

Do you know your apron history?



The holiday season is the baking season. A time that people don their aprons to avoid dusting their clothes with sugar and spice. But what is the background of this handy item? Residents gathered for Jeannine Hensler’s presentation, *The History of the Apron Program*. After her mother passed away, Jeannine found all of her mother’s aprons, bringing back many fond memories and stirring curiosity regarding the apron’s history. Participants learned that during the 1940s and 1950s, women had aprons for different times of the day and to match different outfits. It wasn’t uncommon for a bride to give aprons to her bridesmaids or to the waitresses that served guests at her reception. Many women did not consider themselves fully dressed until they donned their aprons. Jeannine is a retired educator and has shared her insightful presentation at many churches and civic groups.

Nurturing our spiritual selves



Marge Coalman, EdD
Vice President of Wellness & Programs,
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In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other

prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don’t quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments

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“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, *National Interfaith Coalition on Aging*

Volunteer shares joy



Curtis Aschauer donned a personal ID badge and helped with a variety of events and activities. He organized the resident yarn collection by color, assembled programs and flags for Touchmark’s Veterans Day

celebration, shared his Thanksgiving traditions during the Daily Buzz, and played bingo with residents. He also helped Rick Kitchen from the Maintenance team disassemble and remove the shelves from an office.

Coming Events

Friday, Dec. 4, 6:30 pm

Friends and Family Holiday Party. Great food, refreshments, children’s activities, and entertainment by the Fox Cities Swing Band. No charge. First floor.

Tuesday, Dec. 15, 3 pm

The Touch of Class Orchestra from Neenah High School performs in the Chapel. No charge.

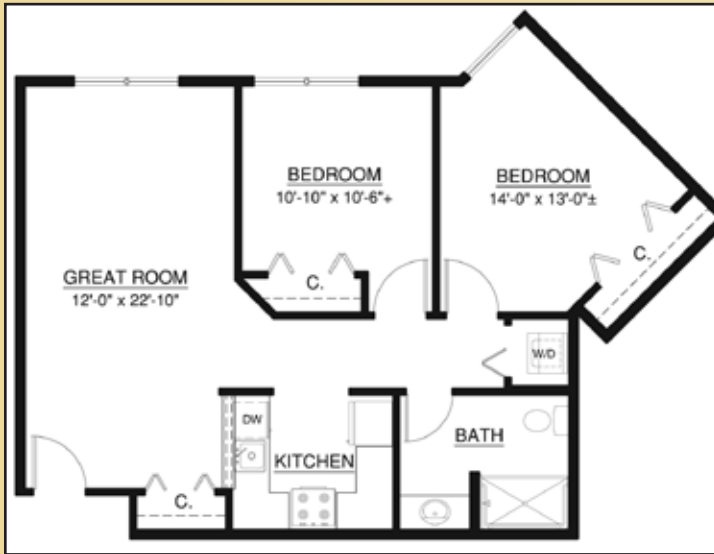
Friday, Dec. 18, 1 pm

Touchmark Holiday Community Blood Drive. Chapel.

