



THE {FULL} LIFE

Touchmark at Meadow Lake Village 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.

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

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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 Club Update

Let it snow and have some fun!

Don't let the cold months of winter keep you cooped up at home. This winter season, embrace the flurries of snow kissing your nose, and join us as we venture out onto Bogus Basin's Nordic Trails. Afterward, we'll grab a bite to eat in the lodge and brag about our adventures. And don't worry about braving the drive, we'll meet at the Health & Fitness Club and share a bus to the mountain. Read on for more information!

Snowshoeing

Friday, January 26, bus loads at 9 am

Participants must be able to walk freely without assistance.

Cost: \$30 for members, \$40 for nonmembers. Limited seating available; RSVP to the Health & Fitness Club front desk. Lunch not included.

Family Swim Night

Friday, January 26 & Friday, February 23, 6 - 8 pm

Bring your grandkids and great-grandkids for this night full of fun and swimming! Adult supervision required. RSVP.

Cross-country Skiing

Friday, February 16, bus loads at 9 am

Participants must be able to walk freely without assistance. Cost: \$35 for members, \$45 for nonmembers. Limited seating available; RSVP to the Health & Fitness Club front desk. Lunch not included.

Stop by the Touchmark Health & Fitness Club and ask how we can help with your New Year's fitness goals! We are open Monday - Friday, 6 am - 8 pm, and Saturday, 8 am - 3 pm. For our full schedule of activities, specials, or questions, call or visit today!



Benefits of Functional Fitness

Each day, residents in our Owyhee Lodge 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."



TEAM MEMBER

Spotlight

Name: Brandi Wright

Position: Resident Services Manager

How would you describe yourself?

I am passionate, thoughtful, positive, helpful, kind, and quick-witted.

Share a bit about your family and growing up.

All of my family is in Turlock, California. I grew up with a lot of cousins, and family holidays were full of laughter.

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

Growing up with my grandma (grams) as a role model. Starting work at 16—it taught me my great work ethic and commitment. Getting married, having my son Jase, and moving to Idaho.

How long have you worked at Touchmark?

Three years in April

What do you enjoy most about your job?

Getting to help people every day. I enjoy that every day brings something different.

What Touchmark value do you most closely relate to?

I am a Giver.

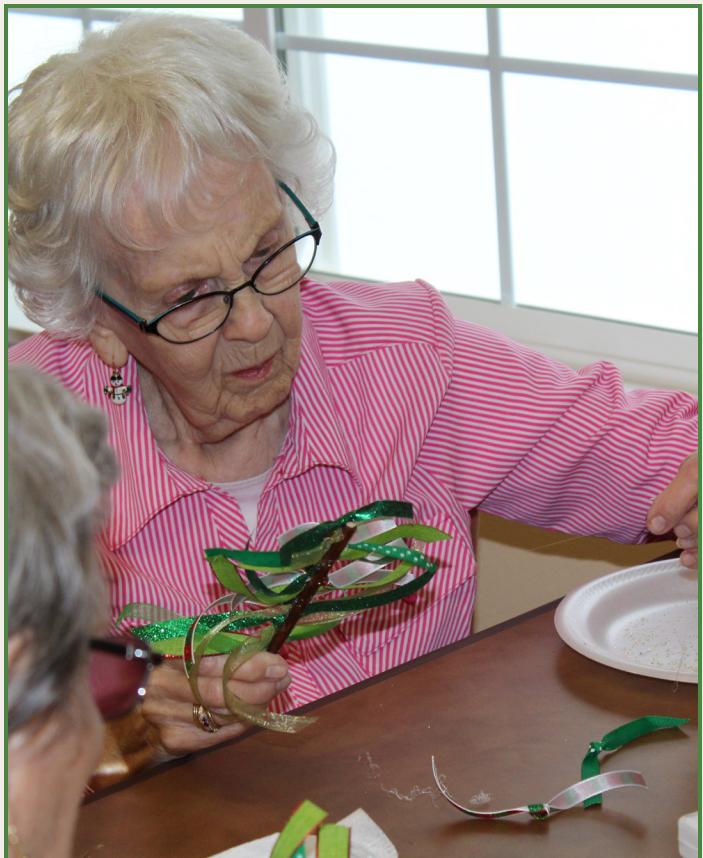
Outside of work what are your favorite ...

Activities: Family time, girls' nights, reading, and being outside

Food: Sushi (My husband and son disapprove), pizza, and frozen yogurt

Movie: *Young Brandi, Lion King, Teenage Brandi, Grease, and Current Brandi.* I hardly watch movies without falling asleep halfway through

Music: Country! Really anything but hardcore rock



Above: Residents and staff enjoyed a visit from Santa and Mrs. Claus at our annual St. Nick Party. Left: Touchmark residents took on the Mountain View High School Men's Basketball Team in three events: Corn Hole, 9-Ball, and pingpong. The residents were victorious for the third year in a row, retaining the coveted trophy!



Residents and family members of Owyhee Lodge were remembered for their time and service to our country.

Save the date!

MOVIE AND SOUTHERN LUNCHEON

Thursday, January 11, 10 am - noon, 1:15 - 3:15 pm • Grand Lodge Theater

Join us for a viewing of *Gone with the Wind*, shown in two-hour segments with a one-hour lunch between—featuring fried chicken, biscuits, and grits followed by dessert. Seating is limited, RSVP.

TOUR OF THE BENJAMIN VICTOR GALLERY

Tuesday, January 23, bus loads at 1 pm

Tour the Benjamin Victor Gallery and Studio and see his sculptures and process for creating them.

2ND ANNUAL THAT '70S FONDUE PARTY

Thursday, January 25, 5:30 - 7:30 pm • Coeur d'Alene Room

Dip into the excitement and join us for a '70s flashback featuring bell bottoms, afros, disco, and delicious fondue! Space is limited, RSVP. Cost: \$18.25 each.

MERIDIAN TECHNICAL HIGH SCHOOL RESIDENT TECH WORKSHOP

Friday, January 26, 9:30 am - 1:30 pm • Coeur d'Alene Room

Have a tablet, computer, smartphone, or other electronic device and need some help learning to use it? These tech savvy students will be happy to show you!

ISF IDAHO THEATER FOR YOUTH

Wednesday, January 31, 7 pm • Coeur d'Alene Room

Don't miss this amazing performance of *Around the World in 80 Days*, a classic adventure, performed by a professional and talented cast.

BEYOND TALENT PRODUCTIONS PRESENTS RON AND LISA SMITH

Saturday, February 10, 7 pm • Coeur d'Alene Room

Ron and Lisa Smith will perform *Love is a Many Complicated Thing*, some of the greatest love and relationship songs from the past 50 years. They will make you laugh and they'll make you cry. They'll help you remember why you fell in love in the first place. All are welcome.

FAT TUESDAY MARDI GRAS REVELRY

Tuesday, February 13, 2 pm • Coeur d'Alene Room

Join us for a Fat Tuesday afternoon full of jazz tunes, jambalaya, mini muffulettas, hurricanes, king cake, and of course the employee float parade that you will not want to miss! Best resident costume wins a \$75 Trader Joe's gift card.

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

TOUCHMARK AT MEADOW LAKE VILLAGE

Full-service Retirement Community

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