

The wonderful world of wood

As nearly any older adult will tell you, it's much easier to sit on—and get up from—a raised surface, whether that's a couch or bench. Many residents wanted to raise the height of the couch in the Wii Are the Champions Lounge. And so a group of residents decided to use this as an opportunity to sharpen their woodworking skills as well as improve the couch's comfort.

The group enlisted the help of woodworker Mike Fannin. Mike lives in Hortonville, Wisconsin, and has presented several woodworking workshops at Touchmark. After discussing the idea in detail, they divided tasks and prepared materials. Upon completion of the project, the woodworkers gave the couch a trial run ... taking turns sitting down and getting back up again ... and gave it a thumbs up.

While the couch is now very comfortable, the woodworkers haven't spent very much time sitting on it.

They're busy working on a second project: making two signs for Touchmark's Hammes Nature Trail. ■



Resident Robert Huelsbeck (left) works with craftsman Mike Fannin on the couch project.

Sharing and expressing memories



Leading a recent Legacy Journal Workshop, volunteer Lori Coonen played a video that illustrated how people affect and enrich each other's lives and demonstrated the value of sharing life stories with family. During a "sharing circle," residents told some of their favorite memories with the group. People then took home a list of questions to spark memories as they started writing their journals. Watch the Life Enrichment/Wellness calendar for the next session.

Brain Builders



Think of first names for each letter provided. Fill in the blank using the letter provided as the first letter.

Example: Adam

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	

Active Aging Week September 20 to 26



Be active your way. It's the theme for this year's annual health promotion event, which was created by The International Council on Active Aging.

Look for details in next month's newsletter and the Life Enrichment/Wellness calendar.

Going Green: the 7th dimension of whole-person wellness



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

"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both." — T.S. Elliot

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet, playwright, and a man ahead of his time—is truer today than it was in his generation. Harmony with nature and conservation of natural resources are on the agenda of organizations around the world.

In North America, we are fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

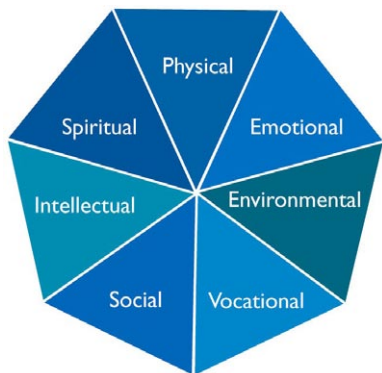
A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with preserving the environment for your enjoyment—and generations to come?

Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live and work in the communities. It's truly the residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

These individuals garden, recycle, use scheduled transportation instead of single-car transport, add green energy options to their homes, and participate in *(cont.)*

(cont.) neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its “Going Green” initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join the efforts of residents and team members at Touchmark, contact Life Enrichment/Wellness Director Julie Buss. ■



Just for laughs!

Enjoy the Dog Days of Summer ...



Two very different tastings



Residents enjoyed a perfect 72-degree day in the Gazebo. The Fava Tea Company served its Summer Breeze tea (a sweet tea with a hint of blueberry) with lemon sandwich cookies.

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Residents play dartball (baseball played on a special dart board) at a recent beer tasting. The group sang *Take Me Out to the Ballgame* during the seventh inning, and Bob McLeod scored the winning “run.” The competitors enjoyed ribs, wings, and sausages along with beers from around the world. There was even a gluten-free beer available.

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.

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.

Coming Events

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

Wednesday, Aug. 11, 6 pm

Depart for Attic Theatre’s performance of *Carousel* at the University of Wisconsin-Fox Valley. Cost: \$16.80 per person. Advance registration required.

Friday, Aug. 13, 9:30 am

The Alzheimer’s Association Memory Walk® is in September. Get ready for the main event with a walk at Touchmark. Wear purple and meet Team Captain and Touchmark Receptionist Becky Reider on the front lawn for a walk around the campus. There will be music, door prizes, and healthy snacks. (If it’s raining, the walk will take place on Friday,

(cont.)

(cont.) August 20.) Support Team Touchmark by making a donation or joining the group for the Alzheimer's Association Memory Walk Saturday, September 18. To learn more or sign up, talk with Becky.

Wednesday, Aug. 18, 11 am

Depart for Lakeside Spirit Cruise on Lake Winnebago. Cost: \$25 per person, advance registration required.

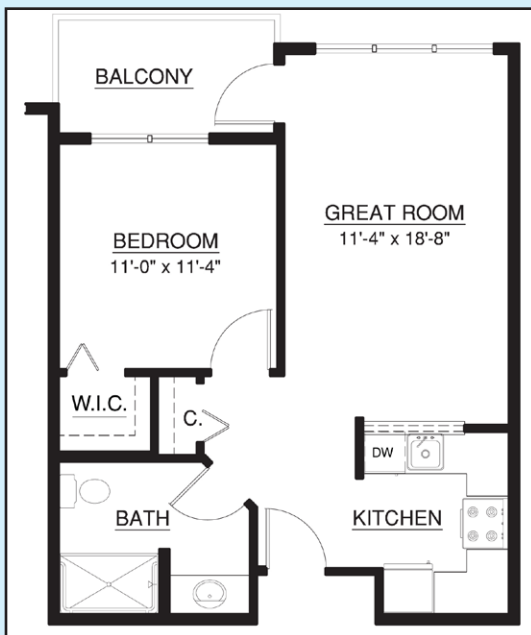
Monday, Aug. 23, 7 pm

Fox Cities Swing Band performs on the Front Lawn. No charge; just bring a lawn chair and a smile! Weather permitting.

Wednesday, Aug. 25, 5 pm

Depart for dinner at the Appleton Yacht Club. Cost: \$4 per person. Please sign up in advance.

All that and more



This 604-square-foot apartment features a full kitchen and balcony. Apartment 316 includes one bedroom and one bathroom. Call today for a personal presentation.

Located at 2553 Touchmark Court, this Roosevelt home offers two bedrooms, two bathrooms, and a two-car garage. Enjoy warm colors in the interior of this 1,704-square-foot home and a view of the wooded ravine.

Recent events



Tales of “the one that got away” are shared at a recent gathering dedicated to all things gilled. Professional Fishermen Rick Brunkey and Troy Saunders stopped by Touchmark to discuss their profession. They shared stories of fishing triumphs

and mishaps, such as one outing when their motor propeller was lost. Their misfortune ended up being a blessing, as they quickly caught many big fish. Residents watched how to clean fish, being sure to take out the “mud line,” which is responsible for much of the “fishy” taste. The fishermen displayed some of the lures they use, including a blade that they invented. Attendees shared some of their own fishing stories while Executive Chef Mike Balistrieri served fresh fish, which Rick and Troy had caught that morning.



The largest Flag Day Parade in the nation winds through the streets of Appleton, with several Touchmark residents on hand to honor the stars and stripes. The highlight of the parade—in its 60th year—was a flyover by a US Coast Guard helicopter.



Bill and Doris Olson delighted the crowd with their musical talents on the guitar and hammered dulcimer. Bill described the hammered dulcimer as an “inside-out piano” because it is played similarly, with hammers and several strings for one pitch. The couple played a variety of songs, from Irish folk songs to Bach’s *Minuet in G*.