



Shawn Paul Dziub

One at a time, dreams are coming true

We kicked off the new year asking residents and team members, “What comes next?” What are you itching to do in 2019? If you’ve yet to set some goals, we have inspiration from Touchmark on West Century residents Dorothy Krogen and Eunice Balzer. Last year, both women were able to complete a final bucket list item they happened to share: to see North Dakota’s beautiful landscape from up high in a hot air balloon.

The event came together with the proactive help of Life Enrichment/Wellness Director Destiny Sisk. “When I first started, some of the staff told me about Dorothy’s bucket list item. And then, I met Dorothy and I was like, we’ve

got to make this happen. Yep, we’re going to do it this year,” Destiny says.

Tickets to the Medora Hot Air Balloon Rally are by invitation only and it took Destiny a string of phone calls and some investigative skills to contact the right person, but when she explained the situation, organizers were more than happy to help. “I got connected with this guy who said he would love to have Dorothy and a guest, so that was luck,” she says.

Fortunately, the weather also held up its end of the bargain on the day of the ride, and Dorothy and Eunice got the experience for which they had waited so long. They proved that

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while patience is sometimes necessary, good things come to those who reach out to others for help achieving their goals. Furthermore, neither let anything get in the way once the plans were in motion. "It's tough getting in the basket, anyway, when you have an artificial knee," Eunice laughs.

Since their ride, Dorothy and Eunice have both committed to making new bucket lists. There's simply so much more to do! What bucket list items will you complete this year?



Photos by Shawn Dziuk

"To eat is necessary, but to eat intelligently is an art."

– François de La Rochefoucauld



STEVE FERRARINI
Vice President,
Hospitality

March is National Nutrition Month, which inspires us to consider the critical role nutrition plays in our overall health and well-being.

While healthy eating is important for everyone, it is especially vital in contributing to our health as we get older. Recent scientific studies show that maintaining a well-balanced, nutritional diet is one of the most effective strategies for living a vibrant life and preventing illness.

Eating nutritious, healthy meals can also provide a powerful emotional boost. When you eat something that you know is good for your body, you feel happy knowing you've made a solid choice that will propel you through your day. The prospect of exercising or engaging in a fulfilling activity will seem much more appealing after you've eaten a satisfying, nourishing meal.

At Touchmark, we take pride in helping people reach optimal health, and we understand how nutritious eating fits into whole-person wellness. We also realize that dining is a complete sensory experience, which is why we focus on providing a balanced menu with options for all tastes. Tell us your preferences and needs, and we'll do our best to accommodate them while providing a delicious, enjoyable dining experience. Resident Juanita Ryan says, "I have never eaten so many vegetables as I have since I came here! I talk with the chef at least once a week. He's very good. He listens. Our servers are really good, too."

Health & Fitness Studio

Fitness Offerings

Now is the time to invest in your health! With personal training packages available, there is no better way to achieve your fitness goals. Participate in a program specific to your needs and abilities. Have a look at our new price list and take the first step to becoming more fit.

Personal Training & Fitness and Balance Assessments

- 30-minute session: resident \$40, guest \$48
- 45-minute session: resident \$60, guest \$65
- 60-minute session: resident \$65, guest \$70

Group Classes

Classes scheduled twice weekly: \$28/month

Classes scheduled three times weekly: \$40/month

Drop-in fee: \$4/class

Small-group training is available for \$35/hour per person.

Call 780-577-5097 for more information.



Exercise—and Support—is Medicine



April is Parkinson's Awareness Month and this year's theme is #StartAConversation. So let's talk about the support and programming available for those living with Parkinson's disease (PD) as well as their caregivers who are often their spouse or another family member. It is normal for caregivers to experience challenging symptoms of their own, such as exhaustion and isolation. All those affected by this condition can benefit from additional support.

