



## One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

### **Improved circulation**

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

### **Increased bone density**

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

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loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

### More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

### Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



*"In every walk with nature, one receives far more than he seeks."*

– John Muir



JOAN DRAKE  
Life Enrichment/  
Wellness Director

April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and

thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.

# Health & Fitness Studio

## Why walking is the perfect exercise

Walking has all of the hallmarks of joint-and-body-friendly physical exercise, and it is packed with other health benefits. It can be performed at low or moderate intensity, is easy on joints, has a low risk of injury, and is simple to start.

Here are some great reasons why you should include intentional walking in your daily activities:

- Improves cardiovascular health
- Helps control weight
- Boosts your immune system
- Prevents and decreases arthritic pain
- Adds functional years to your life
- Helps reduce anxiety and builds friendship

With summer around the corner, now is a perfect time to dust off those walking shoes, grab a friend, and start reaping the benefits of a walking program. Join the Touchmark Trekkers group and follow the weekly schedule!



## What others are saying ...

*"I first saw and toured Touchmark in May 2018 and was very impressed with the elegance of the hallways and general ambiance of the building. I am also impressed with the varying levels of care provided in one community. I very much enjoy meeting people and participating in the many activities provided. Residents are made to feel welcome. (I am especially impressed by the staff who always address each person by name!) I love the variety of activities both within the building and also special group outings. I feel very safe and secure living here!"*

*- Ann Tuininga, resident*

## Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and care partners. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety

of activities to bring awareness and raise money for care and research. For example last year, Touchmark teams hosted a wide range of events, including a 5K fun run culminating in an explosion of colour, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.





# TEAM MEMBER

## *Spotlight*

**Name:** Patricia Davidson

**Position:** Life Enrichment/Wellness Assistant

**How would you describe yourself?** I am patient, fun-loving, and a people person.

**Share a bit about your family and growing up.** I have three boys ages 25 - 29. I grew up in Prince Albert, Saskatchewan. I have been married for 35 years. I worked in the television industry for 12 years prior to having kids.

**What are some of the most significant events in your life?** I have run my own fashion business for 27 years and counting.

**How long have you worked at Touchmark?** Three years this time and previously in Sales for five years.

**What do you enjoy most about your job?** I love the people! And I love being the "party girl."

**What Touchmark value do you most closely relate to and why?** Integrity. I can relate most with integrity, because I try to be honest, keep my promises, and take responsibility for my actions. I try to surround myself with like-minded people who are compassionate and sympathetic to the needs and wants of those around us.

**Outside of work what are your favorite ...**  
**Activities:** I love spending time at our cottage at Emma Lake in Saskatchewan.  
**Food:** I have a super sweet tooth.  
**Movie:** None in particular, but I do enjoy historical pieces.  
**Music:** I like all forms of music; I taught music to pay my way through The Northern Alberta Institute of Technology.





*Members of the Edmonton Musical Theatre company sang and danced their way through a wonderful performance.*



*COLOUR{FULL} events included Shamrock Casino Night and the Let's Flamingle Social.*



*Students from Our Lady of the Prairies interviewed residents about their love stories and then performed short skits for the residents on the information that they compiled.*



*Students returned for an afternoon of reminiscing and learning about residents' unique and nostalgic items, including traditional spinning wheels and rotary phones.*



# SAVE THE DATE!

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## **ANNUAL MOTHER'S DAY FASHION SHOW & TEA**

**Friday, May 10 at 2 pm · Grande Hall Dining Room**

Mothers, daughters, granddaughters, nieces, and friends are invited to see new spring fashions hosted by Sharon Cornejo from Pieces Passion for Fashion. RSVP by May 6.

## **ROCKY MOUNTAINEER TRAIN EXCURSION PRESENTATION**

**Thursday, May 16 at 2:30 pm · Marquis Room**

Join Tamara Mallin from Merit Travel to discover a hidden world of unparalleled beauty as you carve through otherwise inaccessible terrain in the Canadian Rockies. RSVP by May 13.

## **EVAN MORGAN LIVE**

**Friday, June 7 at 7 pm · Marquis Room**

Evan is a talented magician capable of visual sleights of hand and amazing feats.

## **ALZHEIMER'S ASSOCIATION LONGEST DAY EVENTS**

**Friday, June 21 · Various times**

**8 am:** Sunrise breakfast and cognitive puzzles.

**11 am:** 1-or 2-km walk around our community with grade 4 students.

**Noon:** Barbecue lunch with foot-long hot dogs, chips, and drink. Cost: \$5 donation.

**1:30 pm:** Carnival games and dunk tank. Cost: \$1/ball; \$5 for carnival games. All proceeds go to the Alzheimer's Society of Alberta & Northwest Territories.

*Carnival games and a team member talent show will also be held in our health services and memory care neighbourhoods. All are welcome.*

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

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*In the Sapphire and Emerald neighbourhoods, we made our own St. Patrick's Day hats and enjoyed an afternoon of crafts and laughs with students from Our Lady of the Prairies.*

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