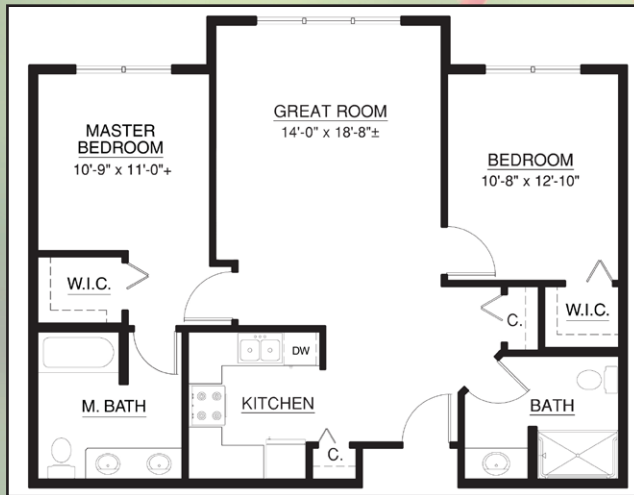


# Sailing the Lakeside Spirit

Under sunny skies, Touchmark residents set sail on the Lakeside Spirit during a cruise on Lake Winnebago. The captain provided narration on the history of the lake and its importance to Wisconsin history. Participants enjoyed a delicious lunch of wraps, salads, and dessert.



## The “awe” in autumn



Offering 976 square feet, two bedrooms, and two bathrooms, apartment 246 features a nice view of the wooded Fox Pointe neighborhood. It currently is the only two-bedroom apartment available. Call today!



Featuring the Roosevelt floor plan, this Fox Pointe home offers 1,762 square feet, two bedrooms, and two bathrooms. The open kitchen includes granite countertops, and there's a built-in wine cooler for entertaining. The built-in California Closets allow you to easily organize your belongings. Call today for a tour.

### Coming Events

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

**Wednesday, Oct. 6, 11 am**  
Depart for a tour of the Appleton Police Department. Please bring money for lunch at Mary's Restaurant.

**Friday, Oct. 8, 6:30 pm**  
*There's No Such Thing As Ghosts!*, presented by Perfect Presentations in Neenah. Cost: \$16 per person.

**Monday, Oct. 18, 7 pm**  
The Fox Cities Swing Band performs in the Lobby.

**Saturday, Oct. 23, 5:30 pm**  
Dinner at Touchmark and *Neil Berg's 100 Years of Broadway* at Fox Cities Performing Arts Center.

**Saturday, Oct. 30, 1 pm**  
Depart Touchmark for the Fox Valley Chorus presentation of *Song Spooktacular!* St. Joseph Middle School. Cost: \$10 per person.

### Healthy aging tips from the real experts



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

*“How old would you be if you did not know how old you are?” —Walter Bortz, II, MD, author and expert on healthy aging*

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to

*(cont.)*

(cont.) compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 “tips” for healthy aging. Here are the results of that poll—along with the percentage of how many said the tip is “very important.” (Note: Interviewees could call more than one tip “very important.”)

1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)
8. Eat right. (80%)
9. Keep up with news and current events. (63%)
10. Keep making new friends. (63%)

This anecdotal collective data compare almost 100 percent to the findings published over the last decade—and especially in the last two years—by the continuing follow-up to the Framingham Heart Study, the Nurses’ Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to keep actively engaged in new learning competes directly with a good diet, exercise, and the importance of humor and a positive outlook.

At Touchmark we know the value of listening to the “experts” ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in the Life Enrichment/Wellness program, contact a team member. Your perspective and recommendations are important. ■

## Recent events



**Surrounded by a sea of purple (the official color of the Alzheimer’s Association), members and supporters of Team Touchmark gathered for a Memory Walk Kickoff in the lobby. The team later participated in the Alzheimer’s Association Memory Walk at Fox Cities Stadium Time Warner Cable Field. Team Touchmark, led by Becky Reider, won second place for having the most walking participants.**

(cont.)

(cont.)



