



THE {FULL} LIFE

Touchmark at Fairway Village Newsletter

2018
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 visits the Touchmark Health & Fitness Club 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.

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

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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

Happy New Year, Happy New You: Fridays at 9:30 am
It's January, and New Year's resolutions are back on everyone's mind. Not to worry ... we are offering a new Weight Management and Nutrition class. This small group class with Sherri Peterson will start your new year off right.

This seven-week series will cover topics that include a healthy diet consultation, using a weight loss tracker, researching articles and blogs on healthy eating, and completing a BMI analysis.

Learn portion size and how to identify feeling full from a healthy amount of food at each meal. Gain a better understanding about what nutrients you need to stay healthy while losing weight. Put those healthy ingredients onto your shopping list. Learn how meal planning and label reading take the stress out of meal prep. Class is one hour and begins on Friday, January 12.



Benefits of Functional Fitness

Each day, residents in our Pembrook 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."



TEAM MEMBER

Spotlight

Name: Jan Beyer

Position: Health and Fitness/Movement Disorder Specialist

How would you describe yourself? I am fun loving, enjoy a challenge, listen more than I talk, and value relationships. I would rather be outside than inside and rarely sit down.

Share a bit about your family and growing up. I grew up in Anacortes, Washington, which was wonderful. My family spent a lot of time touring through the San Juan Islands on our boat. The love and support of my parents shaped the person I am today, and I am grateful for their example.

What are some of the most significant events in your life? My family is the most significant thing. I have been married 30 years and have two beautiful children, ages 26 and 22. Significant events were finishing my master's degree, running the Boston Marathon, and summiting Mount Hood, Mount Adams, and Mount St. Helens.

How long have you worked at Touchmark?
Six years

What do you enjoy most about your job?
Working with people who have Parkinson's disease and other movement disorders. I know I can help them slow its progression through specific exercises, which brings them hope and brings me satisfaction and enjoyment.

What Touchmark value do you most closely relate to and why? I am an ally! I offer encouragement to those who have different ability levels and chronic diseases, like Parkinson's, and anticipate when someone may need extra help to get through a tough day. I love having the opportunity to serve those I work for and with every day!

What are your favorite ...

Activities: Hiking, biking, spending time with family and pets

Food: Seafood

Movie: *The Sound of Music*

Music: Country



We enjoyed the sounds of the holidays with a performance by the Touchmark Choir.



Left: Betty and Tom enjoy the Pembroke and Devonshire neighborhood monthly outing to a local coffee shop. Right: Claudeen and Myrlen are pleased with their tasty drinks.



The Touchmark Tigers played the Building Services team in a beanbag baseball game.

Save the date!

COOKIE BAKING PARTY

Wednesday, January 24, 1 - 3 pm • Pembroke and Devonshire neighborhoods

Enjoy the yummy smells of the season. Join us in the Pembroke and Devonshire neighborhoods to make fresh-baked cookies and sip hot cocoa!

GROUP TRIVIA HAPPY HOUR

Thursday, January 25, 3 - 4:30 pm • Sports Lounge

Join us for Northwest-style pub trivia. Groups of five to eight residents, friends, and neighbors will compete in various rounds of trivia questions, including categories such as current events, famous musicians, history, and television. The top three tables will win prizes. There's no excuse for not paying attention ... light bar snacks and beverages are available with tableside delivery.

EVENING DANCE & SOCIAL

Tuesday January 30, 6:30 - 8 pm • Sports Lounge

Enjoy refreshments and the tunes of Charles & the Angels band. Charles leads the band with great talent and humor along the way. Come to watch or come to dance. All are welcome.

VALENTINE'S DAY EXTRAVAGANZA

Saturday, February 10, 10 - 11 am • Pembroke and Devonshire neighborhoods

Learn about the origins and history of Valentine's Day, followed by hands-on crafts and creative art projects.

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



The Readers Theater group enjoyed getting into character and put on a spectacular holiday performance.

TOUCHMARK AT FAIRWAY VILLAGE

Full-service Retirement Community

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