

A taste of theater and performance



Doing some disco, Maintenance Assistant Greg Schuh (middle), resident Wilma McGalliard (far left), and Life Enrichment/Wellness Director Julie Buss danced during a recent installment of the Touchmark Show. Greg shared some fun highlights of his life. He once participated in a dance team called the OJ Gang and at one time was one of the top three disc golf professionals in the world. He is currently constructing his own disc golf park, which should be open August.



Four of the 11 Fannin siblings, relatives of Life Enrichment/Wellness Assistant Nicole Fannin, performed for residents and staff. Maria, Sarah, Monica (left to right), and Jacob sang while their mother, Kate, accompanied them on the piano. There have already been several requests for the family to visit again soon. Watch the Life Enrichment/Wellness calendar for their next scheduled visit.



The 20-member Thompson Community Center's Hallelujah Chorus sang and played musical instruments for a group of 50 residents and guests. The performance included hymns, such as *How Great Thou Art*.

Splash into fitness



The first session of a new aquatic fitness class gets started with qualified instructor Jodi Bimrose (on deck). Thanks to Megan Bimrose, a student at Appleton North High School's Career Academy, a group from Touchmark is enjoying the benefits of this six-week aquatic series. Megan reserved the pool and scheduled the instructor and lifeguard ... all at no charge. Residents interested in joining the group can talk with a member of the Life Enrichment/Wellness team.

Moments of Pride—in the future



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

“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.”

—Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe

The 2010 Moments of Pride theme for Touchmark's 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world's current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the (*cont.*)

(cont.) Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

A musical legacy continues



Vicki Rice, Dining Services team member, grew up listening to her father play his button accordion. After he passed away, Vicki wanted to continue his legacy by learning to play. For some time, she was unable to find a teacher or even someone to fix the accordion ... until a serendipitous occurrence at Touchmark. Vicki heard the familiar sounds of the accordion echoing through Touchmark. Searching for the source, she found resident Robert Huelsbeck (top, right) walking through the hallways and delighting everyone with music. Vicki shared her story with Robert, who said he'd be happy to try and help repair Vicki's father's accordion and even teach her how to play. Maybe the next time you hear accordion music, there will be not just one but two musicians playing.

Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

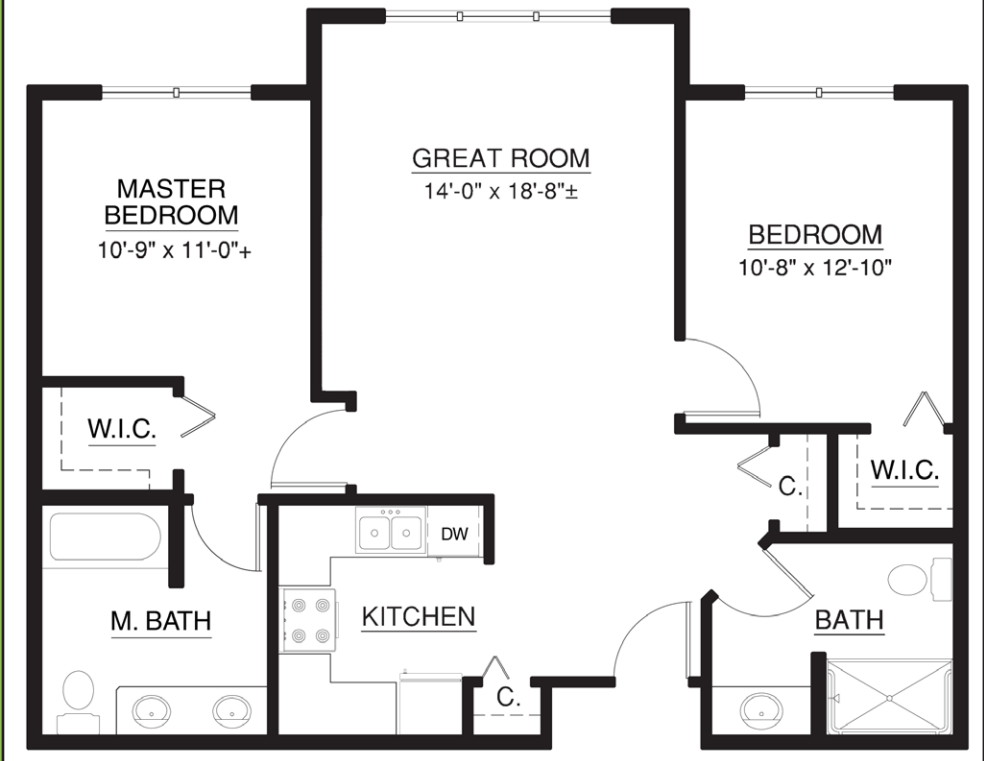
- | | |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____ |
| 2. MILL: __ milk__ | 11. EGO: _____ |
| 3. BATTER: _____ | 12. BATON: _____ |
| 4. HEAT: _____ | 13. HAT: _____ |
| 5. MEET: _____ | 14. RIDE: _____ |
| 6. BORN: _____ | 15. STEAL: _____ |
| 7. DEMON: _____ | 16. DISH: _____ |
| 8. FORK: _____ | 17. TUNE: _____ |
| 9. REEF: _____ | 18. OATH: _____ |

