

Active Aging Week

Join Touchmark for Active Aging Week (September 19 to 25). Get involved and be inspired during these active living events. Here's a sample of the week's events:

- **September 21, 10:30 am:** Hear Leota Ester present *To London and Beyond*.
- **September 22, 12:30 pm:** Visit the Nature Trail at Heckrodt Preserve.

• **September 23, 3 pm:** Tour and attend the dedication of Touchmark's "Hammes Trail." Constance Hammes will be cutting the ribbon for this special event.

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. ■

Gone fishin'



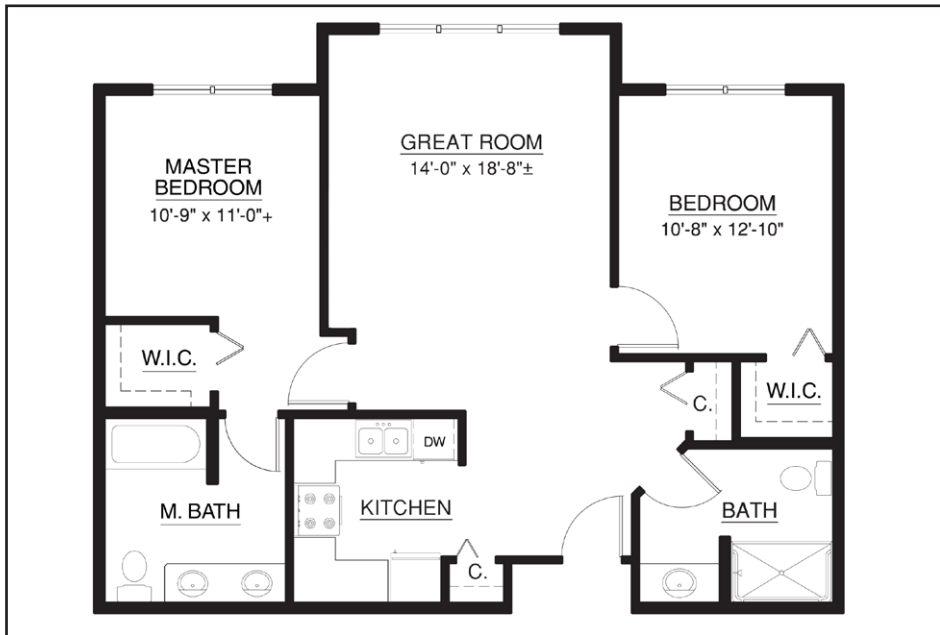
Residents enjoyed a recent Fishing with Rick and Troy outing. Launching out of Lutz Park, the group zoomed along the Fox River before docking and fishing off the pier. Larry VanZummeren (right) was the only lucky fisherman, reeling in two small rock bass.



Discover Touchmark



The Washington offers 1,536 square feet, two bedrooms, and two bathrooms. The open kitchen features granite countertops, and there's a solarium and patio with a lovely view of the wooded terrain. Call today to learn more.



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

Snapshots of summer



Resident Kathy Curry looks up information about the surrounding habitat as she waits for butterflies to flutter by at the Mosquito Hill Nature Center. Residents browsed the gift shop and walked through the Butterfly House, a greenhouse-style building with native plants and butterflies. The return trip to Touchmark found three extra “passengers” on board the Touchmark bus. Mosquito Hill sent the group home with three monarch butterfly caterpillars, all in different stages of growth. They are currently located on a table under the Nature Nutz bulletin board.

Participants in a recent M3 class take a seat and get a whole-body workout. M3 stands for Music, Mind, and Movement and is offered Tuesdays and Thursdays at 1:30 pm in the Heart Smart Exercise Room. The half-hour class features sing-along music and interesting “facts of the day.”



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In celebration of the conclusion of the most recent Walking the World “tour,” participants feast on Baked Alaska prepared by the Touchmark chefs. Walking the World is a program in which participants add up the miles they collectively walk, going on a virtual “tour” of the featured region. The latest tour was of Alaska, and the next will be through Peru.



Residents laced up their bowling shoes during a recent outing to Super Bowl, which invited Touchmark residents to enjoy a complimentary bowling party with shoe rental, pizza, and soda. Participants played two games, with Jackie Shiner coming out on top with a score of 112 points. After turning in their shoes, the bowlers stopped by Dairy Queen for Dilly Bars.



A cornucopia of sweet treats and crafts were sold recently and generated \$206 for the Raised Garden Project. Three lucky winners went home with the prizes.

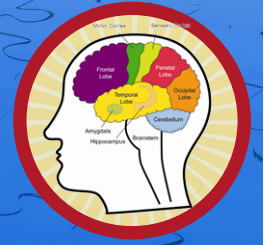
2010 in

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.

- Work on a puzzle
- Use the dictionary.
- Watch the news.
- Try a new healthy food.
- Read a biography.
- Reorganize a room.
- Compliment five people today.
- Call a friend and talk about something funny.
- Find a quiet place. Close your eyes. Breathe slowly and visualize a calm, beautiful scene.
- Eat an apple.

Brain Builders



Generate verbs! Think of and write down anything that a child does.

For example: play

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Successful aging lived by a mentor



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

“Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives.” — Robert Butler, MD, 1927-2010

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early '70s—before I even knew that I would

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other “firsts” under his leadership are

be interested in a career in the emerging field of “healthy aging.” I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word “aerobics”).

coining the work “ageism,” creating a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts who presented the keynote at the American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the *(cont.)*

(cont.) elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is "... reaching one's potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others." (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact a member of the Life Enrichment/Wellness team. ■

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?
Because he was in high school.

Why did the student eat his homework?
The teacher told him it was a piece of cake.

What is the tallest building in any city?
A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.

Coming Events

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

Wednesday, Sept. 22, 12:30 pm
Bus leaves for lunch on the Waverly Beach deck followed by a nature walk at Heckrodt Wetland Reserve. Please bring lunch money.

Wednesday, Sept. 29, 12:30
Depart Touchmark for Lunch & a Movie at the Fox Cinemas of Menasha. Cost: \$7 per person for lunch and movie.

Active Aging Week
See front page for details.

Saturday, Sept. 11, 11 am
Grandparents Day Celebration and Car Show. Food, music, fun, and games! No charge. Front Lawn.

Thursday, Sept. 16, 2 pm
Depart Touchmark for an outing to a local apple orchard and shopping at Simon's Cheese. Cost: \$3 for pie with ice cream.

Appleton in top 100

Money lists Appleton at number 96 in its list of America's best small cities. The magazine says the town offers great dining and entertainment. To read more, visit <http://money.cnn.com/magazines/moneymag/bplive/2010/snapshots/PL5502375.html>. ■