



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 Studio

The six-week **Heart Healthy Living** class with Fitness Specialist Bill Jennings, CEP, continues into March. Participant Janet Burke says it is, "... Extremely well done—full of wonderful information and well-presented. I learned a lot of important information—I would highly recommend this class to everyone."

Aspire to Better Balance is a 10-week class, which meets once a week on Wednesdays from 11:15 am - 12:15 pm, April 10 through June 12. Touchmark certified fitness professionals team up to provide an intensive, multifaceted class that improves participants' balance and balance confidence.

Previous participants said they enjoyed the positive interactions between staff and

participants and the team teaching with all the fitness specialists. They said the class was not only helpful but also fun!

The course fee is \$259 for guests and \$209 for residents. Limited to 10 participants. Contact Lori McCormick, Health and Fitness Studio Director, for information or to register at 509-536-2929.

Participate in **Senior Fitness Testing** with physical therapy assistant students from Spokane Falls Community College on April 12 at 1:30 or 3 pm. This standardized fitness assessment for those ages 60+ compares an individual's fitness level to that of age-matched norms. Upper and lower body strength, flexibility, balance and agility, and aerobic fitness are measured. Call 509-536-2929 to register for your preferred time.



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: Rhiannon Troupin

Position: Home Health & Home Care Office Manager

How would you describe yourself? A mother first and foremost. I am very proud of my son and love that I get to be his mom. I enjoy working hard and do my best to exceed expectations. I'm silly and sarcastic and love to be challenged.

Share a bit about your family and growing up.

My father was in the Navy, so I was born in South Carolina but moved to the Pacific Northwest around 3 years old. I grew up across from Seattle and had fun building forts in the forest with my younger brother. My brother went to Gonzaga University for college, so I moved to Spokane in 2003 and don't plan on leaving! I have a 13-year-old son, Steven. We are a very close family, so we spend our weekends out and about with my brother, sister-in-law, and 3-year-old niece.

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

Besides the birth of my son, the most significant event would be when my son was 9 years old and saved my life. I was battling a respiratory infection and took some medication not realizing I was allergic. I went into anaphylactic shock and my son not only spoke with 9-1-1 dispatch, but he ran out at 4 am and directed the Fire Department to our apartment. Had he not gone out to help direct the fire truck, odds are good I would not have made it. My son

was awarded the Red Cross Hometown Hero award and the Humanitarian award from Touchmark on South Hill for his heroic actions.

How long have you worked at Touchmark? I was hired in August 2009 so this year will mark my 10-year anniversary.

What do you enjoy most about your job?

The team. We all come to work with the same values and strive to be our best for our clients and residents. The Home Health & Home Care Director is a wonderful leader.

What Touchmark value do you most closely relate to and why? It is hard to choose one, but it is probably teamwork. I have had the opportunity to work with all departments on our campus, and I have seen what working as a team does for resident and staff morale.

Outside of work what are your favorite ...

Activities: Club soccer with my son, hiking, and traveling.

Food: Tacos, no question. Greek food is a close second, though!

Movie: *The Holiday* and *Elf*. Most all comedies as I am a real wimp about scary movies.

Music: My playlist includes a lot of Nirvana, Pearl Jam, Soundgarden, and the Beastie Boys.



Community fun included a Chocolate Fountain & Wine Social, afternoon butterscotch schnapps and cookies, a suspenseful Murder Mystery Dinner, the annual Poker Walk, Woodshop with instructor Tommy John, the Welcome Committee Fruit Basket Upset Dinner, Valentine's Hearts in a Pot craft, and The Battle for the Golden Paddle.

SAVE THE DATE!

MARDI GRAS

Tuesday, March 5 at 4:30 pm (social); 5 pm (dinner) • Lobby

Join us as we don our masks, beads, gloves, and umbrellas for our annual Mardi Gras parade and a Cajun dinner. Sit back and listen to the jazz band Hot Club of Spokane or kick up your heels and get out on the dance floor. Call 509-536-2929 to RSVP. No cost.

HAPPY HOUR AND BULLDOG BASKETBALL

Tuesday, March 12 • Lobby

Come and cheer on our beloved Zags as you enjoy a drink or two and delicious appetizers at happy hour. Stay tuned for game time. No cost.

CASINO NIGHT

Tuesday, March 19 at 5:30 pm • Lobby

This is a fun night of blackjack, poker, and roulette! We will have snacks, drinks, and prizes.

DIANE COPELAND PIANO CONCERT

Monday, April 1 at 6:30 pm • Lobby

Come and enjoy a relaxing evening of listening to one of our favorite guest pianists.

MURDER MYSTERY DINNER: A TASTE FOR WINE AND MURDER

Tuesday, April 9 at 4:30 pm • Waterford Dining Room

Be a part of the cast of this game to find out 'who done it.' As you are investigating the clues, enjoy a delicious dinner prepared by the Touchmark chef. Sign up at the front desk. No cost.

GOOD FRIDAY KANTOREI CHOIR CONCERT

Friday, April 19 at 7:30 pm • Cathedral of St. John's

Enjoy a beautiful concert during Easter week at this historic South Hill church. Inquire at the front desk about ticket cost and availability.

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

What others are saying ...

"I feel lucky to be living here since 2009. It was my daughter's idea, and the first person I saw was a friend I'd known since I was 16!"

- Virginia Openshaw, resident



The Devonshire neighborhood residents enjoyed their first visit by Eldergrow instructor Tracy Helling. They planted veggies, herbs, and flowers in the indoor, elevated garden box. This horticultural therapy helps residents living with dementia improve motor skills and self-esteem among many other health benefits.

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