



# THE {FULL} LIFE

## *Touchmark on Saddle Drive Newsletter*

2018  
ISSUE 1



## Discovering new fitness possibilities

“Exercising is critical! If you want to feel good and not be tired, you have to move,” declares Barbara Bruno, adding, “If I can do it, anyone can.” Rather than slow her down, the fact that she has had three knee surgeries for a torn meniscus motivates her to exercise more.

A board-certified internist and cardiologist for 20 years, Barbara was the first female cardiologist in Scottsdale, Arizona, and was the leading expert in pacemaker implantation. She had been a registered nurse before returning to school and obtaining her medical degree.

In addition to creating a sense of well-being, Barbara appreciates how daily exercising gives her a sense of accomplishment and supports her independence. Her favorite exercise? “Pickleball!” Earlier in her life, Barbara was an avid tennis player and had never heard of pickleball, but now she enjoys it more. “It’s a quicker game, and I find it more interesting. By the time we finish playing one-and-a-half to two hours, we’ve had a great workout, and it’s so much fun.” She says it has been rewarding to see how she and other players have improved through practice.

### **Variety keeps it interesting**

In addition to playing pickleball three times a week, Barbara takes advantage of the classes and equipment at Touchmark daily. “I’m taking tai chi, which actually provides a lot of movement from one side to another, and that’s helpful with balance.” She also does strength training and is going to work with Touchmark’s personal trainer for a few sessions. “Getting strength training is so important to prevent falls. We lose muscle if we don’t work out regularly, and that ups your risk of falling.” She appreciates how Touchmark trainers make sure you’re doing things safely and correctly.

**CONTINUED ON PG. 2**

*This is the first issue with our new design and bimonthly schedule!*

## CONTINUED FROM PG. 1

Barbara also has a treadmill and hand weights in her home and uses those to limber up before heading out to play pickleball. Hiking with the Touchmark Trekkers is another favorite pastime. “About a dozen of us go on these hikes, which is a comfortable number, and it’s fun being with a group of people and exploring different trails.” She appreciates how Touchmark staff scout the trails in advance and know the distances and whether they are most appropriate for beginning or intermediate hikers.

### Exercising offers even more benefits

Both as a doctor and from her own personal experience, Barbara knows exercising’s benefits, and she quickly lists four:

1. “It’s good for your whole body, particularly for your heart and brain.”
2. “It’s a great stress-reducer. Sitting all the time is the worst thing you can do. Sedentary behavior can be just as risky as smoking. You must get up and move every hour.”
3. “It combats fatigue! If you don’t move, your body just starts to freeze.”
4. “You just feel better!”

### Added benefits of the Full Life

Before moving to Touchmark, Barbara and her husband were living isolated in the woods, so she especially appreciates having a sense of community. “I love being in a community, being around other people. There are so many things to do here, there’s never a dull moment. You have to pick and choose.”

She’s part of a health book club, where members read books relating to nutrition, stress ... anything relating to health. “We meet twice a month. The next book we’ll be reading is *The Alzheimer’s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*.

“There’s never a boring moment here—and that’s a good thing!”



**Steve Ferrarini**  
Vice President,  
Hospitality

**“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf**

Food is amazing! A meal can impact each of our lives in so many ways. Not only does food feed our bodies, the social aspect of eating a meal with others nourishes our souls. In addition, familiar flavors and foods can harken us back to wonderful

memories and another time and place. In other words, meals and the whole dining experience have the potential to enhance our overall well-being.

At Touchmark, we’re working to make people’s meals delightful every time they dine with us. By detailing, perfecting, and providing supportive tools for every aspect of the dining experience—from how chefs slice onions to when servers clear empty plates—we’re making Touchmark’s dining program one of the best in the business and better than many standalone restaurants.

In fact, we just completed a series of culinary and service manuals for every Touchmark kitchen that thoroughly describes and illustrates cooking techniques and hospitality excellence. We also recently gathered all executive chefs and Dining Services managers for several days of training and discussions about all aspects of food and service. Our talented chefs are taking the information from the training and sharing it with their teams to create a dining experience that will be delicious and memorable, one people will love.

