



“I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

The rewards of volunteering

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

Making others “feel good”

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



Kim Lehmann
Director of Health &
Fitness Operations

“Life is like riding a bicycle—to keep your balance, you must keep moving.”

– Albert Einstein

Recently, a good friend posed this question:

“Do we live to exercise, or do we exercise to live?”

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

Functional fitness improves ...

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.

Health & Fitness Club

Spring is a great time to think about whole body health

The months of May and June are a time to stop and take notice of a variety of health concerns, highlighted by observances like National Osteoporosis Awareness and Prevention Month, National Arthritis Awareness Month, National Stroke Awareness Month, Mental Health Month, and Alzheimer's and Brain Awareness Month. In addition, the month of May also has National Women's Health Week and National Senior Health & Fitness Day. What do all of these observances have in common? They all stress the importance of staying active and tout the benefits of exercise and a healthy diet.

A healthy diet, low in sodium, processed foods, and saturated fats and high in fruits, vegetables, and lean proteins can help reduce inflammation, provide some disease-fighting benefits, and reduce the risk of stroke. **Regular exercise** can help decrease stress, anger, and tension and reduce anxiety and depression. Exercise is good for the whole body, including the brain. **Getting enough calcium** and vitamin D and eating a well-balanced diet will help protect your bones, and may reduce the effects of arthritis.

For more ways to optimize your overall health and wellness, consider working with a personal



trainer. To schedule a training session, call Health & Fitness Director Mark Minette at 701-526-1055.

Family swims for May and June

Mark your calendar! On Friday, May 18 and Friday, June 22 from 7 - 8:30 pm, we'll be hosting a family swim. Club members are welcome to invite their children, grandchildren, and great-grandchildren for a fun open swim time. Snacks and refreshments will be provided. RSVP by May 16 and June 20 to the Club's front desk.

Schedule change

The Touchmark Health & Fitness Club will be closed Monday, May 28, in observance of Memorial Day!

What others are saying ...

"I like the diverse classes that are offered both on land and in the water. I really enjoy coming to the Touchmark Health & Fitness Club and have met some great people. It is fun to be a part of the Club!"

- Anne Johnson, Club member



Live at the Fargo Theatre

The Touchmark Choir is proud to present *Thank You For the Music!* This special concert will feature a variety of hit songs from 1910 - 1970, including favorites by Gershwin, Doris Day, Cole Porter, The Carpenters, Barry Manilow, ABBA, and many more! All are welcome. Mark your calendar for Wednesday, May 16 at 7 pm. The doors open at 6:30 pm, and no RSVP is necessary.



TEAM MEMBER *Spotlight*

Name: Heather Muscha

Position: Personal Trainer

How would you describe yourself?

I would describe myself as quiet but friendly and ... tall.

Share a bit about your family and growing up.

I was born in Devils Lake, North Dakota, and grew up in Valley City. Besides my parents, I have an older brother and younger sister. I graduated from high school and attended my first two years of college in Valley City before transferring and graduating from North Dakota State University.

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

I am married to my husband, Andy. We have a 6-year-old son, Tucker, and a 2-year-old daughter, Avery.

How long have you worked at Touchmark?

I have worked at Touchmark since 2007.

What do you enjoy most about your job?

What I like best about my job are the people I get to serve each day. I love when members and residents stop by our office with a story or a joke.

What Touchmark value do you most closely relate to?

The Touchmark value I most relate to is *I am a compassionate listener and an encouraging voice*. I like being able to let members and residents know that we recognize their hard work. It is a privilege to be trusted and for clients to open up and share more about themselves.

Outside of work what are your favorite ...

Activities: Spending time outdoors and Bison football.

