



Shawn Paul Dziub

One at a time, dreams are coming true

We kicked off the new year asking residents and team members, "What comes next?" What are you itching to do in 2019? If you've yet to set some goals, we have inspiration from Touchmark on West Century residents Dorothy Krogen and Eunice Balzer. Last year, both women were able to complete a final bucket list item they happened to share: to see North Dakota's beautiful landscape from up high in a hot air balloon.

The event came together with the proactive help of Life Enrichment/Wellness Director Destiny Sisk. "When I first started, some of the staff told me about Dorothy's bucket list item. And then, I met Dorothy and I was like, we've

got to make this happen. Yep, we're going to do it this year," Destiny says.

Tickets to the Medora Hot Air Balloon Rally are by invitation only and it took Destiny a string of phone calls and some investigative skills to contact the right person, but when she explained the situation, organizers were more than happy to help. "I got connected with this guy who said he would love to have Dorothy and a guest, so that was luck," she says.

Fortunately, the weather also held up its end of the bargain on the day of the ride, and Dorothy and Eunice got the experience for which they had waited so long. They proved that

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while patience is sometimes necessary, good things come to those who reach out to others for help achieving their goals. Furthermore, neither let anything get in the way once the plans were in motion. "It's tough getting in the basket, anyway, when you have an artificial knee," Eunice laughs.

Since their ride, Dorothy and Eunice have both committed to making new bucket lists. There's simply so much more to do! What bucket list items will you complete this year?



Photos by Shawn Dziuk

"To eat is necessary, but to eat intelligently is an art."

– François de La Rochefoucauld



STEVE FERRARINI
Vice President,
Hospitality

March is National Nutrition Month, which inspires us to consider the critical role nutrition plays in our overall health and well-being.

While healthy eating is important

for everyone, it is especially vital in contributing to our health as we get older. Recent scientific studies show that maintaining a well-balanced, nutritional diet is one of the most effective strategies for living a vibrant life and preventing illness.

Eating nutritious, healthy meals can also provide a powerful emotional boost. When you eat something that you know is good for your body, you feel happy knowing you've made a solid choice that will propel you through your day. The prospect of exercising or engaging in a fulfilling activity will seem much more appealing after you've eaten a satisfying, nourishing meal.

At Touchmark, we take pride in helping people reach optimal health, and we understand how nutritious eating fits into whole-person wellness. We also realize that dining is a complete sensory experience, which is why we focus on providing a balanced menu with options for all tastes. Tell us your preferences and needs, and we'll do our best to accommodate them while providing a delicious, enjoyable dining experience.

Resident Juanita Ryan says, "I have never eaten so many vegetables as I have since I came here! I talk with the chef at least once a week. He's very good. He listens. Our servers are really good, too."

Health & Fitness Club

Cross-country skiing

Friday, March 1 from 9 am - 3 pm

Come experience the crisp mountain air and scenic views. No experience necessary; participants must be able to walk longer distances with no assistance. Cost: \$35 for Club members, \$45 for guests. Limited spots available. Participants are responsible for the cost of their lunch on the mountain. See Member Services for more information or to RSVP.

Healthy herbs

Wednesday, March 20 from noon - 2 pm

Spring means prepping gardens and blooming tulips. It's time to get our hands in the dirt. Join us to plant kitchen herbs to take home and learn some tips and tricks for gardening in Idaho (and share your own with others). We will have pots and several different



types of seeds for you to choose. Let's welcome springtime together! Light refreshments will be served.

Family swim nights

Friday, March 29 and April 26, 6 - 8 pm

Bring your family for a fun time in the pool with delicious treats for purchase at the Elkhorn Cafe. Get \$1 off all frappes, frozen yogurt, and smoothies! Adult supervision required.

The Touchmark Health & Fitness Club is open Monday - Friday from 6 am - 8 pm and Saturday from 8 am - 3 pm. Call Member Services at 208-319-5261 for more information.

Exercise—and Support—is Medicine



April is Parkinson's Awareness Month and this year's theme is #StartAConversation. So let's talk about the support and programming available for those living with Parkinson's disease (PD) as well as their caregivers who are often their spouse or another family member. It is normal for caregivers to experience challenging symptoms of their own, such as exhaustion and isolation. All those affected by this condition can benefit from additional support.

Though Parkinson's often impairs mobility, regular exercise is vital to maintaining health and quality of life. At Touchmark on South Hill, Director of Health & Fitness Lori McCormick has worked to build robust fitness offerings for residents and community members. She leads PWR! Moves, PWR! Challenge, and PWR! Agility, all of which are certified PD classes.

