathered in the chapel as John Ashby, a Certified Senior Advisor, researcher, and founder of the Ashby Memory Method, shared research and observations on the aging brain. The Ashby Memory Method is based on the pioneering brain injury research of his mother, Dr. Mira Ashby, who won the Order of Canada in 1984 for her work.



Marion VanDinter donated this cactus to residents and staff. "I've had this cactus for about 14 years," she says. "About five years ago I had it split. I have another big one in my apartment and I gave this one to Touchmark when I moved here. I water it once a month and occasionally fertilize it. This is the first time it has ever flowered!" Marion and her cactus were the center of attention at the Daily Buzz.



Children perform the songs and dances they learned during Vacation Bible School at Eternal Love Lutheran Church, under the direction of Carrie Schmidt. After the performance, the children and their parents joined residents for refreshing root-beer floats.



Local artisan Bobbi Stern (standing) leads residents in making unique hydrangea ornaments. Using punched paper, seed pearl pins, Styrofoam egg balls, and ribbon, participants created beautiful summer ornaments to enjoy year-round.

Proactive aging



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

“Today, gerontologists are discovering that age in years doesn’t necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”

—Baltimore Longitudinal Study of Aging

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual’s environment, a belief that it is too late to

change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Touchmark’s Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Touchmark on West Prospect’s event, see the article on page one and check with the Life Enrichment/Wellness team members.

Join residents and invited guests—and celebrate proactive aging! ■

Coming events

Thursday, Sept. 10, 4:30 and 5:30 pm

Join Executive Chef Mike Balistrieri for his monthly ethnic dinner, featuring Cuban cuisine.

Saturday, Sept. 12, 5:30 to 9 pm

Celebrate Grandparents Day with Touchmark. Residents, staff, and family members are invited to Autumn Blaze, an outdoor celebration at the Fox Pointe homes, complete with a cookout, music, and a bonfire. No charge. Sign up at the front desk.

Saturday, Sept. 19, 8 am

Alzheimer's Memory Walk. Join Team Touchmark and walk in support of the local chapter of the Alzheimer's Association. Contact the Life Enrichment/Wellness office for more information. Fox Cities Stadium.

Wednesday, Sept. 23, 9:30 am to 3 pm

Active Aging Day, with classes, presentations, and activities to promote a healthy lifestyle. No charge. Call the Life Enrichment/Wellness office for more details.

Friday, Sept. 25, 11:30 am

Walking Winnebago Celebration. Enjoy a scenic drive around Lake Winnebago, with stops for walking and lunch at Schreiner's Restaurant in Fond du Lac. Please bring money for lunch. Limited availability, please sign up at front desk.

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

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Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.