

# EVENT {FULL}

Monthly updates from your full life community

TOUCHMARK<sup>®</sup>  
SINCE 1980

## Fun happenings at Touchmark



*From left: Elliot Nelson, Dillon Holly, and Emily Nelson (grandchildren of Santa and Mrs. Claus) spread holiday cheer at Touchmark.*



*From top: Martelle Warning, Anne Crone, Dee Markley, Jean Ormson, and Jackie Pagel on a community outing.*



*Clarence Miller (left) and Larry Van Zummeren kick up their heels while dancing the polka.*



*Residents enjoyed fun and fellowship in the fall months. Donna Schultz (left) and Martelle Warning sample tasty apple pie at a nearby apple orchard.*

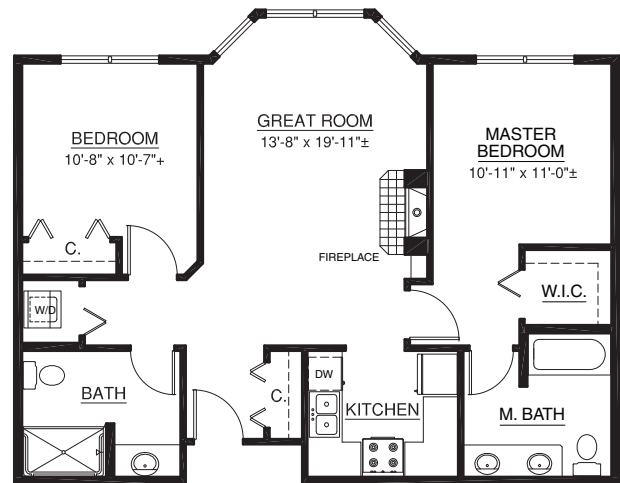
## Wrap up your retirement dreams

### The Monroe



*This Fox Pointe home features the Monroe design with 1,810 square feet, three bedrooms, and two bathrooms. The kitchen features an island, and a three-sided fireplace lights up the living and dining rooms. A rental option is available with this home.*

### Apartment 237



*Tour apartment 237. It offers 952 square feet, two bathrooms, and two bedrooms. Call today to learn more.*



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

### Honoring transitions

*“Honor the past. Accept the present. Move more easily into the future.”*

—Andrea Sherman, PhD, author of *Transitional Keys Guidebook*

Our lives are filled with rituals—both formal and informal—that often have roots in holiday traditions. These may include gatherings with family and friends, special events, and seasons we have celebrated over the years. They can be as simple as carving the turkey in a specific way and preparing the dishes we feature in our holiday menus or as complex as tracking down

family ancestors and honoring them in oral and written customs.

Barbara Myerhoff writes in *Remembered Lives: The Work of Ritual, Storytelling, and Growing Older* that there is a dearth of ritual in the last third of life. “Retirements and funerals may be the only significant markers for many,” she states. As we age, our resources and settings change, and she feels we lose a great deal in not replacing our traditional rituals with new ways to celebrate and commemorate life changes.

Touchmark strives to support and honor both community and individual traditions. Residents, families, and team members look forward to sharing birthdays, anniversaries, family reunions,

and other celebrations with their “family of choice.” In addition to these “life lights,” we offer a host of other Full Life® classes and offerings that provide new traditions and celebrations for participants. These include harvest festivals, intergenerational events, quilt shows, theatre and talent show performances, and legacy interviews/life story writing classes. Support groups for caregivers and family members are also available to provide guidance during life transitions. As the holiday season approaches, we invite you to create and share the benefits that rituals provide: bringing order and clarity in times of change, relief and comfort in times of anxiety and stress, integration and healing in times of loss, and continuity and community in times of celebration and reflection.



## HUMOR



*Dec. 16 is National Chocolate-Covered Anything Day. One year, a Dutch car dealer covered a Porsche for the holidays.*

### You said it!

“I came from an apartment building, where I had lived for 13 years, but my social life is much greater now. I host my bridge club here, and I’m proud to show off my home! ... I’ve never been sorry that I made the decision to come to Touchmark. I am very happy here, and I just love it!”

– *Bette Froehlich*  
Resident



## CALENDAR OF EVENTS

Contact a Full Life™ team member for additional details, including registration and transportation information.

### Thursday, Dec. 22, 11 am

St. Mary Central High School’s NOW! Show Choir. Lobby.

### Thursday, Dec. 22, 4 to 6:30 pm

Birthday dinner with open dining. Four Seasons only.

### Friday, Dec. 23, 3:30 pm

Ralph and Michelle Holiday Show.

### Wednesday, Dec. 28, 3 pm

Touchmark Variety Show.

### Thursday, Dec. 29, 11:30 am

Bus departs to Atlas Coffee for lunch.

### Saturday, Dec. 31, 6 pm

Starry Starry Night New Year’s Eve Party.



## BRAIN BUILDERS



Create some action words. Think of things that newborns do, and write down the verbs. Example: cries

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOUCHMARK ON WEST PROSPECT

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