

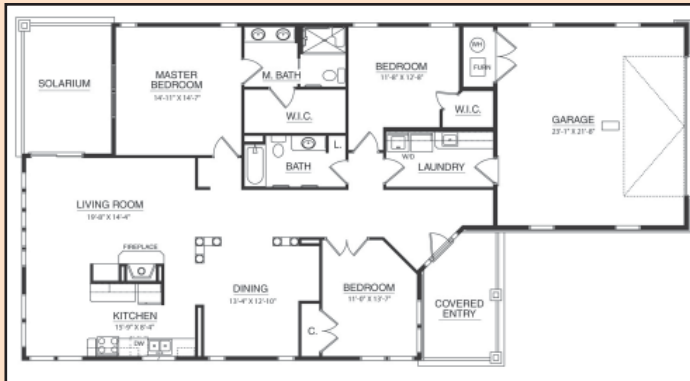
Celebrating an active lifestyle



Touchmark geared up for its Active Aging Week celebration with the WHBY Good Neighbor Show with Kathy Keene (above, in green-and-white shirt). Co-owner and founder of Ellipse Fitness Shana Conradt (lower left) taught a group fitness class and gave a presentation, titled *Enhanced Aging From the Inside Out*. People enjoyed a wellness presentation and survey by Chiropractor Shae Doran, DC, and refueled with a healthy lunch, which featured a menu designed by Shana and Touchmark Executive Chef Mike Balistrieri. Lori Boushele, LMT, (left) and reflexologist Julia LeNoble (lower right) wrapped up the day with massage and reflexology demonstrations.



Cozy up to the Touchmark lifestyle

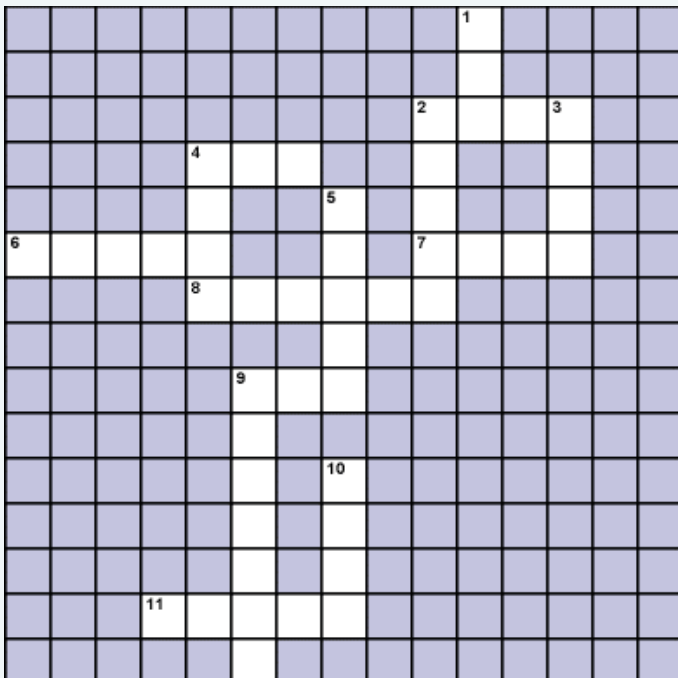


Fall is a time of beauty in Appleton, matched only by the beauty and charm of this Madison home at 2590 Touchmark Court. This lovely three-bedroom, two-bathroom home features expansive cathedral ceilings in the living room and kitchen and tray ceilings in both the formal dining room and master suite. The enclosed sunroom provides solitude and overlooks the wooded ravine in the backyard. This outstanding 1,844-square-foot colonial home won't last long. Call or stop by today for a personal presentation.



Located in a quiet cul-de-sac and beautiful wooded lot, this Roosevelt home at 2553 Touchmark Court allows for just the right amount of privacy with easy access to friendly neighbors and all the amenities Touchmark has to offer. With 1,762 square feet, two bedrooms, and two bathrooms, you'll have plenty of elbow room inside, and the covered patio provides a relaxing sanctuary outside. Call today.

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

Across

- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

Down

- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

Answers
Across: 2. Read; 4. Buy; 6. Close; 7. Hour;
8. Weight; 9. Ant; 11. Their.
Down: 1. See; 2. Right; 3. Deer; 4. Blew;
5. Night; 9. Allowed; 10. Four.

There's something for everyone at Touchmark



The Gardens of the Fox Cities in Appleton Memorial Park provides a beautiful setting for a recent outing. Residents enjoyed a lovely lunch buffet prepared by Van Abels Catering, followed by visits to the picturesque rose and butterfly gardens. Resident Bill Selle was instrumental in the creation of the rose gardens and donated a statue that is still on display at the popular Appleton destination.

Top: Executive Director Amy Jo Powers and Sales Director Mike Mapes serenade residents with music from *The Phantom of the Opera*, accompanied by resident Jean Ormson on the piano. Below: Archie Johnson's granddaughters treat residents to a concert, accompanied by Jean on the piano. Archie beamed with pride as the girls shared their musical talents with his friends and neighbors.

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Over 30 residents gather for a presentation on good nutrition by Christy Edwards, RD. Christy works for Martin Brothers, a food supplier for Touchmark, and discussed and answered questions about the food pyramid, portion sizes, sodium, sugar, and fats.



Dee Markley (left) and Wynne VandenHeuvel take part in an animated conversation during a delicious Chinese lunch at Bao Ju in Neenah, which was followed by an afternoon at the movies. Disney-Pixar's *Up*—an animated comedy adventure—delighted the residents with its warm message and hilarious scenes.



Bill Jamerson, songwriter and storyteller, presents *Up in the U.P!*, an original program about the Upper Peninsula (U.P.) of Michigan. Fifty residents attended the unique presentation, which included stories and songs about the history of the U.P. during the Great Depression. Many residents could relate to Bill's stories, having lived through the experiences he conveyed, including iron mines, thimbleberry jam, and ski jumping.

Coming Events

Thursday, Oct. 8, 12:30 pm

Trip to Apple Creek Orchard in Freedom, Wisconsin. Pick apples and enjoy delicious apple pie.

Monday, Oct. 19, 2 pm

Apron Reminiscing. Jeanne Hensler from Sun Prairie, Wisconsin, presents her program on the history of the apron. All are encouraged to bring aprons and share stories. Chapel. No charge.

Tuesday, Oct. 20, 2:45 pm

Dave Carney discusses the history of the postal service of Outagamie. Chapel.

Tuesday, Oct. 27, 12:30 pm

Appleton North High School students return to host a Halloween party. Enjoy food, fun, and music! No charge.

Fall ... a time for change



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

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit

a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one’s goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and

don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Touchmark, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Julie Buss. ■

It’s flu season

—Winona Phelps, RN
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

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(cont.) We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■