

Celebrating Mardi Gras



With everyone decked in beads and masks (some residents wore their own artistic creations), the Mardi Gras celebration began. There was live music and a balloon game. Some of the cupcakes had hidden sugar babies, and those who found the sugar babies won prizes.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Friday, April 9, 2:30 pm
Entertainment by Gospel Tunes.
Chapel.

Saturday, April 10, 2 pm
Sing-along with Elsbeth.
Chapel.

Tuesday, April 13, 2 pm
Make jewelry with Bead Chicks.
Creative Arts Room.

Wednesday, April 14, 7 pm
Watch the movie *Titanic*

in recognition of the 98th anniversary of its sinking.

Sunday, April 18 to Saturday, April 24
Watch the complete *Planet Earth* series. See Life Enrichment/Wellness calendar for times.

(cont.)

(cont.) **Wednesday,
April 21, 11 am**
Lunch Out at The
Woodhouse.

**Thursday, April 22,
2:30 pm**
Entertainment by
the Senior Center
Singers. Chapel.

**Friday, April 23,
2 pm**
Celebrate Arbor Day;
plant a seed card.
General Store.

**Tuesday, April 27,
3 pm**
Wine social in the
Lobby.

Club news

- The new Line Dance class at Waterford Health & Fitness Club continues to grow. DeDee Hallada, Waterford's resident expert on the fun and social activity, brings many years of dance experience and enthusiasm to the class. Want to join the fun? Talk with a club team member.
- Licensed Massage Therapist Sarah Mahrer has joined the club. She specializes in Swedish and deep-tissue massage, general relaxation massage, treatment-oriented massage, prenatal and postpartum massage, reflexology, and acupressure. Sarah is nationally certified in therapeutic massage and body work.

"I like helping people improve their quality of life by decreasing pain and stress and increasing relaxation and rejuvenation through massage," says Sarah.

During her free time, Sarah enjoys playing the bassoon, playing volleyball, and being outdoors. She's a big fan of chocolate and movies.

The massage therapy room has been moved to the club. Stop by, see the new massage therapy room, and meet Sarah. ■

2010 in

20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

Crafting quilts of love

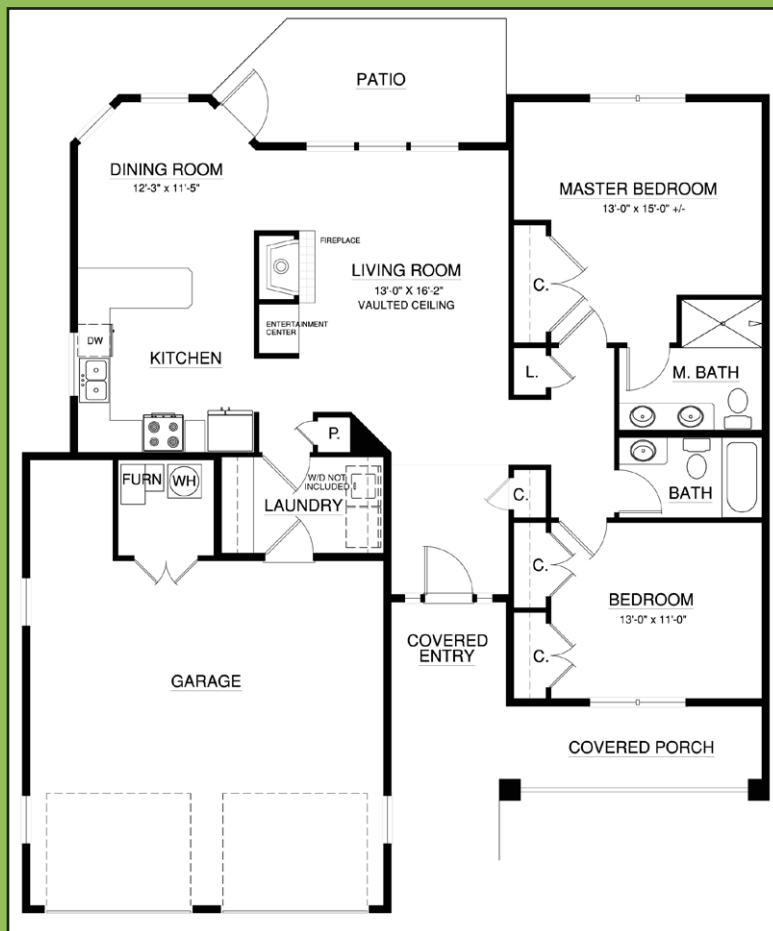


Evelyn Ledebuhr (left) and Betty Lech work on one of 21 tie quilts that the group donated to children at the Medcenter One hospital.

Spring into the good life!



Whether you are participating in the activities or just taking in the view from apartment 347, you'll feel right at home. This 967-square-foot home offers two bedrooms and two bathrooms. There are cathedral ceilings, a cozy gas fireplace, and laundry hookups.



Located at 1009 Waterford Drive, this 1,324-square-foot home offers two bedrooms and two bathrooms. . Call or stop by today for a personal presentation.

Moments of Pride —in the future



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

“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.” —Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe

The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing non-profit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who (cont.)

(cont.) are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the

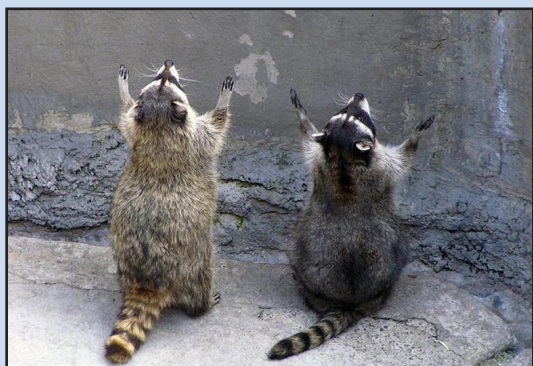
mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both

the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



“Stick ‘em up! This a robbery.”
~ Resident Marion VanDinter

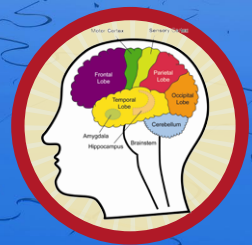
“Two naughty raccoons minus the dunce cap.”
~ Resident Eve Brouard

“Hallelujah.”
~ Resident Nancy McLaughlin

“What’s the big deal. We didn’t mean to do it.”
~ Resident Larry VanZummeren

“Thank you ladies and gentlemen, and for our next number ... ”
~ Resident Clare Peters

Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

- | | |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____ |
| 2. MILL: __ milk__ | 11. EGO: _____ |
| 3. BATTER: _____ | 12. BATON: _____ |
| 4. HEAT: _____ | 13. HAT: _____ |
| 5. MEET: _____ | 14. RIDE: _____ |
| 6. BORN: _____ | 15. STEAL: _____ |
| 7. DEMON: _____ | 16. DISH: _____ |
| 8. FORK: _____ | 17. TUNE: _____ |
| 9. REEF: _____ | 18. OATH: _____ |

- ANSWERS
- | | | | |
|-----------|----------|-----------|-----------|
| 1. bread | 5. meat | 9. beef | 14. rice |
| 2. milk | 6. corn | 10. soup | 15. steak |
| 3. butter | 7. lemon | 11. egg | 16. fish |
| 4. bear | 8. pork | 12. bacon | 17. tuna |
| | | 13. ham | 18. oats |