

Enriching lives through partnerships

Life Enrichment/Wellness Director Julie Buss spoke about Touchmark's partnership with Appleton Career Academy (ACA) at the charter school's annual showcase. Representatives from area corporations and businesses, who are partnering with ACA and those considering partnerships, attended the event.

Students joined Julie to discuss their volunteer experience at Touchmark. Yidi Chen and Eric Sprissler talked about helping residents with their computer skills during the Technology Class. Megan Bimrose shared about organizing and scheduling aquatic fitness classes. The students used PowerPoint presentations loaded with photos.

"It was a bit emotional when Megan shared how awesome it was to see a resident, who has dementia, participating in the aquatic class," says Julie. "Megan lost her grandmother two years ago to Alzheimer's disease, and this experience reminded her of her grandmother."

When presenting, Eric pulled out a card from his pocket while a photo of himself and resident Barb Leslie appeared on the screen. Using her new skills, Barb (*cont.*)



Qualified instructor Jodi Bimrose (on deck) leads an aquatic fitness class. Thanks to Megan Bimrose, a student at Appleton North High School's Career Academy, a group from Touchmark enjoyed the benefits of this six-week aquatic series. Megan reserved the pool and scheduled the instructor and lifeguard.



The tables turned as the "students" taught the final session of Touchmark's Technology Class. Residents demonstrated all they had learned during the series, which was taught by Appleton North High School students, who volunteered their time and resources to help residents with their computer skills.

(cont.) had made the card on the computer to thank Eric. The personalized card deeply touched Eric.

Partnership begins

In September 2008, Julie inquired with local high schools and middle schools about volunteer opportunities for students. A partnership with Appleton North High School began, with students organizing a Halloween party for residents. In 2009, the partnership expanded to include Appleton Career Academy. Since then, students have helped with various projects, including making Christmas cards, the technology class, and aquatic class.

“Partnering with these students has been mutually enriching,” says Julie. “We’re all looking forward to the next project—a raised garden.” ■



Touchmark also partners with the Fox River Academy. Lead Instructor Sandy VandenHeuvel and students greeted residents at the school and provided them with a tour of the building (made with green-building practices, including recycled materials and low-flush toilets). Students will visit throughout the upcoming school year and update residents on their nature trail project and experiments on Mud Creek.

2010

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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.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.

Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit www.laughteryoga.org.

[Click here to watch the video.](#)

You said it!

"I never knew I had artistic ability until I came and did crafts here [at Touchmark]."

Orvilla Wildermuth

—Resident

Recent events



Local artisan Bobbi Stern provides helpful hints to residents as they create three different types of bookmarks. Participants visited and laughed as they made the bookmarks, which included ribboned, magnetic, and edge varieties.



Residents, including Bob McLeod, expressed their creativity through painting at The Memories in the Making class, created by the Alzheimer's Association. The class encourages communication through painting, fosters the creative process, increases self-esteem, and provides sensory stimulation for participants. The group meets every Friday at 2 pm in the Cottage Room.



Winneconne Middle School band performs some big band tunes during a recent visit to Touchmark.



McKinney and Frank D'Agostino enjoy friendly competition every Tuesday and Thursday morning.

Check out the Touchmark blog

Bobbie Thompson, director of Business Development, is blogging at TouchmarkAppleton.com/blog/. Check out her witty, insightful comments. ■

I remember when ...



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

“Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning.”
— *Albert Einstein*

So many shared moments of pride and defining events associated with strong emotions start with the phrase, “I remember when ...” As we come to the season of patriotic pride for Americans and Canadians, there is value in remembering historic examples of our countries’ abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England’s Prime Minister Winston Churchill and Canada’s Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered “luxuries.” They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

In today’s world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

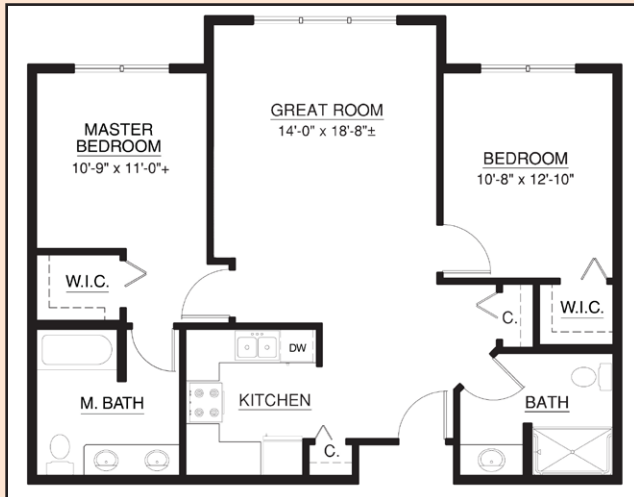
Touchmark’s Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out about opportunities at Touchmark, contact Life Enrichment/Wellness Director Julie Buss.

