



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

Get moving and train for your Full Life. Our Health & Fitness Studio supports the personal wellness of our members by encouraging lifelong health. We offer a wide range of activities, classes, and specialized equipment. Come work on your general health and wellness or improve a specific issue. Did you know that Calissa offers personal training services? Work one-on-one with a certified fitness professional to help achieve your goals efficiently. Meet as frequently as you'd like – you pick your day(s) and time(s) that work for your lifestyle! Cost: \$35/30-minute session.



Join Calissa for a new line dancing class! It will be held on the first Friday of the month at 3 pm.

What others are saying ...

"I know for sure that I wouldn't want to be anywhere else. I wouldn't want to be alone in the house by myself, I don't like that idea at all. Here, there is always something going on. All I do is step out my door and I have someone to talk to. Everyone is friendly. We talk and joke. I get into a good mood just by talking to them." - Gladie Long, resident

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: Sarah Walsh

Position: Dining Services, Server

How would you describe yourself?

Outgoing, friendly, and helpful.

Share a bit about your family and growing up.

I am the youngest and have three brothers. I have a very musical family; I play the viola. My family and I enjoy traveling together, and the last trip we took was to the northern shores of Lake Superior in Canada.

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

After nine years in a private school, I moved to a public school that really helped me grow as a person. I also feel as though working at Touchmark has given me the confidence to continue to grow and that I always have the support and friendship of both coworkers and residents.

How long have you worked at Touchmark?

I started on September 9, 2015.

What do you enjoy most about your job?

Getting to know the residents, hearing their stories, and discovering common things I can relate to with them. It really is a small world!

What Touchmark value do you most closely relate to and why?

"I am a Friend" speaks to me. I truly value each and every friendship I have made during my time here.

Outside of work what are your favorite ...

Activities: Reading, writing, art (drawing), crocheting, and watching movies.

Food: Chicken Parmesan made by Melissa.

Movie: Marvel movies, *How to Train Your Dragon*, the *Star Wars* franchise, and *The Lord of the Rings* trilogy.

Music: Poets of the Fall, which is a Finnish rock band from Helsinki.



We learned to curl with the Appleton Curling Club!



When it's cold outside why not sample soups prepared by a lineup of local restaurants and our own Touchmark kitchen. Afterward, we voted for our favorite!



We played our own version of The Newlywed Game with a few couples who know a thing or two about each other.



Above and right: We are all artists with a different view. And by the looks of it, we are all great ones! Stacy Parish was our class instructor for a special Paint & Sip just in time for Valentine's Day!



Giant Jenga! Players took turns removing one block at a time from a tower constructed of 54 blocks. Each block removed was then placed on top of the tower, creating a progressively taller and more unstable structure.



SAVE THE DATE!

MARDI GRAS CELEBRATION

Tuesday, March 5 all day • Lobby

Start the day with traditional Fat Tuesday pancakes at 10 am, followed by a parade at 2:30 pm. Try some king cake while enjoying the jazzy sounds of New Orleans with Chuck and Paul!

WINNING WAYS FOR LIFE WITH MAUNG WIN

Wednesday, March 6 at 3 pm • Chapel

Join us to hear about Maung's roller coaster life story from riches to rags to financial independence. His humble hope is that readers would have the opportunity to gain insight and inspiration from his mistakes as well as successes.

LADIES' AND MEN'S CLUB DINNERS: THE HISTORY OF BEMIS COMPANY

Monday, March 11 (Ladies); Monday, March 18 (Men) • 6 pm • Garden Dining Room

Carol Bredesen will share how this Wisconsin-based company is a global player in the packaging industry, including customers such as Coca-Cola, Heinz, and Kraft. There will be product samples, a short activity, and prizes! RSVP.

LIVE PERFORMANCE BY ELVIS JOHN

Thursday, April 11 at 3:30 pm • Chapel

Put on your blue suede shoes and boogie on over for a live performance by Elvis John, an Elvis tribute artist. Prepare to cut a rug and meet new friends on the dance floor!

OPEN HOUSE

Wednesday, April 17 from 2 - 4 pm • 2572

Touchmark Court

Come tour Fox Pointe homes and/or our amazing Grande apartment homes. See all that Touchmark has to offer! Guests are encouraged to stay for Wine Down Wednesday afterward.

EARTH DAY EXPO

Wednesday, April 24 at 2 pm • Lobby

Celebrate Earth Day and learn how to make a difference for the community and the planet! Local companies will demonstrate different ways to be more environmentally friendly.

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



Left to right: In the Meadows neighborhood, we made cookies and snowflakes. We also braved the cold and went to United Methodist Church to view over 1,000 different nativity scenes.

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