Another aspect of Touchmark Dining Services that we are very proud of is the way our servers and staff interact with residents and guests. Our mission at Touchmark is *to enrich people’s lives*, and Touchmark team members take this to heart. Our values—Hospitality, Compassion, Excellence, Teamwork, and Integrity—support this mission, and team members work every day enriching the lives of everyone they meet and have the opportunity to serve.

For many of our servers, working at Touchmark is their first job. By instilling the fine points of service excellence and etiquette into these young workers, we are able to help them gain a solid foundation of skills that will serve them well in their future endeavors.



# Health & Fitness Studio Update

## Indoor Walking Workout Winter Challenge

Come take a winter walk in a safe, warm, and secure environment with our indoor walking circuit. With water stations along the way and plenty of friends nearby, this circuit is a great way to stay in shape and feel your best!

Sign up to participate in the walking challenge and win a prize if you walk 50 miles!

## Feel your best in the new year

There are plenty of ways to stay healthy this coming year. If walking isn't your thing, consider joining one of our many exercise classes, schedule a one-on-one personal training session with Michael Budak, or create your own workout plan. The Studio will provide you with your own personal training brochure, which lists your personal machine seat and weight adjustments, so it's easy every time you come in. Stop by the Health & Fitness Studio and explore your options today!



## Benefits of Functional Fitness

Each day, residents in our Garnet and Sapphire neighborhoods gather and exercise with caregivers. Based on global research published in the *Journal of Gerontology*, Touchmark's Functional Fitness program began in 2015. "The goal is to improve functional ability in lower- and upper-body strength, flexibility, and mental engagement," says Kim Lehmann, Director of Health & Fitness Operations.

"Since we began the program, we are averaging an increase of approximately 25% in all three areas of functional ability, and our tracking systems for mental engagement show a 10 - 15% improvement in as little as 16 weeks."





**Name:** Elena Smith

**Position:** Resident Relations Move-in Coordinator

**How would you describe yourself?**  
Helpful, mindful, caring, and a people person.

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

I was born in Moscow, Russia, and was adopted when I was 6 years old by a Helena family. I have now lived here for 21 years. My husband and I have two beautiful kids—a boy, 6, and a girl, 4.

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

Being adopted and going to kindergarten when I first moved here, marrying my husband Kevin Smith, and having kids.

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

**What do you enjoy most about your job?**  
I love being able to help make residents' lives easier.

**What Touchmark value do you most closely relate to and why?**  
Being a friend to the residents and their families—being able to help out when I am needed.

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

**Activities:** Spending time with my family and friends, traveling, and snowboarding.

**Food:** Lobster is my favorite. Brussels sprouts are my very least favorite!

**Movie:** Throughout the years I have had many favorite movies, from *Sleeping Beauty* to *The Princess Bride*.

**Music:** Mostly country music; I can handle anything but rap.





*Community activities recently included quilting group working on holiday gifts, Ladies Tea & Talk, musical performances by local school choirs, and a holiday eggnog party with caroling.*



# Save the date!

## **TOUCHMARK REMEMBRANCE SERVICE**

**Friday, January 5, 10:30 am • Forum**

Honoring those friends we lost in 2017 with a meaningful service and memorial display.

## **JANUARY BIRTHDAY CELEBRATION**

**Thursday, January 18, 4 pm • Lobby**

Tropical Luau with music by the Hopeful Troubadours and piña colada cocktails.

## **NATIONAL POPCORN DAY**

**Friday, January 19, 2 pm • Forum**

Celebrate with popcorn and a movie! Watch Cary Grant and Deborah Kerr in the classic *An Affair to Remember* while enjoying one of America's favorite snacks and a soda.

## **MASTERWORKS CONCERT III: VIOLINIST TIM FAIN & BOHEMIAN DANCES**

**Saturday, January 27, 6:45 pm • Civic Center**

Join us for Bohemian gypsy music as the Helena Symphony welcomes world-renowned violinist Tim Fain. Cost: \$32 - \$52; sign up at front desk.

## **AARP PRESENTS SMART DRIVER**

**Wednesday, January 31, noon • Forum**

Tap your brakes and put it in park for this informative class on adapting your driving to the effects of aging. Includes a refresher on rules of the road and can result in an auto insurance discount for participants ages 55-plus. Cost: \$15 for AARP members; \$20 for nonmembers. Call 457-4712 to register.

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



*Residents enjoy keeping their minds active during the colder months by working on a few different puzzles that are going at all times.*

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