



# THE {FULL} LIFE

## *Touchmark at Harwood Groves Newsletter*

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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.

**CONTINUED ON PG. 2**

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

## CONTINUED FROM PG. 1

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 Updates

## Getting back on track after the holidays

For many of us, delicious holiday food leads to times of overeating, and it can be hard to get back on track with diet and exercise. If that happens to you, try following these tips:

- Set realistic exercise and eating goals.
- Keep a water bottle close by and drink plenty of water throughout the day.
- Eat fruits and veggies for dessert instead of sweet treats.
- Include more protein in your diet.
- Use a smaller plate to help you control portion sizes.
- Exercise at least 30 minutes three to five times a week. It can help to break up the time throughout the day.
- Set up an appointment with a Touchmark Health & Fitness Club personal trainer! Call 701-526-1055 today. Cost is \$30 for a half-hour session and \$50 for an hour.

## Member Bring in a Member

During the month of January, if you bring in a new full-paying community member to join the Touchmark Health & Fitness Club, you will receive a gift certificate for a complimentary 30-minute massage or a 30-minute personal training session. To help encourage your friends, family, and acquaintances to join, we have guest passes available. Visit the front desk for Bring in a Member guest passes!

## Mark your calendar for holiday family swim

Club members can bring their children, grandchildren, and great-grandchildren to the Club for a fun family swim, followed by snacks and refreshments. This month's event will be Friday, January 19 from 7 - 8:30 pm. RSVP at the Club front desk by Wednesday, January 17.



# Benefits of Functional Fitness

Each day, residents in our Pembroke and Devonshire 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."

A photograph of a man with glasses and a red shirt, smiling, with a red tomato balanced on his nose. In the background, another person in a red shirt is visible near a doorway with an 'EXIT' sign above it.

# TEAM MEMBER

## *Spotlight*

**Name:** Bob Michaels

**Position:** Maintenance Technician, Building Services

**How would you describe yourself?**

Artistic, a perfectionist, and an introvert.

**Share a bit about your family and growing up.**

I am the second youngest of six children. We grew up on a small farm in Minnesota. We didn't have running water in the house until I was 12.

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

I was told that one of my snow sculptures made the national news, even though I didn't see it. I won a trip to Memphis as a result of some volunteer activities. And I was able to see all of the national monuments and various sites

in Washington, D.C., by chaperoning a junior/senior class trip.

**How long have you worked at Touchmark?**

Nine years and nine months!

**What do you enjoy most about your job?**

The independence of being able to exercise my skills with little supervision.

**What Touchmark value do you most closely relate to?**

I attend to details and anticipate needs.

**Outside of work what are your favorite ...**

**Activities:** Bowling, puzzles, and bike riding

**Food:** Dessert





*At our Christmas Jazz Social, we enjoyed live music by the Dave Ferreira Trio and delicious drinks and hors d'oeuvres.*



*Team members participated in a holiday baking demo with yummy festive treats for us all to try! Residents were encouraged to participate in the discussion.*



*In the Pembroke and Devonshire neighborhoods, Eagles third-graders came to visit and work on seasonal crafts (left), and Dick and Marie enjoyed a group lunch out to Sandy's Donuts (right).*



# Save the date!

## BOOK TALK WITH TOM NEWGARD

Wednesday, January 3, 2 pm • Chapel

Join us as Tom discusses his book, *Patterns on the Prairie*, covering the history of places of worship across North Dakota.

## ERIK BLOCK'S RED RIVER PUB TRIVIA

Mondays, January 8 - February 26

7 pm • Willows Dining Room

Get a group of friends together and form a team—trivia is a great way to stretch your knowledge while having a bit of fun!

## WINTER LUAU CELEBRATION

Wednesday, February 21

2:15 pm • Devonshire Dining Room

Chase the winter blues away at this tropical-themed party featuring beach food, drinks, and music!

## DEMENTIA EDUCATION SERIES

Wednesdays, 10:30 am • Auditorium

All are welcome to attend this complimentary series. RSVP to 701-476-1200.

- **January 17: Healthy Living for Brain and Body.** Lifestyle habits for maintaining or improving personal health.
- **January 24: Dementia Conversations.** When to see a doctor about memory concerns, understanding the diagnosis, and managing legal and financial issues.
- **January 31: The Dementia & Driving Dilemma.** Issues around driving with dementia and strategies for helping a loved one successfully retire from driving.

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



Students from the Moorhead Orchestra stopped by and put on a wonderful holiday performance.

TOUCHMARK AT HARWOOD GROVES

*Full-service Retirement Community*

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