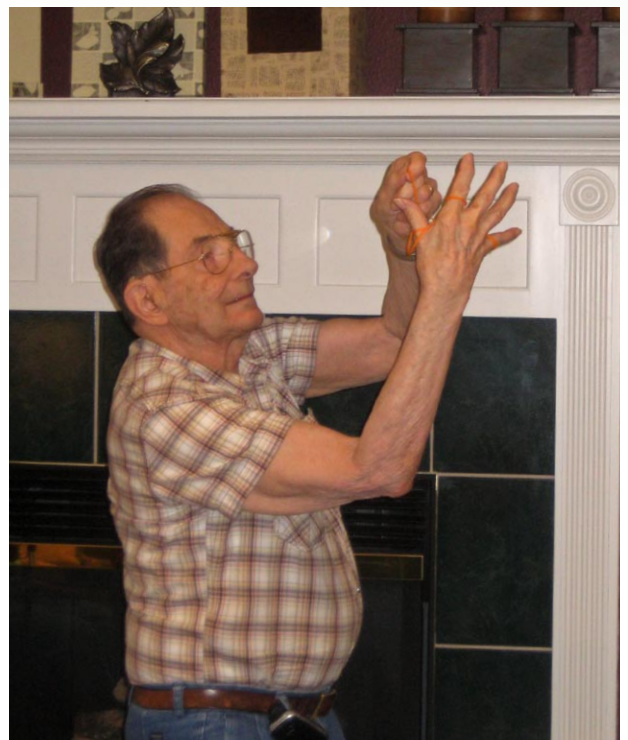
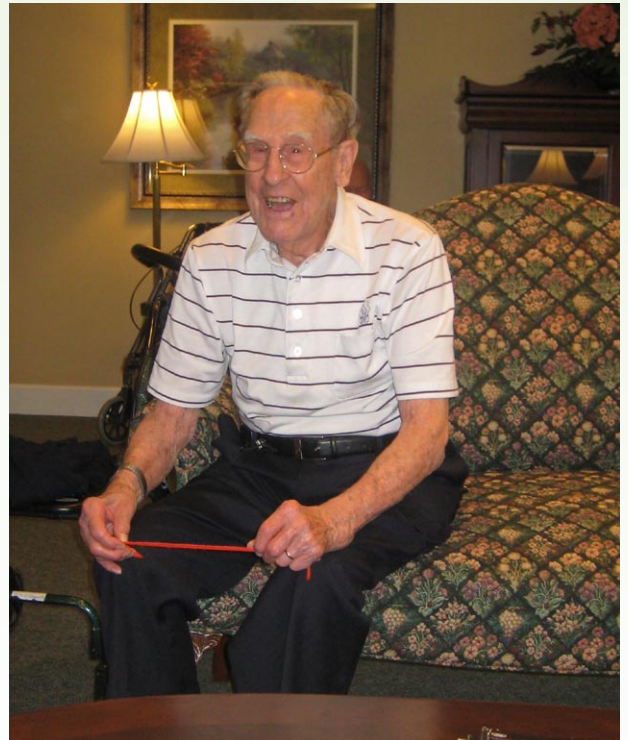


Building brains, building community

It is well-documented that with a combination of cognitive exercise, physical exercise, and good nutrition, older adults can grow neurons, make new connections, and rewire their brains. To help foster these habits, Touchmark offers Brain Builders classes five times each week.

Oftentimes, “resident experts” will help lead these enriching classes. Earl Zwicker, a retired physics professor, enjoyed many years at the Illinois Institute of Technology as a teacher and researcher. Earl often shares “physics magic” and teaches others about the forces in our world that can sometimes mystify the mind. He recently stopped by a Brain Builders class and showed his fellow neighbors a “slight of hand” string trick. If you wind a loop of string the right way through your fingers, it mysteriously pulls free! Everyone was eager to give this trick a try, and a dedicated few were able to pull it off.

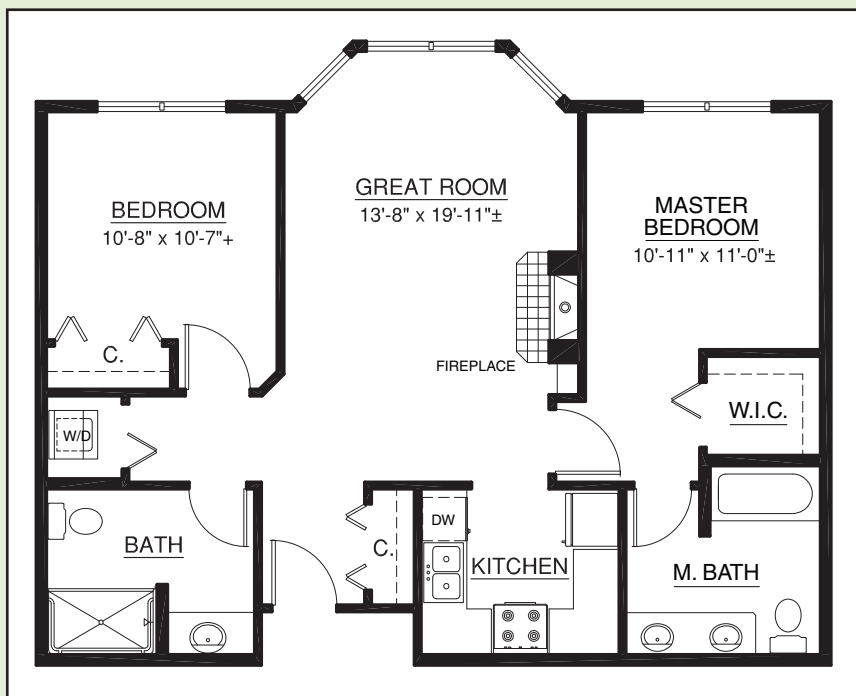
Who knew physics could be such fun? Earl did. And by sharing it with others, he helped build brains—and community. ■



This is it!