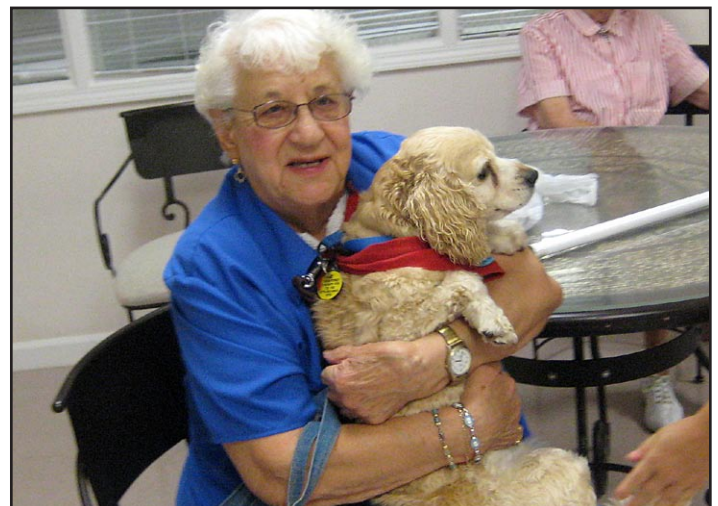
Carmen Lindberg (left) and Eve Broussard enjoy a classic Triumph car at the Grandparents' Day Car Show.



Bob (pictured) and Pat Endrie and Ann Dake talk about the horse-assisted mental health counseling CHAPS (Children with Horses Achieving Productivity and Success) Academy for local youth. The horses play a valuable role in therapy, in that they can reflect human emotion and energy. The group works with children with behavioral disorders, such as autism and Asperger's Syndrome, and those who are suicidal.



Elizabeth Tombouljian tickles the ivories and sings a number of classic tunes for a group of residents. Several people joined Elizabeth as she sang jazzy and beautiful tunes, including *Fever*, *Summertime*, and *The Nearness of You*. Bill Selle was touched as Elizabeth sang *As Time Goes By*, and later told the audience that he heard that song on his first date with his wife.



Wynne Vanden Heuvel cuddles with Allie, a cocker spaniel pet therapy dog, during Allie's recent visit to Touchmark. Allie's handler, Maria, also shared stories of her experiences working as an Outagamie County 911 Dispatcher for the past nine years.

## Just for laughs!

### Deck the Patch (to the tune of *Deck the Halls*)

Deck the patch with orange and black  
Fa la la la la, la la la la  
Take along your goody sack  
Fa la la la la, la la la la

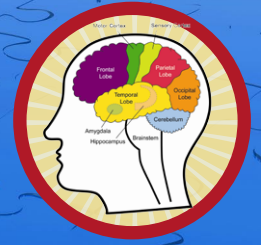
Don we now our scary apparel  
Fa la la la la, la la la la  
Troll the ancient pumpkin carol  
Fa la la la la, la la la la

See the great one rise before us  
Fa la la la la, la la la la  
As we sing the pumpkin chorus  
Fa la la la la, la la la la

Follow him as he ascends  
Fa la la la la, la la la la  
Join with true great  
pumpkin friends.  
Fa la la la la, la la la la



## Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

© 2005 KrazyDad.com

*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

# 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.*

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.

## Celebrate Active Aging Week



As part of Active Aging Week, Touchmark dedicated the “Hammes Trail” with a ribbon-cutting ceremony and tours. Pictured are (from left) Touchmark Executive Director Amy Jo Powers; Bill and Joan Geenen, who sponsored and coordinated the creation of the stairway to the water’s edge; Connie Hammes, whose family originally owned the land; and Rita Sheridan, Connie’s niece.



Leota Ester (center) talks with Barb Leslie (left) and Wilma McGalliard after sharing a slide show of her international travels. Leota celebrated her 80th birthday by traveling for 10 months to multiple countries.

## Good global warming?

Enjoy this excerpt from Director of Business Development Bobbie Thompson’s blog and then read the whole story at [TouchmarkAppleton.com/blog/](http://TouchmarkAppleton.com/blog/).

“A couple of months ago, I posted a blog about making the globe a warmer place to live. At the end, I encouraged people to do something kind, thoughtful, patient, tolerant, lighthearted, or loving. Guess what? Wonderful things are happening.

“Recently a woman who lives at Touchmark came to the receptionist with an amazing story of kindness that had happened to her. She was shopping at a new grocery store, and only after having all of her groceries scanned was she informed that she would not be able to use her credit card. The line behind her was long, and it was an embarrassing moment. She didn’t have enough cash with her to pay for the bill. Her ice cream and other perishable items were at risk of growing warm if she drove across town to the bank or her home for more money. She thought she’d have to get out of line and put all the items back. Then she heard a voice behind her. ...” ■

2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5