



THE {FULL} LIFE

Touchmark at Wedgewood Newsletter

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LEANING INTO BALANCE

Maintaining a good balance in life, both physically and mentally, is a crucial skill for all people. Research shows that the longer older adults are isolated and remain seated, their risk for falls increases—and the progression of chronic diseases, such as diabetes, anxiety, osteoporosis, depression, and heart disease—rises. Conversely, research also shows that daily standing exercise with adequate intensity can limit or reverse these trends.

Following that science, Touchmark at Wedgewood is the first retirement community in Canada to acquire the S3 Balance, a standing balance/strengthening/flexibility device created by a Doctor of Physical Therapy. Touchmark residents are now able to safely challenge themselves using the S3 portable training equipment that resembles

miniature parallel bars. Working with Health & Fitness Director Tracy Divincenzo, residents self-spot using a hand position that matches their individual needs and desired intensity. Trials using the S3 Balance have shown an average reduction in fall risk of 199% in high-risk residents.

One resident who has experienced that firsthand and repeatedly signs up for the S3 training classes is Barb Talty. She says, "The S3 training has expanded my fitness routine and given me some of my mobility back. I feel more confident, and I also feel very safe when using it. When the pandemic was at its worst, having the S3 program and Tracy's encouragement helped me so much mentally and physically." We encourage you to talk to Tracy about how improving your balance can benefit your daily life.

WOMEN'S HISTORY MONTH: JEANNIE ALTON

For Women's History Month in October, Touchmark recognizes this exceptional female resident who has defied the odds in her personal and professional life as well as shows exceptional examples of leadership in our community.

Who was a strong female influence in your life?

My mother was a big influence in my life. She was a single parent and worked very hard in a man's job, six days a week. During the war years, she was a very strong woman and worked at Capital City Box Factory as a Foreman. She did what needed to be done, and even though we didn't have much, her door was always open to help others. That's how I live my life today, doing what needs to be done and helping in whatever ways I can.

Please tell us about your personal and professional background.

I've been married to my husband Robin for 66 years (we met at 14 at a teen dance). We have five children, 16 grandchildren, and 15 great-grandchildren.

Career-wise, it's a funny story. The father of a boy I babysat for was the Head Geologist for Texaco Exploration, and he



offered me summer jobs and a full-time job when I had to quit school. I worked for Texaco in the geology department doing scout reports and typing, then moved into the accounting department, typing their figures and monthly reports. I ended up moving up to a position in the engineering department as a stenographer and worked there until I was married and expecting our first child. Robin and I went on and had five children, and I was a stay-at-home mom for a while.

To read Jeannie's full story, visit www.Touchmark.com/blog.

COMMUNITY HIGHLIGHTS

Enriching lives through fun and vibrant community events! Note: The photos below show The {FULL} Life at varying stages of provincial and local mask mandates.



COMPREHENSIVE HEALTH



WENDY SCHRAG,
RN-BC
Vice President,
Clinical Services

When considering a move to a senior-living community, health care is often a priority. It's important to know that you'll have options for convenient and quality services that allow you to age in place surrounded by people who know and care about you. But that's just one aspect of Touchmark's philosophy when it comes to healthy living. This is why programming is based on the seven dimensions of wellness: emotional, environmental, intellectual, physical, social, occupational, and spiritual. Using these seven dimensions as a guide, Touchmark offers services and amenities that enhance comprehensive well-being.

Here's a quick look at how:

- Health and fitness programming that is tailored to the needs of older adults makes it easy for residents to find routines and certified fitness professionals who work with them and provide personalized support and feedback.
- Touchmark's leadership teams stay up to date on science findings so that we are always implementing proven benefits that keep us all healthy. Whether that's having the coronavirus testing capabilities on-site or keeping in close contact with local and national authorities to determine best practices for keeping residents and staff healthy, decisions are always made with the good of the community in mind.
- The Life Enrichment/Wellness team creates events and activities that nurture the soul and uplift the heart. Incorporating resident feedback into the decision-making process gives residents numerous opportunities to pursue their interests and hobbies, making it easier to discover new passions and fulfill aspirations.

True wellness is dynamic and connects the body, mind, and spirit. By focusing on a person as a whole, the many factors that contribute to comprehensive health can work with and build off each other to create a MEANING{FULL} life.

ROASTED APPLES

4 Granny Smith or any variety of apple
30 ml melted butter
55 g brown sugar
5 ml cinnamon



Cut the apples into eight pieces and remove the seeds. Melt the butter and add the brown sugar and cinnamon to make a glaze. Toss the fruit with the melted butter mixture. Place the apple slices on a baking sheet and pour any remaining butter mixture over slices. Bake at 200°C until the fruit is soft, approximately 40 minutes.

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