



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



LEANNE GUGENHEIMER
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbours can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Studio

Could a fall change your lifestyle?

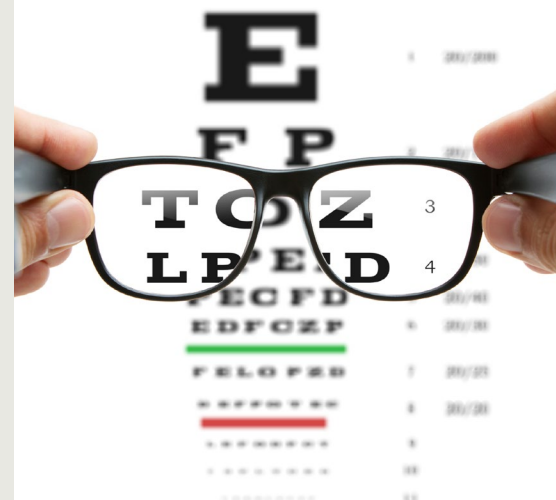
One in three older adults fall each year. Many are unable to return to the same level of function after a fall. Most injuries in older adults are caused by falls. As we age, the greater the risk and the more fearful we become. Our bodies change and this affects the way we feel, move, and behave.

A fall can have dramatic effects resulting in serious injury, chronic pain, and reduced mobility and quality of life. After a fall, people often lose confidence and participate less often in activities, which affects both their physical and mental health.

The good news is that there are things you can do reduce your risk of falling! The first step is to see your health care provider to identify reasons related to your health or environment that put you at risk. Then:

- Have your vision checked.
- Some medications cause dizziness or drowsiness, so review these with your pharmacist to understand the effects of your medications.
- Wear supportive and anti-slip footwear when walking outside.
- Be aware of hazards in your home, like area rugs and poor lighting.

The next step is to participate in our comprehensive balance program, where you will learn how to improve your balance, build strength, and be active. Contact Tracy Divincenzo, Health & Fitness Coordinator, for details on attending a fall reduction class here at Touchmark.



Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased. The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Felicia Jacob

Position: Retirement Counsellor

How would you describe yourself?

I am personable, sociable, pushing the status quo, and results driven.

Share a bit about your family and growing up.

My parents came from Holland, and I continue to keep Dutch traditions. We were encouraged and supported in all natural musical abilities. My siblings and I enjoyed playing our musical instruments and singing.

What are some of the most significant events in your life?

Raising my two sons, who are now grown. My sales career and travelling throughout Europe.

How long have you worked at Touchmark?

Since August 2018.

What do you enjoy most about your job?

Supporting families during the transitions with their loved ones.

What Touchmark value do you most closely relate to and why?

Compassion. Understanding the transition with aging parents, as I have gone through the process with my own parents.

Outside of work what are your favorite ...

Activities: Golf, walking, and reading.

Food: Seafood.

Movie: *The Notebook*; *Planes, Trains & Automobiles*.

Music: I like a variety; John Denver, Gospel, '60s, '70s, and '80s.



We enjoyed a traditional Middle Eastern performance with sheer veils and flowing scarves by the Shimmy Goddess Annyse, professional belly dancer.



Authors and photographers Ian Wilson and Jacinthe Lavoie gave a screen presentation of beautiful photographs of wildlife, birds, and flowers they took in the Rocky Mountains.

SAVE THE DATE!

ROBBIE BURNS DINNER

Thursday, January 24 at 5:30 pm

Celebrate the life and work of Scottish poet Robert Burns at this traditional event, including the piping of the haggis followed by Scottish dancers at 7 pm. RSVP by January 18.

SEAS THE DAY CRUISE PARTY

Thursday, January 31 at 3 pm • Grande Foyer

Beat the January blahs as we transform our foyer into a cruise ship! Photo booths, tropical drinks, and entertainment will be provided while you enjoy the South Pacific atmosphere. Dress in your tropical garb and have some fun! RSVP by January 25.

LET'S FLAMINGLE VALENTINE'S HAPPY HOUR

Thursday, February 14 at 4 pm • Grand Foyer

Ruffle some feathers and enjoy a soiree that'll have everyone squawking for years. Pink is the theme for drinks, decor, and attire as we celebrate Valentine's Day.

MARDI GRAS HAPPY HOUR PARTY

Thursday, February 21 at 4 pm • Grande Foyer

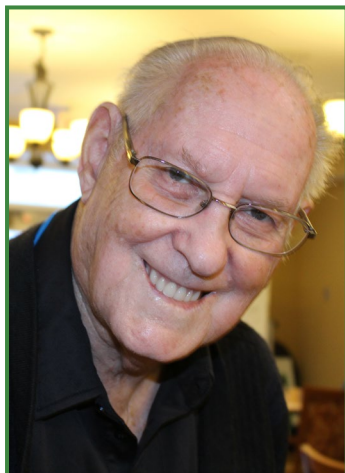
The French Quarter may have Bourbon Street, but our Mardi Gras party will be hard to beat! Enjoy rich colours of purple, green, and gold; jazzy music; and cocktails. Masks and beads will be provided. Flavours of Bourbon Street and old New Orleans will be featured at the buffet dinner starting at 5:30 pm. RSVP by February 17.

[View our {FULL} Life calendar online for a complete list of events: TouchmarkEdmonton.com](http://TouchmarkEdmonton.com)

What others are saying ...

"This is an open letter to the residents of Touchmark. On behalf of the homeless on the street, I want to say thank you. You all know who you are. Those of you who have given clothing, money, toiletries, etc. I want you to know how much it is appreciated. I am just the one who passes everything out and on, but you all have the gift of giving, and I love you for it. Thank you again. Blessings in the new year."

- Jeannie Alton, Bungalow resident



In the Sapphire and Emerald neighbourhoods, Ron and Arletta show off their beautiful smiles, and Ellen helps make holiday cookies.

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