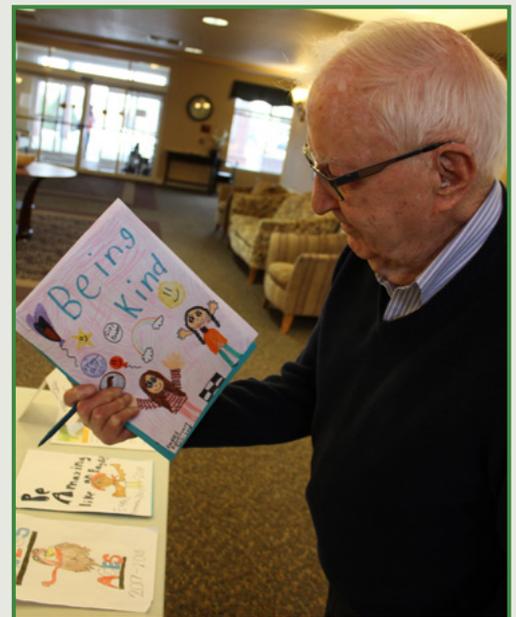
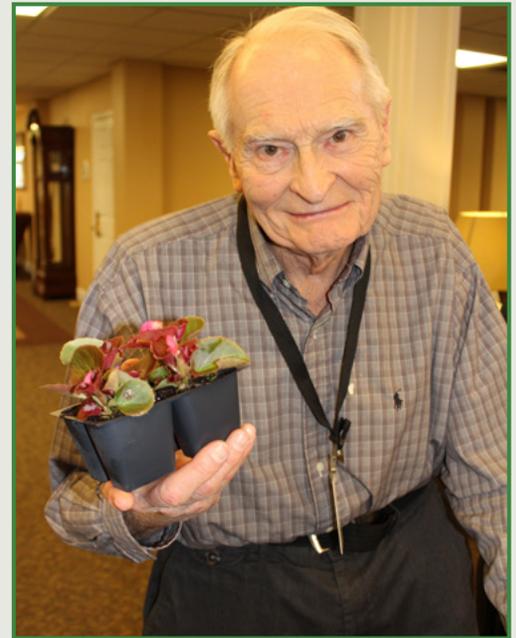
Food: Stir-fry.

Movie: *Shooter*.

Music: Country.



Students from NDSU's Therapeutic Horticulture class helped us with early spring plantings—and learned a valuable lesson on the benefits of horticultural therapy.



Students from Liberty Middle School conducted a Dementia Simulation for residents.

We judged Eagle Elementary student drawings for their upcoming yearbook!



In the Pembroke and Devonshire neighborhoods we enjoyed a trip to Sandy's, the local donut shop, and breakfast at IHOP.



Save the date!

PUB TRIVIA WITH ERIK BLOCK OF RED RIVER TRIVIA

Tuesdays, May 8 - June 26, 7 pm • Willows Dining Room

It's time to get your team together and come on over for trivia night! Our host Erik is back and will be bringing the tough questions. If you don't have a team, no problem, just join some new friends!

TOUCHMARK CHOIR AT THE FARGO THEATRE

Wednesday, May 16, doors open at 6:30 pm, concert at 7 pm • Fargo Theatre

This will be the choir's fifth performance on the stage at the Fargo Theatre, and like past shows, there is no cost! Get your family and friends together for a fun evening of singing and dancing.

WHY IS NORWAY SO HAPPY?

Friday, May 18, 2:30 pm • Auditorium

Join Mike Williams as he talks about why Norway is regularly rated one of the happiest countries. Is it the people? The scenery? A certain outlook on life? Come find out!

SALAD AND DESSERT LUNCHEON FOR THE ALZHEIMER'S ASSOCIATION

Thursday, May 24, 11 am - 1 pm • Willows Dining Room

Come and try an array of resident recipes of their favorite salads and desserts. A suggested donation of \$15 is appreciated, and all money collected will go to the Walk to End Alzheimer's. Call 701-476-1200 to RSVP.

THE LONGEST DAY

Thursday, June 21, all day

Join the festivities from sunup to sundown, as we celebrate and raise awareness for those who are living with dementia, their caregivers, and anyone who has a loved one with dementia. We'll have a variety of activities throughout the day, including exercise offerings, crafts, and Dixieland music. For the full schedule, visit our Facebook page or call 701-476-1200.

A WALK WITH CHARLIE

Thursday, June 28, 6:30 pm

Many of us know and love the incredible woodcut prints of late local artist Charles Beck. As a way to commemorate his talents and influence on our community, please join us for a Touchmark gallery tour of four resident homes showcasing a number of his works. We'll also enjoy a variety of resident and staff pieces dedicated to his memory. We'll begin the evening with a presentation by Brooke Barsness and will wrap up with wine and light hors d'oeuvres. Space is limited; call Life Enrichment/Wellness at 701-476-1200 to reserve your ticket. Cost: \$15.

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

TOUCHMARK AT HARWOOD GROVES

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