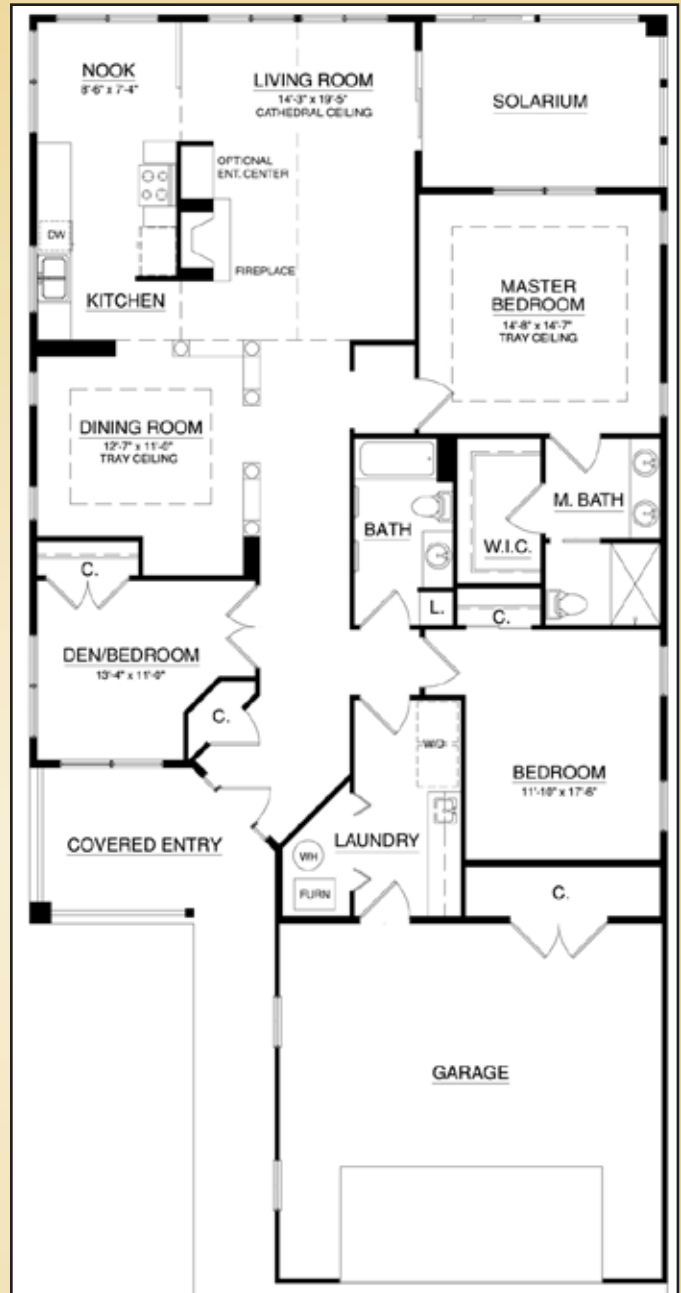
Thursday, Dec. 31, 7 pm

Magic of Stephen Weis. No charge. Chapel.

Ring in the new year in your new home!



Leave behind worries about frozen pipes and shoveling snow as you live the good life at Touchmark. Apartment 312 is a spacious third-floor home with soaring cathedral ceilings in the living room. This 880-square-foot, two-bedroom, one-bathroom home offers a large dining area and laundry hookup.



Surround yourself in luxury in this Madison cottage home. The 1,844-square-foot, three-bedroom, two-bathroom colonial home features expansive cathedral ceilings in the living room and kitchen with tray ceilings in both the formal dining room and master suite. The enclosed sunroom is the perfect location for year-round relaxation and looks over the wooded ravine. Call or stop by today for a personal presentation.

Recent events



Creativity flows freely as residents roll up their sleeves and paint mugs, decorative dishes, and even T-shirts during a recent outing to Oh What a Dish!



Dave Carney shares a historic look at postal treasures he has collected over the years. Dave started collecting stamps as a boy, but he discovered that stamps were getting more and more expensive as he got older. As a result, he started collecting the face cards to letters with the stamps still on them. Dave shared the story of how he came across a letter one day and realized that it still had a letter inside from a Civil War soldier. The letter detailed the conditions the soldier was enduring while fighting in the war.

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More than 35 residents and guests gathered for the Veterans Day Tribute Celebration. Major Tim Paterson of the local armory spoke on the status of troops. He praised veterans of all generations. Past Commander of the Appleton VFW Joe Cahill shared the history of the Veterans Day holiday and talked about traditional celebrations around the world. The ceremony included the posting of the colors, the reciting of the Pledge of Allegiance, the singing of the national anthem with resident Jean Ormson playing piano and Sales Director Mike Mapes leading the song, a poem and film, and the retiring of colors. Touchmark veterans participated by sharing a selection of readings. The ceremony ended with refreshments and time to socialize.



Julie Sterkens (right), an audiologist with Fox Valley Hearing Center, introduces resident Larry VanZummeren (left) to the hearing loop, a system that allows people with hearing loss to enjoy excellent sound quality and clarity. Julie installed a temporary hearing loop in the Chapel for the presentation and instructed attendees to adjust their hearing aids to a predetermined setting. She also talked about hearing loss, hearing aids, and how the hearing loop is being used around the world. LeRoy Maxfield also is pictured.



Residents listen as Shae Doran, DC, presents *Five Keys to Wellness*. Dr. Doran owns Breath of Life Chiropractic and enjoys educating the Appleton community on various wellness-related topics. She will continue to visit Touchmark to discuss different topics every month. Her next session is titled *Wellness from Within*.

Local officer shares savvy advice

Town of Menasha Community Liaison Officer Jason Weber always draws a crowd when he visits Touchmark, and his recent presentation on pharmaceutical crimes was no exception. More than 30 residents gathered to learn how to avoid being a victim of pharmaceutical crimes, including theft. Officer Weber shared the following tips to help curb pharmaceutical crimes:

- Develop a relationship with your pharmacist and ask questions.
- Ask to speak to your pharmacist in private or use a quiet voice while speaking to the pharmacist so others can't hear your information and make you their next victim.
- Be aware of people around you and your car in the pharmacy parking lot and contact the store or pharmacy if you see anything suspicious.
- In your home, keep medications in your bedroom or another secure place.
- Keep medication lids on tight and be aware of how many pills you have.
- Properly dispose of old medications. ■

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!