Judi Sloane has been attending PD exercise classes at Touchmark for several years. "Parkinson's is a moving target," she says. "It changes day to day. You have good days and you have

not-as-good days. Having the opportunity to come to a class like this gives you balance." Judi says the group helps participants mentally, too. "We're always really supportive of each other and we always try to make each other laugh. We just have a good time."

Tending to the emotional challenges that often accompany PD is equally as important as managing the physical symptoms. Many Touchmark communities offer support groups for those with PD and those close to them that are also open to the public. If you or someone you know could benefit from PD programming or support, help them seek it out at Touchmark or the greater community.



TEAM MEMBER

Spotlight

Name: Maria Eells

Position: Housekeeper

How would you describe yourself?

I am a happy person. I like to joke around with people just to see them smile and I also feel like Touchmark is my second home.

Share a bit about your family and growing up.

I was born in the Philippines in Tanjay, Negros, and I grew up in the mountains of Cebu. I have three sisters and two brothers. I got my first job in the city at 15 years old. I needed to work so I could help my family with food to eat and money to buy medications. I have been very independent since a young age.

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

My significant event was getting married to my husband. He petitioned for me when I was his fiancée and then we got married. I then applied to work at Touchmark as a housekeeper and have been here ever since.

How long have you worked at Touchmark?

Eight years.

What do you enjoy most about your job?

What I enjoy most about my job here is all the good people with whom I get to work. Everyone has such a good attitude and great teamwork with each other and residents.

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

I am a giver, because I always help all I can to make the residents happy.

Outside of work what are your favorite ...

Activities: I enjoy fishing, camping, walking, and driving our ATV with my husband up in the mountains to see the beauty of nature.

Food: All seafood and chicken.

Movie/TV: *Beauty and the Beast* and *Gilligan's Island*.

Music: Country and western music with Johnny Cash.



Community fun included a great day snowshoeing at Bogus Basin, lunch out to Asiagio's, a travel presentation on the Canadian cities we will visit in July, and Saxophobia with Rob Verdi.



Residents of the Owyhee Lodge enjoyed music therapy, a trip out for an Icee, and a winter-themed craft.

SAVE THE DATE!

MERIDIAN FIRE DEPARTMENT CHILI COOK-OFF

Saturday, March 2 • Bus leaves at 1 pm

Join us in supporting the Meridian firefighters at their 11th Annual Chili Cook-off! The cook-off benefits the Meridian Fire Honor Guard, Meridian Pipes and Drums, and the Local 4627 Benevolent Fund. This year our own Meadow Lake Village chefs have submitted a chili entry, so let's go and cheer them on to victory! Cost: \$5/person.

IDAHO STATE UNIVERSITY ANATOMY AND PHYSIOLOGY LAB TOUR

Monday, March 4 (Option A) or Monday, March 25 (Option B) • Bus leaves at 1 pm

The Virtual Anatomy and Physiology Laboratory is equipped with 3D technology from actual CT and MRI scans that explore the structure and function of the human body. The Bio Skills Learning Laboratory is used for training in new surgical techniques, research, and continuing education. Sign up on the March Life Enrichment/Wellness events sign-up form.

DAVID LEROY PRESENTS: WILLIAM WALLACE, LINCOLN'S FRIEND

Thursday, April 11 at 7 pm • Coeur d'Alene Room

In period dress and in first person, William Wallace, the first territorial governor of Idaho, confirms what you only recently heard ... that the President has been shot! He tells of his friendship with Lincoln since the 1840s and recounts how Lincoln was a friend to everyone in Idaho Territory by word and deed.

VIRTUAL REALITY DEMONSTRATION

Monday, April 15 at 1 pm • Coeur d'Alene Room

Have you ever wanted to go deep-sea diving, walk a plank, battle Stormtroopers, or be part of a Van Gogh painting? Now is your chance with HTC Vive Virtual Reality equipment! Join us for a fascinating glimpse into the world of virtual reality.

OUTING TO SHOSHONE FALLS

Friday, April 26 • Bus leaves at 9 am

Shoshone Falls is a waterfall on the Snake River in southern Idaho, located approximately five miles east of Twin Falls. Sometimes called the "Niagara of the West," Shoshone Falls is 212 feet tall—45 feet taller than Niagara Falls—and flows over a rim 1,000 feet wide. After visiting the falls, we will lunch at Idaho Joe's in Twin Falls.

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

What others are saying ...

"Keeping in touch with our Touchmark friends makes our hearts happy! We thank you for all you do to make life here at Meadow Lake Village such a WONDER{FULL} adventure. Here's a wish that you have a wonderful day today ... and always!"

- Mary Scott, resident

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