



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

Available Health & Fitness Club Services

Personal Training: Do you need a little more motivation for your workouts? Our certified fitness professionals tailor a workout to your needs; provide an effective, efficient workout; and motivate you to reach your health and wellness goals. Schedule your personal training session by calling the Health & Fitness Club at 701-526-1055. Pricing: 30-minute/\$30; 60-minute/\$45

Massage Therapy: Massage is very beneficial for those with anxiety or depression as it can relax muscles and enhance positive, calm thinking. Research has also shown that massage can help reduce insomnia and tension. Call Brenda Nelson at 701-212-0246 to schedule an appointment. Pricing: 30-minute/\$30; 60-minute/\$50

The Health & Fitness Club will be closed on Sunday, April 21 in observance of Easter.

"The Touchmark Health & Fitness Club is a very welcoming atmosphere, and we all get to know the staff and those who exercise next to us. The staff are very knowledgeable and friendly. I am very glad I found a place to feel comfortable when I exercise!"

- David Tungseth, Club member



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: Kari Dick

Position: Executive Director

How would you describe yourself?

I am usually pretty calm and collected but love to have fun.

Share a bit about your family and growing up.

I grew up in Cavalier, North Dakota, and am the youngest of three. My husband, Eric, and I have four children—three daughters and a son. We spent a few years in Blaine, Washington, before moving back to North Dakota.

What are some of the most significant events in your life? The births of my children are definitely at the top of my list.

How long have you worked at Touchmark? I just celebrated my 10th anniversary with Touchmark.

What do you enjoy most about your job?

I love the residents and team members. We really are one big family!

What Touchmark value do you most closely relate to and why? I am as enthusiastic about the success of my team members as I am about my own. I chose this value because I love seeing team members grow and succeed. We have so many team members who have been with Touchmark for a long time and have taken on new challenges and responsibilities along the way.

Outside of work what are your favorite ...

Activities: Traveling, spending time at the lake, and attending my kids' events.

Food: Nachos.

Movie: *The Breakfast Club*.

Music: Classic rock.



Community fun included an afternoon of wine glass painting with Kay, the monthly JULIET lunch out, spring flower watercolor painting, making tie-blankets for Project Linus, and lots of laughter at the Not-So-Newlywed Game.



In the Pembroke and Devonshire neighborhoods, we enjoyed lunch out at Boston Pizza, played a fun game of Stack It To Win It, and volunteered at the Air Museum.

SAVE THE DATE!

CELEBRATING CHARLIE

Tuesday, March 7 • Leave at 10 am

Join us for an excursion to celebrate the work of one of our favorite artists, Charles Beck. We will start with an early lunch at the Viking Cafe, then tour his permanent collection at Kaddatz Galleries at noon, followed by viewing an exhibit at Fergus Falls Community College at 1:30 pm. At 3 pm, we will visit Mabel Murphy's before heading back to Fargo. Attendees are responsible for the cost of their lunch. Space is limited; call 701-476-1200 for more information.

HIS AND HERS TAVERN TALKS

Each month, a different speaker will come to share a topic about which they are passionate. Drinks and light snacks will be served. All events will take place at 7 pm in the auditorium.

HER TALKS:

- **March 7:** Theatre B with Pam Strait
- **April 18:** What We Learned from our Trip to Cuba with Denis and Nelson Richardson

HIS TALKS:

- **March 12:** Far From Normal with Joe Stadstad
- **April 9:** What We Learned from our Trip to Cuba with Denis and Nelson Richardson

ALZHEIMER'S ASSOCIATION EDUCATIONAL SERIES

Kendra Binger, Program Manager at the Alzheimer's Association, will share insights and strategies for caregiving and living with Alzheimer's. All events will be held on Thursdays at 3:30 pm in the auditorium. No cost. Call 701-476-1200 to RSVP.

- **March 14:** *Living with Alzheimer's for Caregivers—Early Stages*
- **March 28:** *Living with Alzheimer's*
- **April 11:** *10 Warning Signs of Alzheimer's Disease*
- **April 25:** *Healthy Living for Your Brain & Body*

6TH ANNUAL ST. PATRICK'S DAY PUB CRAWL

Friday, March 15 • Bus leaves at 11 am

Put on your green, grab your friends, and join us on the party bus for a fun day downtown! We'll start at the Blarney Stone Irish Pub for lunch and hit Three Lyons Pub for a beverage. We'll then head to HoDo Restaurant & Lounge, our partner in co-sponsoring music by one of Fargo's favorite bands, Poitin. Space is limited; call 701-476-1200 to RSVP by March 11.

RURAL ODDITIES & EXPLORATION

Friday, April 26 • Bus leaves at 10 am

Have you ever taken a moment to think about all the oddities that surround us? Take a day trip to nearby towns to discover some of the most bizarre things around! Every month we will choose a new attraction to visit. Space is limited; call 701-476-1200 to RSVP by April 21.

PLANTING WITH ALAN ZUK AND EAGLES ELEMENTARY

Tuesday, April 30 at 2 pm • Foyer

Celebrate the beginnings of spring the best way possible—gardening! Join NDSU Horticulture Professor Alan Zuk in repotting a plethora of donated plants from NDSU. Eagles Elementary students will be joining us and learning more about nature!

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

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