Enjoy the summer—and future seasons—in the Jefferson Fox Pointe home. Located at 2555 Touchmark Court, this home offers 1,981 square feet, three bedrooms, and two bathrooms as well as a 600-square-foot garage. The mater bedroom features cathedral ceilings and a walk-in closet. Call today to learn more about the Touchmark lifestyle.



Apartment 237 offers 952 square feet, two bedrooms, and two bathrooms. Call today for a personal presentation.

Brain Builders

In honor of the NFL reaching an agreement, unscramble these football words. *Example: OGLA is goal*

1. AURBQTEKCAR

2. LAKHAFBC

3. BOFLTOLA

4. CEIREREV

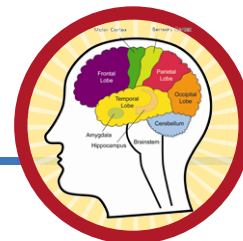
5. UHDOCNTOW

6. NUTP

7. CKKI

8. MATE

Answers: quarterback, halfback, football, receiver, touchdown, punt, kick, team



Coming Events

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

Wednesdays, 8:45 am

Bus departs for Festival Foods Farmers Market.

Monday, Aug. 8, 3 pm

Back by popular demand! The Touchmark Poetry Reading returns. Bring your favorite poetry, limerick, song lyrics, or rhyme to share. Cookies and coffee will be served. Sign up today. Chapel.

Thursday, August 11, 11 am

Bus departs for Mosquito Hill Nature Center. Visit the center's butterfly house and enjoy a picnic. Please RSVP. COST: \$2 for the tour and \$5 for lunch.

Tuesday, Aug. 16, 3 pm

Touchmark Storytellers. This class runs eight weeks and ends with a completed legacy story, which you can share with friends and family. Both written and audiotaping of your stories are options as part of this truly special project. Talk with the Life Enrichment/Wellness team for more details. Hoyle.

Friday, Aug. 26, 3 pm

Learn more about the upcoming Caps for Soldiers knitting project. Chapel.

Wednesday, Aug. 31, 3 pm

Introducing Touchmark Comedy Hour. Sign up to share your favorite joke with the group or come and be part of the audience. Chapel.

Good neighbors, good fun



Marcia Lefler and Anne Crone play a game of "How Well Do You Know Your Neighbor?" Residents were asked to write down a little-known fact about themselves, and the group had to guess who wrote each submission. Residents learned great tidbits of information about each other, including which neighbor had experience with hula dancing, and who was once a high-school cheerleader.



John and Jane Dionne participated in a recent neighborhood social.

Creativity and community intertwined at Touchmark



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

*“Creativity is our greatest legacy.”
 — Gene Cohen, MD, PhD*

Is there a limit to the amount of creativity anyone has in their DNA? Opportunity, environment, support, and feedback are certainly vital in nurturing the creative aspect of anyone, and the potential seems limitless across the lifespan for expressing oneself. Individually and collectively, the creativity of people who reside in Touchmark communities results in the Touchmark Full Life Wellness & Life Enrichment Program™, in place at all Touchmark communities.

This award-winning program supports all areas of whole-person wellness through specific programming areas based on resident’s interests, talents, skills, and creativity. The wellness dimensions that comprise each person—physical, social, emotional, vocational, intellectual, and spiritual—interact with the environmental dimension through activities and offerings provided at each community.

The opportunities are not limited to the categories defined in the program description. They are enhanced by Touchmark team members and the dynamic and creative residents who contribute and participate in the day-to-day activities and events. The role of Touchmark team members is to support and facilitate a variety of offerings and encourage involvement from each resident. Residents engage in the programs of their choice and are provided opportunities to explore new interests and experiences.

This collective pool of creativity creates a unique fabric and culture in each community. Quilters, authors, gardeners, artists, athletes, book lovers, singers, and more creative groups than can be listed in this column

meet together and encourage and support each other in pursuing interests both old and new.

To participate in planning and activities that support creativity and programming, contact a member of the Full Life™ team. Ideas, talents, skills—and creativity—are welcome! ■

To the market



Joan Schnettler found some fresh produce at the farmer’s market.



From left: Donna Schultz, Dee Markley, Joan Schnettler, and Pat Lamont enjoy a trip to the Neenah Farmer’s Market.

Look what's happening



Pat Broderick (left) and Rob Schwarzbauer laugh it up during the Pullmans trip.



Summer sun! Bob Scott uses his menu for some shade at a recent lunch outing to Pullmans in Appleton. The Touchmark crew enjoyed fantastic food and a great view of the rushing Fox River.



Steve Kurland perfects his swing during a recent Touchmark golf outing at Winagamie Golf Course.

(cont.)

(cont.)



Jean Ormson and Anne Crone, budding fashionistas, create their own designer purses.



Larry Van Zummeren, 98, loves to golf during the summer.

Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national health promotion event helps advance active, healthy aging. The event is from Sept. 25 to Oct. 1. Look in next month's newsletters for details about Touchmark's Active Aging Week celebration.