Though Parkinson's often impairs mobility, regular exercise is vital to maintaining health and quality of life. At Touchmark on South Hill, Director of Health & Fitness Lori McCormick has worked to build robust fitness offerings for residents and community members. She leads PWR! Moves, PWR! Challenge, and PWR! Agility, all of which are certified PD classes.

Judi Sloane has been attending PD exercise classes at Touchmark for several years. "Parkinson's is a moving target," she says. "It changes day to day. You have good days and you have

not-as-good days. Having the opportunity to come to a class like this gives you balance." Judi says the group helps participants mentally, too. "We're always really supportive of each other and we always try to make each other laugh. We just have a good time."

Tending to the emotional challenges that often accompany PD is equally as important as managing the physical symptoms. Many Touchmark communities offer support groups for those with PD and those close to them that are also open to the public. If you or someone you know could benefit from PD programming or support, help them seek it out at Touchmark or the greater community.



TEAM MEMBER *Spotlight*

Name: Ligaya Velasco, RN

Position: Nurse Coordinator, Health Services
Neighbourhood

How would you describe yourself? I am a good team player. I work well with other staff. As a leader, I share my knowledge with all and promote a good working relationship.

Share a bit about your family and growing up. I grew up in the Philippines and came to Canada when I was 23 years old. I completed my Bachelor of Science in Nursing when I was 20 and studied nursing here in Alberta at Grant McEwan University.

What are some of the most significant events in your life? When I became a Registered Nurse in Canada and when I started my own family.

How long have you worked at Touchmark?
Eleven years.

What do you enjoy most about your job?

Giving a quality of care to residents. Listening to their concerns and giving the best we can to meet their needs; focusing on their quality of life.

What Touchmark value do you most closely relate to and why? I am an ally. I insist on excellence as my standard approach. I am as enthusiastic about the success of my team members as I am about my own.

Outside of work what are your favorite ...

Activities: Volunteering at my church on Sundays as well as camping, being in nature, walking, and hiking.

Food: Philippine cuisine.

Movie: None in particular.

Music: Christian music.



We had a Grey Cup Happy Hour complete with Edmonton Eskimo Football (CFL) Alumni. They shared stories of bygone Grey Cup wins.



We celebrated the life and work of Scottish poet Robert Burns at our annual event. The evening included the piping of the haggis followed by Scottish dancers.



We had a fantastic voyage at our Seas the Day Cruise party.



We worked together to solve the latest Cranium Crunch puzzles. It's always fun to improve our memory and attention with fun brain games.

SAVE THE DATE!

MARCH BIRTHDAY & ANNIVERSARY PARTY

Monday, March 11 at 2 pm • Marquis Room

Entertainment by Neil and Nancy.

LUCKY SHAMROCK CASINO NIGHT

Friday, March 15 at 7 pm • Grande Foyer

Be our guest! Try your hand at games of chance like blackjack, keno, horse racing, and poker. May the luck of the Irish be with you. No money required. RSVP by March 13.

TRACING YOUR FAMILY TREE WORKSHOP

Thursday, March 21 at 2 pm • Monte Carlo Room

Hosted by the Alberta Genealogical Society. Bring a laptop, iPad, or tablet and learn the basics of tracing your ancestry. RSVP by March 18.

2019 GROUP TOURS PRESENTATION

Thursday, April 25 at 2:30 pm • Marquis Room

Ready to complete your bucket list? Are you interested in seeing the world differently? Do you want to explore a country and experience the local culture? Then join Merit Travel to learn about upcoming group tours we could go on together. RSVP by April 23.

View our {FULL} Life calendar online for a complete list of events: TouchmarkEdmonton.com

What others are saying ...

"First time I walked in, there was something about the ambiance. I looked at other places, but nothing else compared. The residents and staff are the friendliest. It's very bright and light and the whole general appearance is appealing."

- Mim Wright, resident



In the Sapphire and Emerald neighbourhoods, we stayed busy baking bread, dancing, and making valentines for our loved ones.

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