

## Wild winged wonders

An anticipatory hush fell over the chapel recently, as residents waited patiently to see who (or what) was making all of the hooting and screeching noises coming from the four wooden crates on the stage. Beka Weiss, owner of Aves Wildlife Alliance, donned her protective gloves and introduced the crowd to four birds of prey who live at Aves hospital.



The main goal of the Alliance is to rehabilitate injured, nondomestic animals and to return them to nature. Some animals are not good candidates for release due to the nature of their injuries, as they cannot fend for themselves. The four birds Beka shared fell into this category.

Einstein, a tiny screech owl no bigger than six inches high, made



up for his lack of stature with a big attitude. Maggie was a huge red-tailed hawk. Fran was a very large great-horned owl that hooted throughout the presentation. Screamer was a small American kestrel that lived up to his name.

Beka shared fascinating information about the birds, including facts about their stellar vision and how they hunt. Some birds tangle with humans infringing on their territory, which is how many of them get injured.

Beka has a degree in wildlife ecology and wildlife management and worked for several years as a state and federally licensed wildlife rehabilitator near Milwaukee. Just last June, she opened the new Aves wildlife hospital near the Fox Cities on the grounds of a farm that's been in her family for five generations. Though it has only been open for a short time, the hospital already has seen over 130 patients. ■

## Enjoying art

On Monday, Feb. 28, the Touchmark community will celebrate Touchmark Art Gallery Day. Residents can attend the *Art in the Gardens* show at Gardens of the Fox Cities, where resident Joan Geenen will be featuring two of her paintings. Residents can sign up to ride the Touchmark bus, which will leave at 2 pm.

Throughout the day, residents' artwork will be displayed in the Touchmark halls. There also will be a section of artwork for sale, with the proceeds going toward charity, including the Alzheimer's Association. (If you'd like to display your artwork, talk with Life Enrichment/Wellness Coordinator Katie Escribano before Monday, Feb. 21). ■

## To screen or not to screen ... an ethical debate

—Marge Coalman, EdD,  
Touchmark vice president of Wellness  
& Programs

Over the past several months, the topic of Alzheimer's disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at [touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf](http://touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf). ■

### Just for laughs!

#### First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

"I liked it, but I couldn't understand why they were killing each other for 25 cents," she said.

"What do you mean?" he asked.

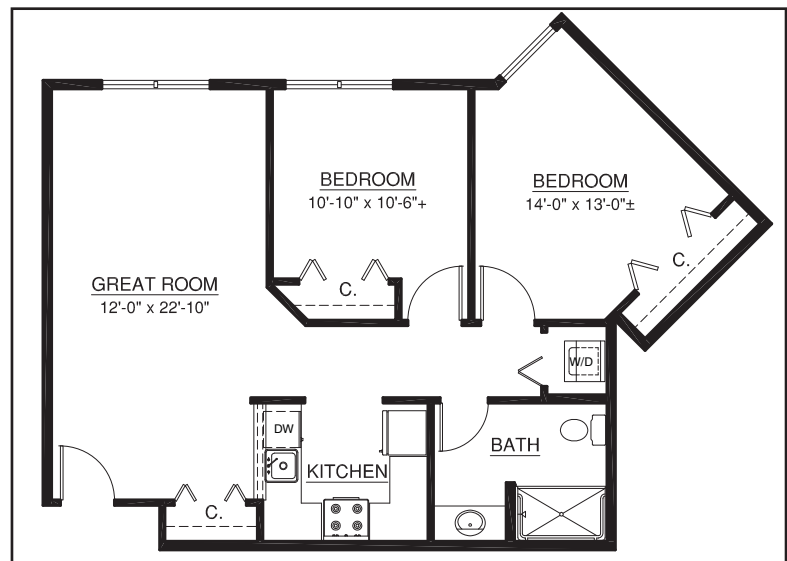
"Well, everyone kept yelling, 'Get the quarter back!'"

From [www.basicjokes.com](http://www.basicjokes.com)

## Opportunity's knocking



This beautiful 1,810-square-foot, three-bedroom, two-bathroom home features expansive 10-foot ceilings in the living room and kitchen with cathedral ceilings in the master suite. Enjoy the warmth of the three-way fireplace as you watch the deer saunter in the wooded ravine behind your backyard. Call or stop by today to see the rest of this gorgeous home.



Apartment 312 features cathedral ceilings, a large dining area, and laundry hookups. There are two bedrooms, one bathroom, and 880 square feet. Stop by today for a personal presentation.

## Welcome, 2011!



Touchmark residents, family members, and friends rang in the New Year with a blowout New Year's Eve bash. The "Black & White Party" saw revelers dressed to the nines in their finest black and white attire. Some even donned a hint of shimmer—a silver glittery belt here and a tuxedo there. The Gentlemen of Jazz provided festive dance music, enticing several partygoers to kick up their heels and dance the night away.

## Reflections on nurturing your heart



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

*"Recipe for a happy heart:  
2 cups of Love  
1 cup of Friendship  
1 cup of Gratitude  
Add a dash of Laughter  
Pour into any Soul"*  
— *Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep. Nurturing your heart with positive influences  
*(cont.)*

(cont.) may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see. Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment/Wellness Coordinator Katie Escribano. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

### Coming Events

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

**Monday, Feb. 14, 7 pm**  
Valentine’s Day Social with the Fox Valley Swing Band. Lobby.

**Tuesday, Feb. 22, 8:30 am**  
Gentlemen’s Breakfast.

Private Dining Room.

**Wednesday, Feb. 23, 8:30 am**  
Ladies Breakfast.  
Private Dining Room.

**Thursday, Feb. 24, 3:30 pm**  
Mardi Gras Mask Making with Melissa. Cottage Multipurpose Room.

**Monday, Feb. 28**  
Touchmark Art Gallery Day.

## Brain Builders



Do these math problems as fast as you can.

- |                     |                       |
|---------------------|-----------------------|
| 1) $2 + 3 =$ _____  | 7) $12 + 2 =$ _____   |
| 2) $7 - 2 =$ _____  | 8) $20 + 9 =$ _____   |
| 3) $8 + 4 =$ _____  | 9) $16 + 11 =$ _____  |
| 4) $1 + 9 =$ _____  | 10) $15 - 10 =$ _____ |
| 5) $10 - 4 =$ _____ | 11) $30 + 30 =$ _____ |
| 6) $5 - 0 =$ _____  | 12) $19 - 5 =$ _____  |

Answers: 1) 5    2) 5    3) 12    4) 10    5) 6    6) 5  
7) 14    8) 29    9) 27    10) 5    11) 60    12) 14

## Daisies everywhere!



It may be winter in Wisconsin, but Daisies are sprouting at Touchmark! Daisy Troop 2431 (part of the Girl Scouts) stops by for an energetic afternoon of singing and sharing. The lively group of first graders shared a few songs and encouraged the Touchmark crew to sing along. After a great performance, the Daisies shared stories of the many merit patches they have earned.