



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



JOE MAY
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Studio

Relax in the new year

We would like to welcome yoga instructor and massage therapist Shairon Wittke-Sears to our team. Shairon has been a massage therapist and yoga instructor for over 17 years in the Helena area. She will offer yoga classes for every level. Along with being a certified yoga instructor, Shairon is also a licensed massage therapist.

Get moving by participating in the Trek or Trail challenge. To complete the challenge, participants must either walk 20 miles or trail ride for 60 miles on the Espresso HD bike in the month of January. Riders who prefer to challenge themselves on the Espresso Dragon Fit games must log at least 5 million points.

American Heart Month

February is American Heart Month, during which various national and local health organizations urge people to learn how to keep their hearts healthy, assess risks for heart problems, and adopt more active lifestyles. Here are some ways you can protect your heart:

- Maintain a healthy weight.
- Get your cholesterol and blood pressure checked regularly.
- Drink alcohol in moderation, if at all.
- Reduce saturated fats and sodium.
- Engage in physical activity for at least 2.5 hours per week.



What others are saying ...

"It is a good way to have input. It is a good way for me and for other residents to be heard. I like to understand why things are done the way they are. I like the willingness of people in charge to listen to others, and to live out their decisions every day."

- Barbara Gallagher, Resident Council member

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Shayla Crandell

Position: Dining Services Manager

How would you describe yourself?

Dedicated, hardworking, always puts others before self, "punny" sense of humor (according to my team members.)

Share a bit about your family and growing up.

I am the youngest of nine children. My oldest brother is 22 years older than I am! I can closely relate my upbringing to the *Little House on the Prairie* books.

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

I don't have many positive significant events. One positive was the chance to go to the U.K. in 2012. It was a really great experience! I am an open book and have a lot of interesting stories I am always willing to tell.

How long have you worked at Touchmark?

Since August 2018.

What do you enjoy most about your job?

Hearing that the residents are pleased with what the staff and I are able to do for them. Truly warms my heart!

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

"I am an ally." When I start a job, I strive to show my team members the joy of going above and beyond to make sure everyone's needs are met. I truly believe that we have the ability to make everyone's day a little better just by listening, communicating, responding correctly, and smiling!

Outside of work what are your favorite ...

Activities: I enjoy watching sports more than most! Photography is one of my favorite things to do. There is nothing better than capturing a new memory being made.

Food: Sushi, pizza, and bread.

Movie: *Pearl Harbor* or *October Sky*.

Music: Christian worship.



Community fun included performances by Meuret's Treble Makers and Voices of Tomorrow Choir, the annual crèche display, a fun mustache-themed birthday celebration, and and a faux stained glass craft class.

SAVE THE DATE!

JANUARY INDOOR WALKING CHALLENGE

Come and check out our indoor walking circuit, water stations, and other fitness options in a warm, secure environment. Sign up to participate in the challenge or commit to joining one of our exercise classes. Earn a prize for walking 50 miles in January!

TOUCHMARK REMEMBRANCE SERVICE

Friday, January 4 at 10:30 am • Forum

Honor those friends we have lost in 2018 with a meaningful service and memorial display.

LADIES ALOFT: TIFFANY YETTER FROM SYSCO

Friday, January 4 at 2 pm • Forum

Join the group for an elegant afternoon tea and hear from Tiffany about the logistics involved with getting food from the field to our tables! RSVP at the front desk.

POPCORN & MOVIE AFTERNOON

Saturday, January 19 at 1:30 pm • Forum

Celebrate National Popcorn Day with popcorn and a movie! Watch *Unbroken: Path to Redemption*.

MASTERWORKS CONCERT III AT CIVIC CENTER

Saturday, January 26 at 6:45 pm

Proclaimed to have the fastest fingers in the world, international superstar pianist Claire Huangci returns to perform Saint-Saëns' lush and witty Piano Concerto No. 2, which took only 17 days to compose. Cost: \$32 - \$52. Sign up at the front desk.

FOUR CHAPLAINS PROGRAM PRESENTED BY THE AMERICAN LEGION

Friday, February 1 at 2 pm • Forum

Four Chaplains Day, as Congress has declared February 3, honors the four chaplains who went down with their ship, as they gave their life jackets to other passengers. Come and learn more about this amazing and inspiring story.

AARP'S SMART DRIVER CLASS

Wednesday, February 27 at noon • Forum

This class provides rules of the road updates and strategies to adapt to the effects of aging. Class is open to all ages; participants age 55 and older are eligible for an auto insurance premium discount. Cost: \$15 for AARP members and \$20 for nonmembers. Call 406-457-4712 to register.

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



Residents of the Sapphire and Garnet neighborhoods had fun playing games and wearing costumes during a visit with local preschoolers.

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