



## “I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

### **The rewards of volunteering**

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

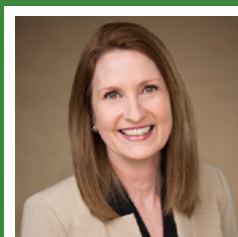
### **Making others “feel good”**

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



**Kim Lehmann**  
Director of Health &  
Fitness Operations

**“Life is like riding a bicycle—to keep your balance, you must keep moving.”**

*– Albert Einstein*

Recently, a good friend posed this question:

*“Do we live to exercise, or do we exercise to live?”*

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

### **Functional fitness improves ...**

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.



## Health & Fitness Studio

Touchmark Health & Fitness Studio has added high-intensity interval training games to its Espresso HD lineup. These interactive games challenge you to collect coins and other objects that add up to increase your score. The games provide such a fun experience, you may not even realize you're exercising!

If you haven't tried the Espresso HD before, it's a virtual reality riding experience featuring an exercise bike with steerable handlebars, gears, handbrakes, and a TV screen. As you pedal and steer your bike, a digital version of you navigates a variety of worlds onscreen. Using the internet, it's easy to race against friends from across the room or even around the world!

Come challenge yourself while raising your fitness level today!



## Conductorcise® classes begin

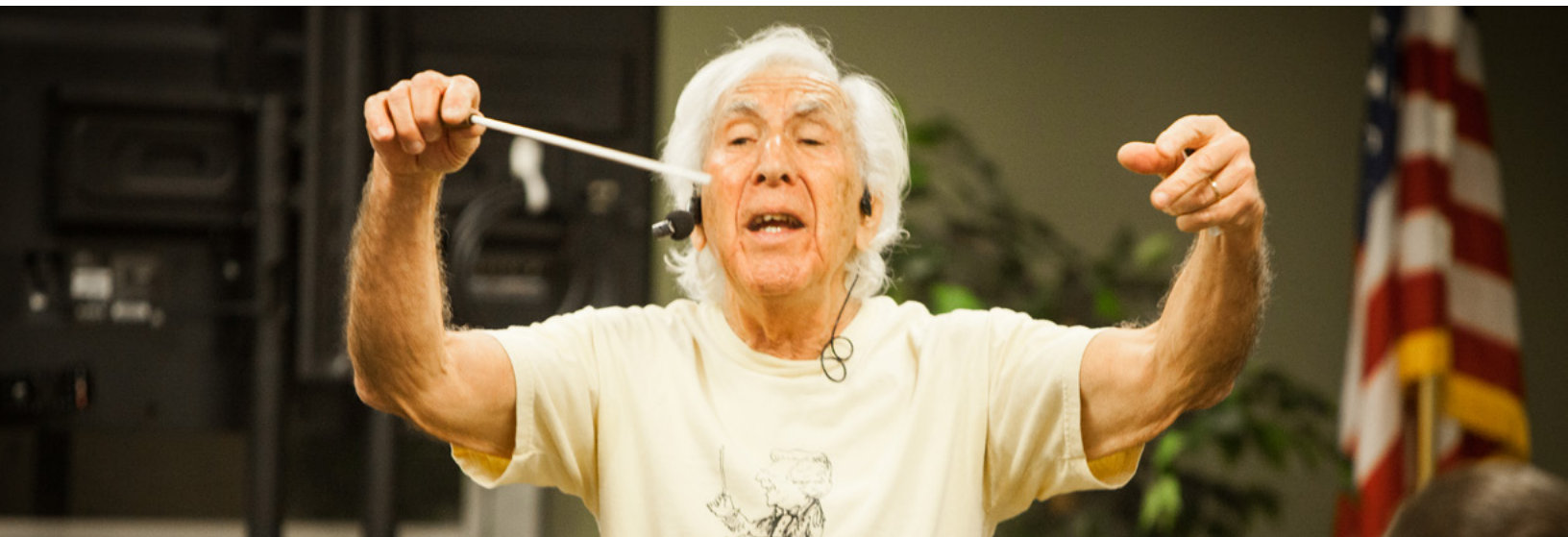
A new fitness class for residents was recently launched by the founder of the energetic Conductorcise program, and the public was invited to participate in an interactive presentation.

Maestro David Dworkin, creator of Conductorcise, spoke about the benefits of this unique form of exercising to music and led participants in a participatory session.

