



## “I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

### **The rewards of volunteering**

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

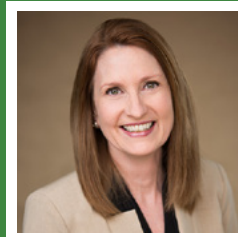
### **Making others “feel good”**

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



**Kim Lehmann**  
Director of Health &  
Fitness Operations

**“Life is like riding a bicycle—to keep your balance, you must keep moving.”**

*– Albert Einstein*

Recently, a good friend posed this question:

*“Do we live to exercise, or do we exercise to live?”*

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

### **Functional fitness improves ...**

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.



# Health & Fitness Studio

## Fitness is essential

Fitness is not an option—it's essential to maintaining our overall physical and functional capacity.

As we age, many people become more sedentary due to pain, weight gain, health problems, and fear of falling or injury; however, each of these obstacles can become their own motivation for improving your overall health and maintaining your independence.

In fact, physical activity is one of the main contributors to longevity—even if you don't become active until your senior years. Think of it as adding life to the years ahead!

## Here are a few tips for getting started:

**Keep it simple:** Start by taking a walk, graduate to a stationary bike, and go from there.

**Start slow:** Just 10 - 15 minutes of moderate physical activity each day will add up!

**Listen to your body:** Know your limitations, and ask a fitness professional to help you with ways of increasing your physical activity safely.

**Commit to it:** Find an activity you enjoy and make it an important part of your day.

**Be mindful:** Try to focus on how you feel before you start your daily exercise routine. Tune into your body with every movement you make. Being focused and mindful of what you are doing when you exercise helps to relieve anxiety and decrease your chance of injuries.

Certified Fitness Trainer Tracy Divincenzo specializes in older adult fitness and has worked with people living with multiple sclerosis, Parkinson's disease, and other neurological disorders. Schedule an appointment with Tracy today!



## Earth Day

Each month, Grade 4 students from Our Lady of the Prairies Elementary School volunteer their time with residents.

During April's visit, 75 Grade 4 students divided into three groups to interact with residents living throughout the community, including those receiving long-term and memory care services. The two generations worked side-by-side creating arts and crafts projects out of various recycled materials in honour of Earth Day.



**Name:** Ken Ducay

**Position:** Junior Cook

**How would you describe yourself?**

My coworkers describe me as a hard worker, who is very kind, happy, and a bit shy.

**Share a bit about your family and growing up.**

I grew up in the Philippines with my dad and my grandparents, while my mom was working here in Canada. I have three sisters, and I am the second oldest. My mom and her parents love to cook, and this is the reason why I love to cook, too. But the one thing that I really love is baking.

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

One of the most significant events in my life was moving here with my dad and sisters to live with my mom. Mom works a lot for us, and living in one house is the happiest moment for any family.

**How long have you worked at Touchmark?**

It will be two years on July 9.

**What do you enjoy most about your job?**

I really enjoy working with my team; also, every time I see the residents happy, because this is our mission: To enrich people's lives!

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

Hospitality and teamwork. Hospitality, because I like talking, especially to the residents, and teamwork, because I want to reach our goal, not just with me alone, but with everyone, and having teamwork is the key to making our job successful.

**Outside of work what are your favourite ...**

**Activities:** I love baking, reading the Bible, and going to church.

**Food:** I love pizza and pasta!

**Music:** I like Bruno Mars' songs.

**Movie:** I love animated movies. The last movie that I watched was *Coco*. It's all about family.





*We hosted The "Not So" Newlywed Game ... a spinoff of the classic game show that debuted in 1966.*



*Fun and friendship at afternoon cribbage!*

*We enjoyed a performance from the Charged Particles Jazz Band.*



*In the Sapphire and Emerald neighbourhoods we had fun parties including St. Patrick's Day, the Olympics, and Mardi Gras.*

# Save the date!

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## **ANNUAL MOTHER'S DAY FASHION SHOW AND SOCIAL**

**Friday, May 11, 2 pm • Grande Hall Dining Room**

Celebrate the special relationship between mothers and daughters with delicious tea and cake, and take in the latest fashions from ALIA N TAN JAY, modelled by Touchmark residents.

RSVP by May 7.

## **MOTHER'S DAY SOCIAL**

**Sunday, May 13, 2 pm • Emerald Neighbourhood**

Join us for fun, cake, and entertainment, as we celebrate everything we love about moms.

## **VICTORIA DAY HIGH TEA**

**Thursday, May 24, 2 pm • Grande Hall Dining Room**

Enjoy tea, sandwiches, fancy cakes, and lemonade. Ladies, put on your fancy dress, hat, and gloves; men, come dressed in your best dapper attire. RSVP by May 18.

## **FATHER'S DAY BEER AND PRETZELS**

**Thursday, June 21, 2 pm • Sapphire Neighborhood**

Nothing goes together better than beer and pretzels, and no time is like that spent with dads. Join us for a wonderful afternoon.

## **THE LONGEST DAY**

**Thursday, June 21**

This annual event is held in conjunction with the Alzheimer Society on the summer solstice and is a day to honour those facing Alzheimer's disease and other dementia. Join us in showing those affected that they are not alone. 8 am: Sunrise breakfast and cognitive puzzles. 10:30 am: Special exercise program.

## **CREATE A SUCCULENT TERRARIUM**

**Thursday, June 21 • 2 pm**

Enjoy a glass of wine while creating your own unique terrarium; all supplies included. You are only limited by your imagination. Cost \$25 per person; \$10 for each ticket sold will go the Alzheimer Society of Alberta & NWT. RSVP by June 15.

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

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## **What others are saying ...**

*"After looking at four different communities that I didn't like, I walked into Touchmark, and it was so bright and welcoming with such wide hallways, I felt like it was 'Welcome Home!' I have met a lot of people here, and everyone is so giving. I have never regretted moving here!"*

*-Olga Wingrove, resident*

**TOUCHMARK AT WEDGEWOOD**

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