



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

Leading a healthy and happy life depends on many factors, but one of the most important aspects of a healthy lifestyle is to be physically and mentally well. Yoga has been around for centuries, and the health benefits are plentiful. Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. The intensity of your yoga workout depends on which form you choose. There are more than 100 different forms of yoga. Some are fast-paced and intense. Others are gentle and relaxing.

Here at the Touchmark Health & Fitness Club, we offer several types of yoga for all levels from beginning Hatha Yoga to Dynamic Fitness Yoga, to Vinyasa Chair Yoga. We have two certified yoga instructors that have over 40 years' combined experience.

The beauty of yoga is that you don't have to be a yogi or yogini to reap the benefits. Yoga is for everyone. For more information about the different yoga classes offered, please call Member Services at 360-433-6400.



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: Carol Vesterby

Position: Building Services Project Coordinator

How would you describe yourself?

I am a considerate person who likes helping other people.

Share a bit about your family and growing up.

I have been married for 30 years to my husband, Brad. We have two sons who are 20 and 25. I grew up in Spokane, Washington, and enjoyed camping and traveling by car with my family growing up, always taking the back roads and exploring the countryside.

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

Getting married and having my children.

How long have you worked at Touchmark?

I have been at Touchmark since August 9, 2010.

What do you enjoy most about your job?

I really enjoy all the people I get to work with, from team members to outside contractors and especially residents.

What Touchmark value do you most closely relate to and why? Teamwork. I enjoy working together to figure out how best to solve challenges that come along daily.

Outside of work what are your favorite ...

Activities: Fishing for salmon, sturgeon, and in the past couple of years, fishing the ocean for bottom fish, like halibut and lingcod.

Food: Seafood, of course!

Movie: *Tommy Boy* and the 1973 version of *Papillon*.

Music: New and old popular and upcoming bands.



We had a great time at the Beanbag Baseball Tournament where the Touchmark Tigers took on team members from Dining Services ... the Super Servers!



Resident Jay Mitchell and his family shared a fascinating story about his time as a Lieutenant in the Air Force, in World War II, and on NASA missions. Jay served our country for 20 years.



We had fun dyeing and designing our own scarves.



Union High School held a Techie Boot Camp where students came to help residents learn how to use their smartphones, computers, tablets, and smartwatches.

SAVE THE DATE!

MARDI GRAS PARTY

Tuesday, March 5 from 3:30 - 5 pm • Lobby

Walk down our version of Bourbon Street and experience magicians, fortune tellers, and even a mermaid! Enjoy festive decor, beverages, and food. RSVP to Jennifer by March 4.

ST. PATRICK'S DAY SOCIAL

Friday, March 15 at 4 pm • Lobby

Featuring live music from Celtic band On A Lark and Irish pub food. RSVP to Jennifer by March 13.

STREET TACOS & CORONITAS

Tuesday, April 2 at 4 pm • Lobby

Join us for authentic tacos with all the fixings. RSVP to Jennifer by April 1.

EASTER EGG HUNT

Saturday, April 20 at 10 am • Meet in the Lobby

Let the family fun begin! Bring your kids or grandkids and join us for the annual Easter Egg Hunt complete with photos with the Easter Bunny and fun prizes. Coffee will be available for the parents. RSVP to Michelle by April 15.

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



The Pembroke and Devonshire neighborhoods were all smiles at fun events, including left to right; indoor planting with Eldergrow, pet therapy, muffin making, Memories in the Making painting, and music therapy.

**TOUCHMARK AT FAIRWAY VILLAGE
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