Modeled after the movement of orchestra conductors, Conductorcise engages the arms and upper body in creating motion to classical music as a physical workout. Classes provide a low-impact workout for the upper body that improves flexibility, posture, and circulation.

While at Touchmark, David taught and certified staff members to be Conductorcise trainers, who will lead ongoing Conductorcise classes.

From Bedford Hills, New York, David began his career as a clarinetist and was an avid chamber musician. Within his career, he has led orchestras across the globe, including at the Manhattan School of Music, the Philharmonic on the Hudson, and the New Jersey, Vermont and Manhattan symphony orchestras. Upon his retirement from conducting, David created and developed the Conductorcise program to share with others.





# TEAM MEMBER

## *Spotlight*

**Name:** Kerry Gassett (seated)

**Position:** Administrative Assistant

**How would you describe yourself?**

Outgoing and happy.

**Share a bit about your family and growing up.**

I was born in Libby, Montana, and have two brothers. I am the middle child of three. I'm married and have three boys. I moved to Helena in 2006.

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

Getting married and having my three boys and five grandchildren.

**How long have you worked at Touchmark?**

I have been with Touchmark 7½ years.

**What do you enjoy most about your job?**

Being around and helping residents and listening to them, as they all have great stories.

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

I am a Friend: I am a friend to all residents, and I enjoy making them smile, and I look out for their well-being.

**Outside of work what are your favorite ...**

**Activities:** Working in my yard, studying birds, planting flowers, watching baseball games.

**Food:** Mexican and Italian, although I can only make a couple dishes of each.

**Movie:** *An Officer and a Gentleman* and *I Can Only Imagine*.

**Music:** Country, classic rock, and '70s and '80s music. I have been to several concerts.





*We celebrated April birthdays with a Sunny Spring Cocktail Celebration and Prime Rib Dinner. Those celebrating their birthday each received a yellow rose.*



*The Men's Group met for lunch and a presentation from Carl Mason from Boeing.*

*Sweet treats were part of the ALOFT gathering.*



*The Sleeping Giant Boy Choir put on a beautiful afternoon performance.*



*We had a toe-tapping good time with the Seldom Paid Jammers.*

# Save the date!

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## **MONTANA LIVING WELL WORKSHOP**

**Thursdays, May 3 - June 7, 1 - 3:30 pm • Private Dining Room**

Learn skills needed in the day-to-day management of chronic health conditions, such as arthritis, asthma, diabetes, and heart and lung disease. This six-week workshop will address the challenges common to many long-term illnesses, such as pain, fatigue, physical limitations, and dealing with difficult emotions. Conducted by the DPHHS Chronic Disease Self-Management Program.

## **MOTHER'S DAY AFTERNOON SOIREE**

**Friday, May 11, 2 pm • Four Seasons Dining Room**

The theme this year is BIG hats! Frills are encouraged but not required. We'll enjoy sweets and treats, tea sandwiches, photo taking, and memory making! Tickets are \$5 per person. Marcia Wall from the Angel Fund will be our inspirational speaker.

## **SPECIAL PROGRAM: THE FRETLESS**

**Tuesday, May 15, 1 pm • Forum**

The Fretless is a new approach to folk music that is quickly gaining high acclaim around the world. This unique band is taking string music to fascinating places as it transforms fiddle tunes and folk melodies into intricate, beautiful, high-energy arrangements. Enjoy this special performance!

## **HORSESHOE COURT DEBUT WITH BURGERS AND BEER**

**Thursday, June 14, 4 pm • Back area of Touchmark**

Join us as we unveil our new horseshoe courts! Enjoy barbecued burgers and brats, baked beans, potato salad, and watermelon slices. We will also be serving a selection of local beers.

## **THE LONGEST DAY**

**Thursday, June 21, sunrise - sunset**

Held annually on the summer solstice, The Longest Day honors the strength and endurance of those living with Alzheimer's disease and other dementia and their caregivers. Join us for events scheduled from sunup to sundown, including a sunrise prayer service, blueberry pancake breakfast, crafts, games, and outings. We'll end with an evening dessert in the garden accompanied by live music.

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

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## **What others are saying ...**

*"The prime rib served at the birthday celebration was one of the best that I've ever had."*  
-Milo Aasved, resident

**TOUCHMARK ON SADDLE DRIVE**  
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