

Beading beautiful



During a recent Beading with Melanie gathering, budding artisans crafted custom creations. Silver pendants add the finishing touch to the necklaces.

Hearts a beatin' and minds a buzzin'

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System

further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually *(cont.)*

(cont.) expand our offerings in light of new research.”

If you'd like to learn more about Touchmark's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

Coming Events

**Wednesday, Feb. 3,
9:15 am**

Technology 101. Join this new weekly class, taught by students from Appleton North High School Career Academy. Sign up in advance. No charge. Chapel.

**Monday, Feb. 8,
1:30 pm**

Crafts with local artisan Bobbi Stern. Sign up in advance. First 10 people to register receive complimentary admission. After that, the cost is \$6 per person. Cottage Room.

**Wednesday, Feb. 10,
4:30 and 5:30 pm**

New York City theme dinner. Regular meal plan and charges apply. Dining Rooms.

**Tuesday, Feb. 16,
10:30 am**

Shae Doran, DC, presents *The 10 Keys to Longevity*. No charge. Chapel.

Lessons from our elders



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

“I’m 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!”

—Harold Ducket, Oconomowoc, Wisconsin, “Inbox,” *TIME* magazine, December 14, 2009

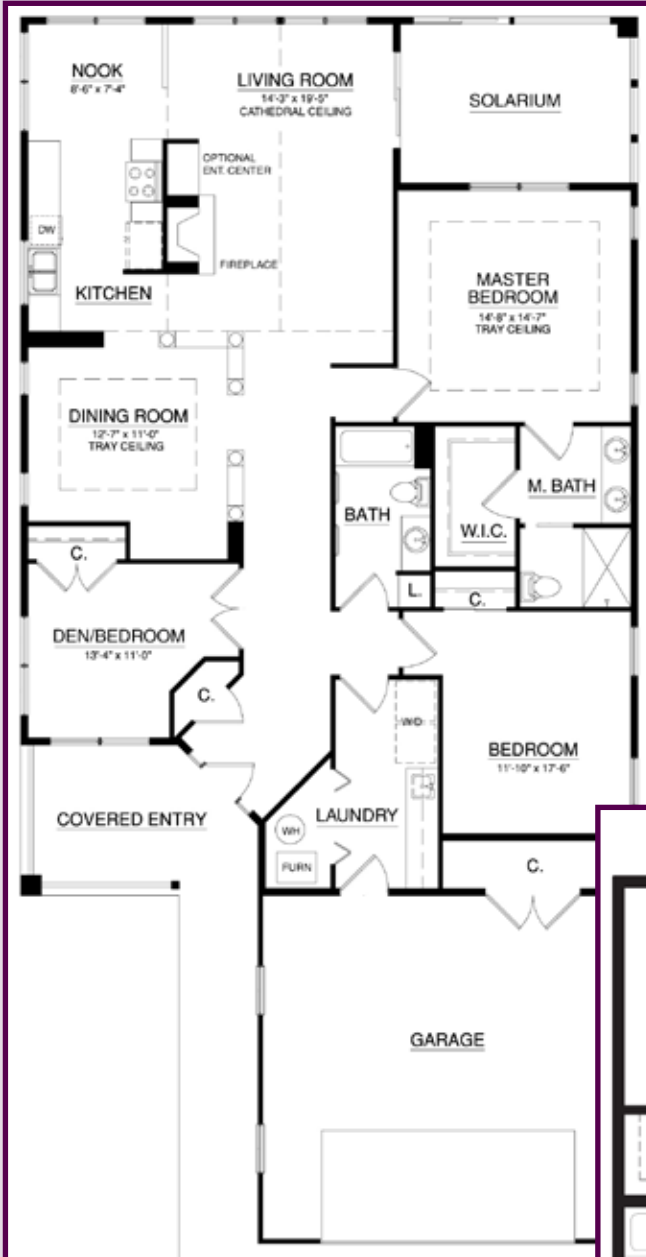
I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of over-

parenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

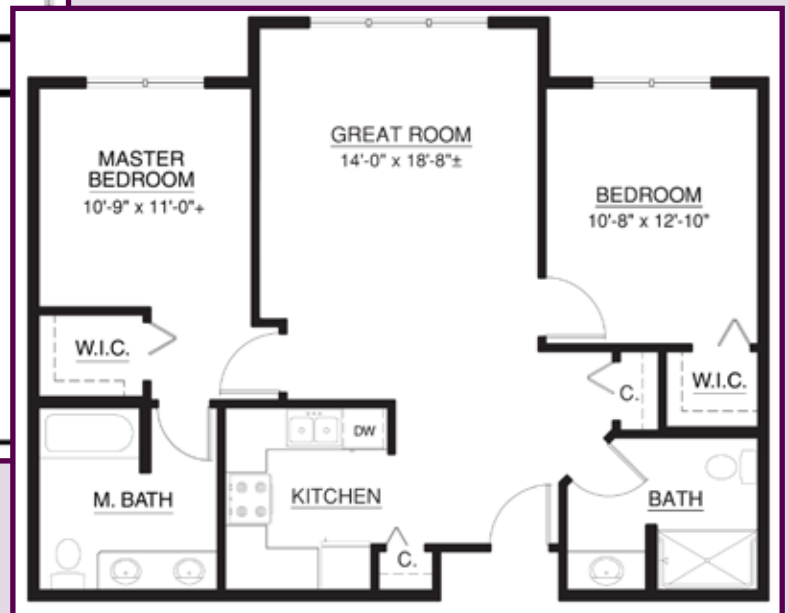
For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide insight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Touchmark, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

This is the life!



Who says you have to leave home to go on vacation? This Madison home at 2590 Touchmark Court can be your year-round base camp for relaxation and adventure. Watch the change of seasons while looking out over the wooded ravine from your enclosed sunroom. This one-of-a-kind colonial home features expansive cathedral ceilings in the living room and kitchen, and tray ceilings in both the formal dining room and master suite. The 1,844-square-foot home offers three bedrooms and two bathrooms. Call today for a personal presentation.



Hurry in for a personal presentation of apartment 246. The only two-bedroom home currently available in the Grande, this home offers 976 square feet and two bathrooms. Enjoy the lovely view of Touchmark's Fox Pointe neighborhood from the vantage point of your personal retirement oasis.

King of desserts and king of music visit Touchmark



What's the easiest way to bring people together? Chocolate! Over 70 residents and guests converged on the lobby for a chance to enjoy the scrumptious treats at a Godiva Chocolate tasting event. Participants nibbled on cookies and truffles while sipping Godiva hot chocolate and raspberry martinis. Godiva store Manager Karen Keller (top left) and her assistant shared the history of Godiva Chocolate while the Lawrence University New Horizons Orchestra added to the air of festivity.



The king is in the building! Elvis Impersonator Dan Sanchez dazzled the crowd with his Graceland performance. Toes were tapping to the musical beat as the "king" performed, including a very special birthday serenade for Norma Duquaine (left).

The giving spirit



During the holidays, residents shared the joy of the season through two events. Touchmark residents donated the gift of life at a recent blood drive for the Community Blood Center. In its 50th year, the Community Blood Center serves 17 local hospitals. In 2008, an impressive 50,000 pints were collected through the center's efforts. Thanks to the donors at the Touchmark event, 18 lives will be saved. The spirit of giving continued as Touchmark residents gave over 20 individuals and families in the Fox Valley food boxes through the Emergency Shelter of the Fox Valley. Touchmark and Waterford communities across North America, in collaboration with the Touchmark Foundation, give back to their communities every year through their efforts in collecting food and assembling the boxes. "This act of generosity will help provide food to many homeless people in our community," says Life Enrichment/Wellness Director Julie Buss.

In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.

A Food Valentine

Cabbage always has a heart;
Green beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care;
So Lettuce get together,
We'd make a perfect Pear.

Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips meet.

Don't Squash my hopes and dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.

I'll Cauliflower shop and say
Your dreams are Parsley mine.
I'll work and share my Celery,
So be my valentine.

www.basicjokes.com



2010

20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.