



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

CONTINUED FROM PG. 1



Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



KARI DICK
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Club

Getting back on track after the holidays!

The holiday season can be filled with delicious food, treats, and times of overeating. Here are a few tips that can help you after the holidays:

- Set healthy eating and exercise goals.
- Drink more water. Fun water bottles make it easier.
- Have fruits and veggies for a snack.
- Include more protein in your diet.
- Use a smaller plate and watch portions.
- Exercise for 30 minutes three to five times a week.
- Be accountable to someone. Schedule a personal training session with a certified fitness professional. Cost: \$30/30-minute session; \$50/60-minute session. Call 701-526-1055 to sign up.

Family swim

Club members can bring their children, grandchildren, and great-grandchildren to the Club for a fun family swim. Snacks and refreshments will be provided at the end of the swim. Join us on **Friday, January 18** and **February 15 from 7 - 8:30 pm**. RSVP at the front desk of the Club by the Wednesday before each event.

Share the benefits

During February, receive a gift certificate for a complimentary 60-minute massage (\$50 value), or two 30-minute personal training sessions (\$60 value) if you bring in a new community member to join the Club. Encourage your friends, family, and acquaintances to work out with you by offering them a guest pass. See the front desk for a Member Referral Guest Pass Packet.



"I have enjoyed being a member of the Touchmark Health & Fitness Club. It is a welcoming atmosphere and has provided the opportunity for physical activity at all levels. I am also thankful for the new friends I have made at the Club!"

- Cheryl Raff,
Health & Fitness Club
member

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





Name: Rachel Folly, CNA

Position: Memory Care

How would you describe yourself?

Bubbly and love to sing and have fun! When your job is fun, it's easy!

Share a bit about your family and growing up.

I am originally from West Africa and grew up with eight brothers and sisters. I came to the U.S. when I was nine. I lived in Pennsylvania with my aunt until I was married and had two girls, Marissa and Irene. My husband and I then decided to move to North Dakota, and now we have a 9-month-old named Ava.

What are some of the most significant events in your life? Marrying my husband, raising our three girls, and starting at Touchmark. This is one of the best places I have ever worked. It feels homey, and I look forward to coming to work every day.

How long have you worked at Touchmark? Almost three years; I started in 2016.

What do you enjoy most about your job?

I enjoy the fact that it doesn't feel like a job. We are like a family, both with the residents and the staff. We are free to talk to anyone, and if you have any issues, it's easy to talk about them. Touchmark really cares about its team members.

What Touchmark value do you most closely relate to and why? Teamwork! Teamwork makes the job easier for residents and staff! It helps the residents feel that they are truly getting the best care.

Outside of work what are your favorite ... Activities: I love to cook and spend time with my family. I also enjoy watching Netflix and Hulu!

Food: African potato leaf stew.

Movie: *Mr. & Mrs. Smith.*

Music: R&B and contemporary music. I also love oldies but goodies; I am an old soul at heart.



Community fun included dinner out to Speak Easy, an Eagles Elementary Choir performance, a cribbage tournament, preparing for the holidays with a food and wine pairing, the Touchmark Choir Holiday Show, a prefashion show where residents sampled the clothing to model at the upcoming show with Z-Bo Traveling Boutique, and an interview with Kevin Wallevand from WDAY-TV about the relationships developed over the year between MSUM students and residents.

SAVE THE DATE!

DAKOTALAND SHOWCASE & ARTIST TALK

Showcase runs January 7 – February 18

Art Talk is Thursday, January 17 at 3 pm in the Auditorium

Char-Marie Flood is a self-taught photographer. Her subject matter includes nature, urban and rural landscapes, and ancient objects. She will be coming to Touchmark to talk about her exhibits. Hors d'oeuvres will be served and a happy hour will follow. No cost.

THE MISSION OF THE PERRY CENTER

Wednesday, January 9 at 2:30 pm

A speaker from Fargo's nonprofit organization The Perry Center will come to share its mission. Come and learn about the services and upcoming volunteer opportunities.

CHINESE NEW YEAR COOKING WITH JAN

Tuesday, January 29 at 5:30 pm • Cottage 3428

Jan Ellis will be coming to celebrate the Chinese New Year, Year of the Pig, by hosting a cooking class. Enjoy a full supper and cocktails as you cook! Cost: \$25/person.

THE MISSION OF THE NEW LIFE CENTER

Thursday, February 7 at 2 pm

Zach Wigginton and Jay Thoreson of the New Life Center will be coming to share the Center's mission. Mark your calendar; we have volunteered to serve lunch there on Valentine's Day, February 14 from 11 am - 1 pm.

HIS & HER TAVERN TALKS

Join us for our Tavern Talk Series. We will be hosting a different speaker every month for an evening of fellowship with the men and women of Touchmark and the surrounding area.

His: Tuesdays at 7 pm

January 15: Field to Table with Jeff Johnson

February 12: A Presentation by Dr. John Cox

March 12: Far From Normal with Joe Stadstad

Her: Thursdays at 7 pm

January 17: Compassion on the Battlefield in World War II with Stephanie Manesis

February (check calendar for date): Camino de Santiago Pilgrimage by Katie Cox

March 7: Theatre B with Pam Strait

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



In the Pembroke and Devonshire neighborhoods, we enjoyed lunch out to Olive Garden and a visit to the Fargo Air Museum.

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