

# Team members attend international training

Life Enrichment/Wellness Coordinator Katie Escribano (right) talks with Rob Winningham, PhD, and Touchmark on West Prospect Director of Business Development Bobbie Thompson. Rob was the keynote speaker during the recent Full Life Wellness & Life Enrichment Program™ training in Oregon. Rob shared the latest research on memory and building the brain and how to apply this new information to programs at Touchmark communities. He is the author of *Train Your Brain* and is the Psychology Division chair and professor at Western Oregon University.



## Italia bella!

Italy is a beautiful country full of rich culture, food, and wine. Armchair Traveler recently transported residents to this enchanting country.

The *Visions of Italy* video series took residents through three different regions via helicopter. The views were spectacular, and participants were able to really get a feel for the differences in the Northern, Southern, and Sicilian regions of Italy. While touring the northern region, residents enjoyed Parmesan risotto and a variety of Italian wines. Later, during the aerial tour of the southern region, people tasted pizza and sangria. The tour wrapped up in Sicily with delectable cannolis and homemade limoncello.

Many residents recalled trips to Italy and found

the aerial view a unique and enjoyable way to tour the country. The video series and time with friends brought to mind Dante's famous saying, "Noi non potemo avere perfetta vita senza amici"—We cannot have a perfect life without friends. ■

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## Gridiron and brews

The combination of beer and gridiron (football) is a Wisconsin tradition that is as American as apple pie. Touchmark brought the two together in a laughter-filled gathering of beer tasting and football follies.

Residents enjoyed six beers from Fratellos, a local restaurant and microbrewery. Residents sipped while watching a video of some of the greatest football (*cont.*)

(cont.) follies recorded. As local hero Vince Lombardi once said, "Football isn't a contact sport; it's a collision sport. Dancing is a contact sport." As the collisions and confusion of some of football's biggest blunders were played out on the television, resident JD Ison mentioned that it brought back a lot of memories of his days playing profession football for the Chicago Cardinals. ■



Bernice Kramer and Bill Selle (top photo) and Val Cornwell and JD Ison enjoy beer from Fratellos, a local restaurant and microbrewery.

## You "may" want to see this!



Step out onto your balcony for a commanding view of Butte des Morts Country Club's lush golf course. Apartment 317 offers one bedroom, one bathroom, a vaulted ceiling in the living room, lots of windows, and access to all of Touchmark's services and amenities.



What's not to love? This spacious 1,762-square-foot home has two bedrooms, two bathrooms, lots of storage space, tray and

cathedral ceilings, custom California Closets®, fireplace, three-seasons room, granite countertops, and more. Call or stop by to see this fabulous home.

### *Just for laughs!*

Enjoy these fun upcoming holidays.

National tap dance day - May 25

National yo-yo day - June 6

Eat your vegetables day - June 17

# There is no age limit



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

“How old would you be if you didn’t know how old you are?”

— *Satchel Paige, Baseball Hall of Fame inductee, 1971.*

When we consider celebrations, many memory-making moments come to mind: weddings, births, graduations, family reunions, holidays, a child’s first steps, and many others. These landmark life events are often captured in photos and videotapes to be revisited and celebrated. They are shared across generations and are historically significant for each individual who shares in the memory of the event.

Personal landmarks are achieved at any age. In the documentary series *Over 90* and *Loving It*, filmmaker Susan Polis Shultz highlights life achievements by people 90-plus years. This series is currently featured on public broadcasting stations, and it is inspiring.

Consider these examples that Polis captures. A 97-year-old woman celebrates obtaining her master’s degree. A couple in their 90s walk down the aisle in a marriage ceremony, and a 94 year-old is a gold-medal winner in the pole vault at the Senior Olympics.

Throughout, the series explores two primary beliefs of the featured nonagenarians: (1) most did not expect to be here this long; (2) they seem to be completely unaware of chronological age being a limiting factor in achieving their goals and pursuing their dreams.

The series also overturns ageism—that insidious belief that at any age, achievements are limited, not appropriate, or possible only in one’s imagination. The pervasiveness of ageism is a cultural phenomenon

worldwide and is especially prevalent in the United States. A documentary like this helps to refute those myths and mistaken beliefs.

In this series and other age positive campaigns—the Dove series of ads, the Ontario Human Rights project, the National Center for Creative Aging’s Beautiful Minds photo display—people’s age is irrelevant. It’s what they’re doing that is important.

Touchmark is committed to promoting and encouraging personal experiences for all residents. We provide opportunities for people to explore, celebrate, imagine—and live—the possibilities. There is no age limit.

To learn more about the Full Life Wellness & Life Enrichment Program, contact Touchmark’s Appleton coordinator, Katie Escribano. ■



Can you solve these mind-bending puzzles?

1. What is black when you buy it, red when you use it, and gray when you throw it away?
2. What occurs once in every minute, twice in every moment, yet never in a thousand years?
3. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

*Answers:*

1. *Charcoal*
2. *The letter “m”*
3. *Yesterday, today, and tomorrow*

# Welcome to Touchmark!



The Friendship Ambassadors roll out the red carpet to welcome people to the Touchmark community. In addition to sharing all the ins and outs of life at Touchmark, the ambassadors host occasional gatherings. For example, the group held the first New Neighbor Coffee, where the ambassadors hosted a coffee tasting and social hour as an opportunity for all to mix and mingle. Ambassadors (from left) Larry Van Zummeren, Eve Broussard, Pat Broderick, and Ethel Moehring are pictured.

## Girl Scouts visit



From left: Rebecca Fochs, Nichole Fochs, and Abigail Blohowiak, members of Cadet Troop 2080 and sixth-graders at Woodland Intermediate School, recently visited Touchmark during the monthly birthday dinner. The girls delivered flowers for those celebrating a birthday.

## Coming Events

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

### Thursday, May 19, 3 pm

Escape to Greece! Join friends and neighbors for traditional Greek food and drink while watching a video about the captivating country. *Globe Trekker: Greece* will take you through the splendor of Greece today.

### Friday, May 20, 3:30 pm

Musical Social Hour. Mingle with neighbors while enjoying the musical talents of Glen Navis.

### Monday, May 30, 3 pm

Join resident Dee Markley as she reads excerpts from *Nella's Last War*, a diary that features stories about World War II. Dee also will share stories from her life in London during World War II. Touchmark Chapel.