You *can* make a difference. ■

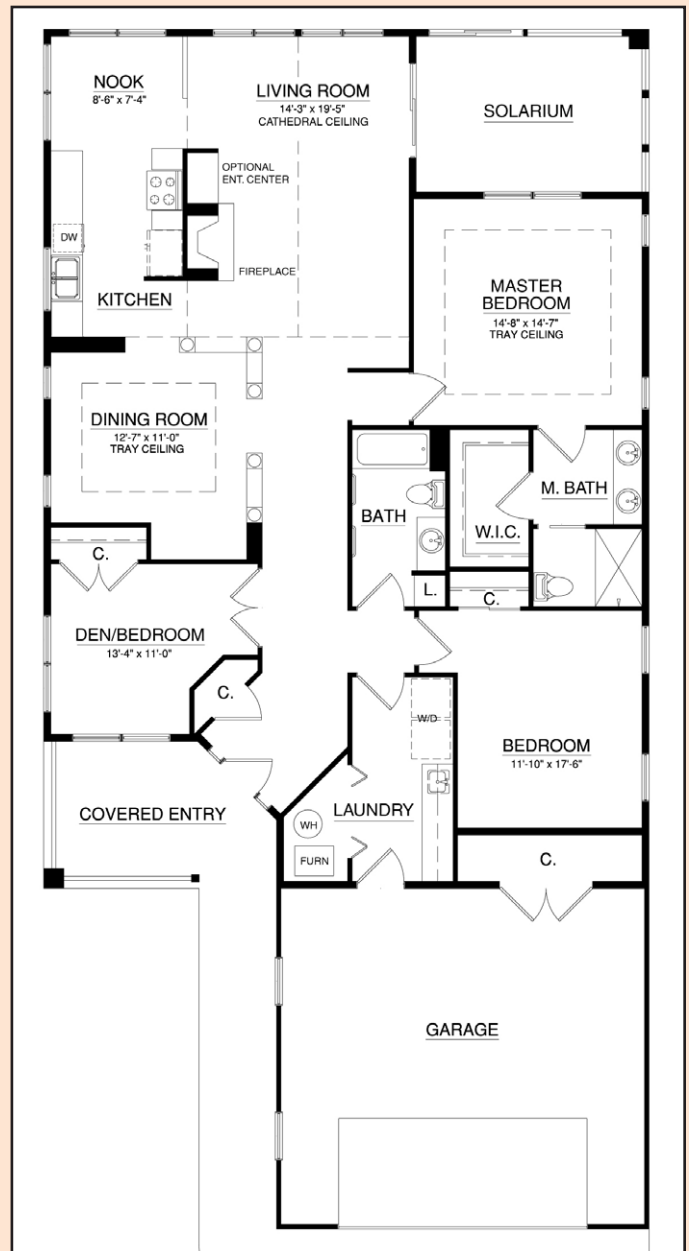


Whether it is recycling, baking cookies, or packing food boxes, the Touchmark community lives its mission of enriching people’s lives.

Have fun in the sun at Touchmark



Apartment 246 currently is the only two-bedroom apartment available. It offers 976 square feet, two bedrooms, and two bathrooms. There's a beautiful view of the wooded Fox Pointe neighborhood from this apartment.



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.

See what's happenin'



Girls from a local Girl Scout Brownies troop read books with residents and share poems they wrote.

Coming Events

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

Tuesday, July 6, 5 pm

Depart for a vintage car show and dinner and ice cream at Charlie's Drive-In. Sign up in advance.

Tuesday, July 13, 6:30 pm

Depart for Music in the Park at Pierce Park. No charge. Please sign up in advance.

Monday, July 19, 1:30 pm

Old Glory Honor Flight presentation. No charge. Chapel.

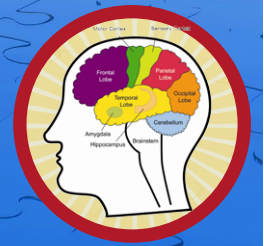
Wednesday, July 21, 12:30 pm

Trip to Butterfly House at Mosquito Hill. Admission: \$1. Please sign up in advance.

Wednesday, July 28, 12:30 pm

Depart for lunch and bowling at Super Bowl. No charge. Please sign up in advance.

Brain Builders



Do these math problems as fast as you can.

- | | | | |
|-----------------|-------------------|-------------------|-------|
| 1. $8 - 5$ | 9. $32 + 36$ | 17. $11 - 2$ | |
| 2. $9 + 26$ | 10. $7 - 2$ | 18. 1×4 | |
| 3. $29 - 1$ | 11. 3×10 | 19. $33 + 9$ | |
| 4. $9 + 9$ | 12. $12 + 30$ | 20. $22 - 6 + 1$ | |
| 5. $27 - 20$ | 13. $18 - 9$ | 21. $16 + 13$ | |
| 6. 2×7 | 14. 0×5 | 22. 25×1 | |
| 7. 5×5 | 15. $1 + 6 - 2$ | 23. 2×3 | |
| 8. $20 - 10$ | 16. $40 - 25$ | 24. $26 + 36$ | |
| 24. 62 | 18. 4 | 12. 42 | 6. 14 |
| 23. 6 | 17. 9 | 11. 30 | 5. 7 |
| 22. 25 | 16. 15 | 10. 5 | 4. 18 |
| 21. 29 | 15. 5 | 9. 68 | 3. 28 |
| 20. 17 | 14. 0 | 8. 10 | 2. 35 |
| 19. 42 | 13. 9 | 7. 25 | 1. 3 |

Answers: