



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



KEVIN BOOTH
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Studio

2019 Touchmark Calendar

Twelve residents created a unique 2019 calendar to help raise money for Harbor House, a domestic violence shelter in Appleton.

Each month features a photo of a resident and tips on healthy living and fitness. Calendars are \$8 and can be purchased by calling 920-832-9100. Get yours today!



"Even though I may have come up with the idea of Calendar Girls, I could not have done it without the help of the Touchmark staff. Annie generously put in many hours working with me and the marketing team in Oregon. Calissa willingly contributed her time and knowledge for the calendar girls' poses and sayings. The women who volunteered to be calendar girls were delightful to work with, and we developed a camaraderie. The Touchmark staff worked to carry out what was 'just an idea' and bring it to fruition."

- Marge Willis, resident

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Randi Shurpit

Position: Front Desk, Resident Services Associate

How would you describe yourself? Animal lover. Laid-back. Upbeat after I pass the “shy phase.” Outdoor lover and adventurous.

Share a bit about your family and growing up. My early years were spent in southern Wisconsin with my dad, mom, and oldest sister. We then moved up to mid-Wisconsin where I graduated high school and went to college. My parents split up when I was still in elementary, but both are near enough to be able to visit without needing to go too far. I did some traveling and moving around, but once I came back to Wisconsin, I decided to come to the Fox Valley area because there’s so much to do, it’s just about the right size; and the people are friendly.

What are some of the most significant events in your life? The traveling I have been able to do in my life so far. I have lived in three different states and traveled to and visited several different states. I hope to continue to get the chance to see many others and other areas of the world. It brings an unexplainable

excitement and happiness when I experience a new place.

How long have you worked at Touchmark? Since May 2018.

What do you enjoy most about your job? The interaction with residents in their home environment. It doesn’t happen every day, but I learn something from the residents the more I’m able to connect with them. Also, interacting with family members when they come to visit.

What Touchmark value do you most closely relate to and why? I am a friend. I feel my sense of joy and approachable attitude are welcoming to residents and visitors.

Outside of work what are your favorite ...
Activities: Reading, being outdoors (walking, hiking, swimming, biking).
Food: My go-to choices are sushi and comfort food, like potatoes.
Movie: *Across the Universe*.
Music: ‘90s, rock, and reggae.



First Hitch and their beautiful horses took us on a wagon ride around Touchmark. First Hitch is a family-owned draft horse company that provides horse-drawn adventures to northeastern Wisconsin.



It was a beautiful afternoon for winetasting at LedgeStone Vineyards.



Conductorcise® is a sound workout for body and soul.



Left and middle: Tasty treats at the 3rd Annual Christmas Around the World event. Right: A little friendly competition at the Corn Hole Tournament.

SAVE THE DATE!

CASINO NIGHT

Tuesday, January 15 at 6 pm • Lobby

Join us for a fun night of casino games! You can spin the roulette wheel or try your hand at blackjack where you can hit, stand, or surrender! Are you all in?

SOUP SIPPING

Wednesday, January 23 at 2 pm

Take a break from the cold to warm your belly with some exquisite soups prepared by a lineup of local restaurants! Restaurants include Fratello's Riverfront Restaurant, Machine Shed Restaurant, Spats, Good Company, Panera Bread, and Draft. Sample them all and vote for your favorite!

BOLLYX: THE BOLLYWOOD WORKOUT

Friday, January 25 at 2 pm

BollyX: The Bollywood Workout is a Bollywood-inspired dance-fitness program that combines dynamic choreography and workouts with upbeat music from around the world, inspired by the movements of the Indian film and music industry. Instructor Colleen Eichsteadt, Wellness Coordinator from the Heart of the Valley YMCA in Kimberly, will lead. There will be 20 minutes of low-impact dance with a mix of Western/Eastern music. Be sure to wear loose-fitting clothes and tennis shoes!

ANTIQUE SHOW & TELL WITH GREG WILLETT

Friday, February 22 at 2:30 pm

Collectors can discover if they have trash or treasure thanks to the appraisal skills of Greg Willett. Sign up today for your personal appraisal! Firearms and gemstones cannot be assessed.

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



In the Meadows neighborhood left to right: Residents were shown how to knit; they proudly displayed their finished fabric paint project "Starry Night" at the Trout Museum at Sparks; and they danced to some old-time tunes.

**TOUCHMARK ON WEST PROSPECT
FULL-SERVICE RETIREMENT COMMUNITY**
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