Celebrating mothers and fathers

We honoured the special women in our lives with a Mother’s Day fashion show and tea last month. Residents modelled some of the latest spring fashions from Rack & Roll Fashions while those in attendance admired the outfits and sipped on an afternoon tea.

Later this month, we’re recognizing fathers, sons, and grandsons with a special Father’s Day buffet dinner and comedy show. Join us on **Sunday, June 19 at 5:30 pm** for a delicious meal, quality time together, and an entertaining performance by Nightengale.
Give your brain a reason to function!

As we age, inevitable changes occur throughout the body, including the brain. In older adults, some areas of mental ability (e.g., vocabulary, analytical skills) actually improve.

Did you know that 50% of cognitive function is determined by our genetics and age, while the other 50% is under our direct control?

The known risk factors for cognitive decline include:

- Lack of mental and physical activity
- Substance use and abuse
- Social isolation
- Poor nutrition and sleep
- Chronic stress
- Medical conditions such as diabetes, depression, hypertension

**How can we maximize our mental ability and reduce the effects of aging?**

Recent research proves we can increase the number of neural connections at any age by challenging our brain. More connections mean improved cognitive function and fewer symptoms caused by dementia or trauma.

This requires a multifaceted approach. Wellness initiatives such as building a social network, continuous learning, improving skills or learning new ones, physical activity, good sleep, and nutrition are proven to have a huge impact and long-lasting effects.

Attend exhibits, plays, musicals, and poetry readings; take a workshop or course; start a new hobby; listen to TED talks; download an app for brain stimulation.

If you are learning something new, changing a pattern or routine, or exercising your mind while you exercise your body, you are focusing on your intellectual wellness. And people who develop their intellectual wellness are more likely to maintain healthy cognitive function with age.

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**A summer of fun**

The weather’s warming and the days are getting longer—it’s time to enjoy the season! Put the worries of home maintenance behind you at Touchmark.

*This Whistler bungalow home has 2,034 square feet on the main floor with three bedrooms and two bathrooms, vaulted ceilings, granite countertops, stainless-steel appliances, hardwood flooring, and a tiled wine cellar—plus an additional bedroom and bathroom in the finished basement.*
Residents showed off their skills during a visit to the St. Albert Bowling Centre.

The talented members of St. David’s Welsh Male Choir visited Touchmark to give a special performance to residents and guests.

Later in the week the GeriActors and Friends Performance Company put on a great show.

To celebrate Nurses Week, we hosted a luncheon for retired nurses who live at Touchmark. The group enjoyed a delicious meal and a great time reminiscing on their careers.
For additional details of an event, including registration, transportation, and participation requirements, contact a Life Enrichment/Wellness team member.

**Tuesday, June 7, 7 pm**
**Glee Club spring concert.** Check out the talented singers of Touchmark at their seasonal performance. The theme for this performance is “Dean Martin and Friends.” Marquis Room.

**Wednesday, June 8, 2:30 pm**
**Celebrate the 30th anniversary of Seniors’ Week.** Join as as we enjoy strawberry shortcake, tea, and entertainment by Val Abello. Fireside Grill.

**Friday, June 10, 7 pm**
**Edmonton Musical Theatre Youth Group presents Young at Heart.** This talented group of 11- to 16-year-olds puts on several performances each year. This revue show will include songs from Disney films and *A Chorus Line*. Marquis Room.

**Sunday, June 19, 5:30 pm**
**Father’s Day buffet dinner and comedy show.** Fathers and sons of all ages are invited to join us for a special buffet dinner and an entertaining performance by Nightengale. RSVP by June 12.

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**Join us!**
**Monday, June 20, all day**

**The Longest Day.** To raise awareness for the Alzheimer Society and to symbolize the daily challenges of those living with dementia, we’re hosting a full day of activities on the longest day of the year. Events include sunrise breakfast, 1km or 2km walk around the community, barbecue lunch, carnival games, and a performance by the Edmonton Concert Pops. RSVP by June 16.

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**Monday, June 27, 2 pm**
**June birthday and anniversary party.** If you’re celebrating this month, join us! The Old Smoothies will perform. Marquis Room.

*View our {FULL} Life calendar online for a complete list of events: TouchmarkEdmonton.com*