



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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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 flavours 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 endeavours.

Health & Fitness Studio Update

Touchmark Trekkers is a walking program designed to keep residents active while counting steps. There is no cost to join, simply sign up, and you will receive a step counter. After that, just get going—indoors, outdoors, it doesn't matter! Just go wherever your daily life takes you. At the end of each week turn in a tally of your daily steps, and we'll apply it toward the Trekkers' final goal. What is this goal, you ask? Why, it's beautiful Las Vegas, Nevada!

That's right, we are pooling all of the Trekkers' steps in an attempt to reach the distance from here to the Sin City—roughly 3 million steps, or around 2,500 km. Our route runs down the Pacific Coast, and we'll celebrate each major city we "pass through." Once we reach Las Vegas, we will have a fun-filled casino night destination celebration!

Whatever your reason for walking—whether it's for a destination vacation in Las Vegas, weight control, or simply because it makes you feel good, consider giving the Touchmark Trekkers a try. It will be worth your time—you can bet on that!



Benefits of Functional Fitness

Each day, residents in our Sapphire and Emerald 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: Fatuma Seif, LPN

Position: Memory Care

How would you describe yourself?

Open-minded—I like to learn new information. I also love people, like to make people feel comfortable, and love to encourage people to do better and achieve their dreams.

Share a bit about your family and growing up.

I was born in Mwanza, Tanzania, in East Africa. I grew up in a big family. We always helped with chores around the home, such as helping our mom with cooking and cleaning the house.

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

I lost my father while I was living in Canada, and I was not able to take care of him while he was sick.

How long have you worked at Touchmark?

Since 2008

What do you enjoy most about your job?

Gaining trust from residents and becoming their best friend, and to see them feel relieved and smile when they see me. I feel lucky to have found my passion and purpose in life.

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

I am an Ally! I believe every human needs love, caring, and acceptance to feel important. We can enrich peoples' lives in so many ways.

Outside of work what are your favourite ...

Activities: Visiting greenhouses, reading inspiring books and stories, watching Super Soul Sunday

Food: Spicy food and comfort food

Music: Eclectic

Movie: *The pursuit of happiness*



We put together 19 food hampers thanks to donations from generous residents and family members. The food hampers brightened the Christmases of families in need at the Bissell Centre.



At the Gateway Chorus Holiday performance talented singers helped us kick off the holiday season with a wonderful choir performance.



Elaine and Arletta put the finishing touches on a paint-chip wreath craft championed by one of our wonderful and invaluable volunteers named Christina.



Joyce, Ron, and Beryl had a laugh while they played an active game of balloon volleyball.



We enjoyed an outing to Country Wildflowers Bed & Breakfast in Leduc, including lunch and a tour at the Christmas Open House. Every room featured beautiful decorations.



Residents from the Sapphire and Emerald neighbourhoods had a fun afternoon at the local bowling alley.

Save the date!

UKRAINIAN CHRISTMAS LUNCH

Monday, January 8, noon • Grand Hall Dining Room

RSVP by January 5.

MIDWINTER GALA

Wednesday, January 17, 4 pm • Grande Foyer

Wear your finest gowns and suits for this black tie cocktail party featuring music by Paul Morgan Donald. Dinner will follow at 5:30 pm. RSVP by January 12.

ROBBIE BURNS BUFFET DINNER

Friday, January 26, 5:30 pm • Marquis Room

Celebrate the life and work of Scottish poet Robert Burns at this traditional event, including the “piping of the haggis,” a tribute to his immortal memory, and a Celtic dance performance. RSVP by January 22.

INSPIRE YOUR HEART WITH ART DAY

Wednesday, January 31, 3:30 pm • Memory Care

Residents will work together to make a beautiful collage.

THE NOT-SO-NEW NEWLYWED GAME

Monday, February 12, 2 pm • Grande Foyer

See how well you know your partner with this twist on the Newlywed Game! Sign up with your spouse by February 9.

MARDI GRAS

Tuesday, February 13, 2 pm • Memory Care

Join us in celebrating this annual event by wearing masquerade masks and feasting on king cakes!

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



TOUCHMARK AT WEDGEWOOD

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