- ANSWERS
- | | | | |
|-----------|----------|-----------|-----------|
| 1. bread | 5. meat | 9. beef | 14. rice |
| 2. milk | 6. corn | 10. soup | 15. steak |
| 3. butter | 7. lemon | 11. eggs | 16. fish |
| 4. beat | 8. pork | 12. bacon | 17. tuna |
| | | 13. ham | 18. oats |

Spring into the good life!



The Monroe (2586 Touchmark Court) offers 1,810 square feet, three bedrooms, and two bathrooms. This is an open-concept home with the gas fireplace acting as a centerpiece. The covered patio overlooks the wooded waterfront of the creek.



Apartment 246 is the only two-bedroom home currently available in the Grande. It offers 976 square feet, two bathrooms, and a lovely view of Touchmark's Fox Pointe neighborhood.

A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



"Stick 'em up! This a robbery."
~ Resident Marion VanDinter

"Two naughty raccoons minus the dunce cap."
~ Resident Eve Brousard

"Hallelujah."
~ Resident Nancy McLaughlin

"What's the big deal. We didn't mean to do it."
~ Resident Larry VanZummeren

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.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Monday, April 5, 2 pm

Annual Talent Show. Four Seasons Dining Room. No charge.

Monday, April 19, 5:30 pm

Spring Formal Dinner and Dance. Dinner at 5:30 pm in the Four Season Dining Room, followed by a dance at 7 pm in the Chapel. Music provided by the Fox Cities Swing Band. No charge. Dressy attire requested.

Thursday, April 22, 10:30 am

Nature Nutz presentation *Song Bird Blues—The Nest Box Project*, presented by students from the Fox River Academy Charter School. No charge. Chapel.

Do one nice thing ... or two!

Residents gather for the Do One Nice Thing Club, Touchmark's newest resident club. The group meets once a month to work on a project that benefits the Touchmark community. Do One Nice Thing Clubs are spread throughout the world. Want to learn more? Talk with a Life Enrichment/Wellness team member.

Recent events



Who needs 80 days to travel around the world? Residents and team members traversed the globe with representatives from the Fox Valley Lutheran Student Exchange program. Three exchange students currently studying at the high school shared about their home countries. Nyarayi Chibanda shared that the coldest day on record for Zimbabwe is 45 degrees Fahrenheit—much warmer than Appleton’s average low winter temperatures, which typically dip into the single digits. Praewwanit Karnsomchit shared information about Thailand, where elephants are the national animal of the country and some traditional women wear rings on their necks for status and beauty. Joowon Kim (above) from South Korea wowed the audience with an exciting dance.



Town of Menasha Police Department Community Liaison Officer Jason Weber presented *CSI vs. Reality*, explaining how the police really investigate and solve crimes, unlike television dramas’ entertaining depictions.



Residents enjoy an interactive dining experience at Ione’s Dining Room, a local culinary school. Residents chose from three delicious meal options, followed by a delectable dessert. After the meal, participants had the opportunity to talk to the chef and ask questions.

Newest and oldest members of Touchmark family meet



Resident Clarence Miller holds baby Annika Claire Cruz, who was born to Touchmark receptionist Emilie Cruz in late February. Clarence will celebrate his 100th birthday in May.

Brain and wellness experts present at national conference



Associate Professor of Psychology at Western Oregon University (and author of the book *Train Your Brain: How to Maximize Memory Ability in Older Adulthood*) Rob Winningham, PhD, and Touchmark Vice President of Wellness & Programs Marge Coalman,

Edd, presented at the 2010 Annual Conference of the National Council on Aging and the American Society on Aging in Chicago. More than 4,000 people from around the world attended. The title of their presentation was *From Research Laboratories to Communities: Best Practices for Memory Enhancement Programs*. Two years ago, Rob certified members of the Life Enrichment/Wellness team as Geriatric Wellness instructors.