



## “I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

### **The rewards of volunteering**

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

### **Making others “feel good”**

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



**Kim Lehmann**  
Director of Health &  
Fitness Operations

**“Life is like riding a bicycle—to keep your balance, you must keep moving.”**

*– Albert Einstein*

Recently, a good friend posed this question:

*“Do we live to exercise, or do we exercise to live?”*

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

### **Functional fitness improves ...**

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.



# Health & Fitness Studio

## Here's the buzz

Ride the Espresso HD bike in the Health & Fitness Studio for 15 miles, and you will earn a complimentary espresso! Choose any ride for any distance, and once you hit 15 miles, you will receive a complimentary coffee drink from the Bistro.

Haven't ridden the Espresso HD bike? No problem! Visit Calissa in the Studio and she will get you registered.



## Conductorcise® classes begin

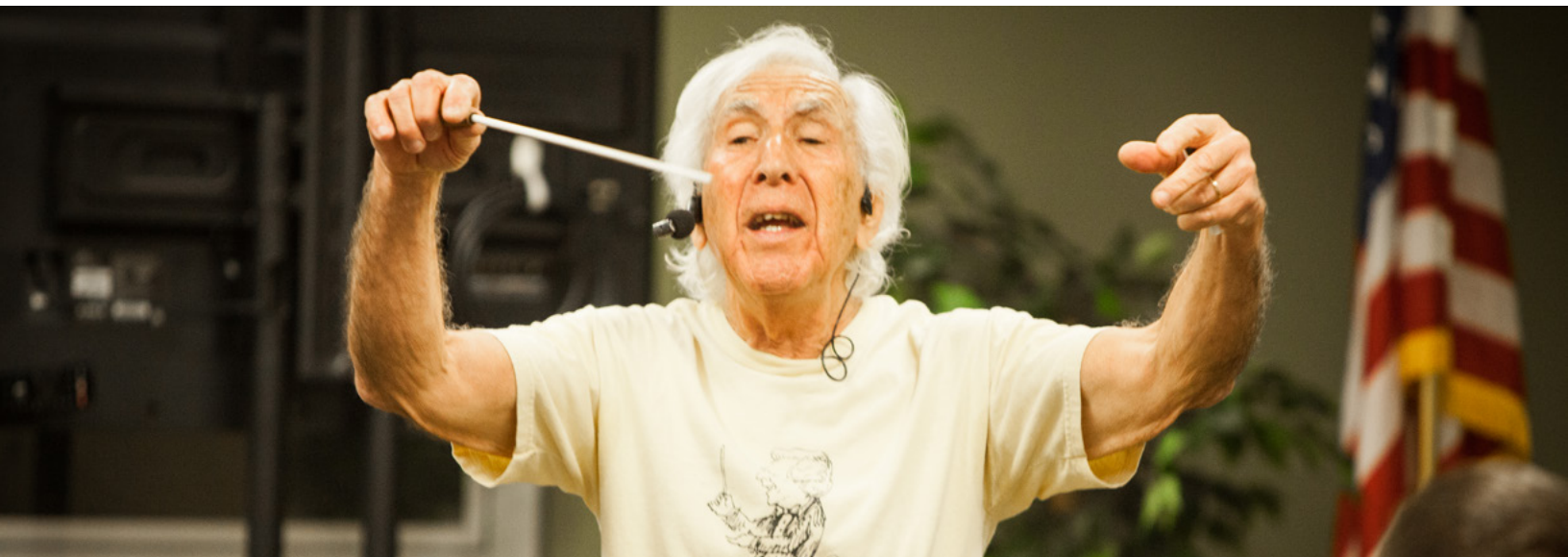
A new fitness class for residents was recently launched by the founder of the energetic Conductorcise program, and the public was invited to participate in an interactive presentation.

Maestro David Dworkin, creator of Conductorcise, spoke about the benefits of this unique form of exercising to music and led participants in a participatory session.

Modeled after the movement of orchestra conductors, Conductorcise engages the arms and upper body in creating motion to classical music as a physical workout. Classes provide a low-impact workout for the upper body that improves flexibility, posture, and circulation.

While at Touchmark, David taught and certified staff members to be Conductorcise trainers, who will lead ongoing Conductorcise classes.

From Bedford Hills, New York, David began his career as a clarinetist and was an avid chamber musician. Within his career, he has led orchestras across the globe, including at the Manhattan School of Music, the Philharmonic on the Hudson, and the New Jersey, Vermont, and Manhattan symphony orchestras. Upon his retirement from conducting, David created and developed the Conductorcise program to share with others.





# TEAM MEMBER *Spotlight*

**Name:** Brenda Gresl  
**Position:** Housekeeper

**How would you describe yourself?**  
I'm fun loving, hardworking, and a great team player.

**Share a bit about your family and growing up.**  
I came from a family of five, and I was the youngest. We camped and went swimming and went to church regularly.

**What are some of the most significant events in your life?**  
The birth of my daughter—my one and only.

**How long have you worked at Touchmark?**  
Almost 10 years.

**What do you enjoy most about your job?**  
The residents—they make my day. I love to talk with them and get to know them. Believe it or not, I love cleaning!

**What Touchmark value do you most closely relate to and why?**  
Compassion: I like to listen and understand, and I try to help people feel better about what is going on in their life. I'm a great friend and am trustworthy.

**Outside of work what are your favorite ...**  
**Activities:** Camping, photo editing, crafts.  
**Food:** Pizza.  
**Movie:** *Pretty Woman*.  
**Music:** Oldies.





We enjoyed a special movie screening of the supernatural thriller *Wraith*. Filmed in the area, the movie also features a special guest appearance by Touchmark resident Dorothy Allen! Pictured left to right: Dorothy, Catherine Frances (main character in the movie and Dorothy's granddaughter), and Michael O. Sajbel (Director and Dorothy's son-in-law).



At the Wine and Chocolate Pairing, residents learned that milk chocolate goes best with sweet riesling or dessert wines. Dark chocolate goes best with merlot or petit syrah. Dark semisweet chocolate is best with merlot or pinot noir and dark bittersweet chocolate with cabernet sauvignon or zinfandel.



The Reader's Theater Group performed *High School Classmates*, *The Dr. Jill Show*, *The Meeting*, and *The Rolls Royce* to a full crowd.



Left: In The Meadows neighborhood, Beverly Wichman and Florus Schumacher worked on a *Fragrance in Frames* project. Right: *Merlot & Masterpiece* was a hit in the Admiral! Pictured left to right are Don Tremel, Ruth Sargent, Betsy Stefl, Miriam Gerrits, Bob Murphy, and Ed Koleske.



# Save the date!

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## **FUN-TASTIC HOT AIR BALLOON PRESENTATION**

**Thursday, May 10, 3:30 pm • Lobby**

Join pilot John Ross to learn about the exciting experience of hot air ballooning. John has been around balloons since 1992 and has been a certified pilot since 2001. Don't miss this chance to hear more about this once-in-a-lifetime experience. John and his team will inflate the balloon on the Fox Pointe Island around 6:15 pm for all to see! (Dependent on weather.)

## **4TH ANNUAL SPEAKEASY PARTY**

**Tuesday, May 22, 4 pm • C-wing Parking Garage**

Don't miss the fourth installment of this annual event! Enjoy a glass of bathtub gin, take in the sweet sounds of jazz, and try your luck at blackjack or the roulette ... 1920s attire is encouraged!

## **PHYSICS OF MUSIC I: CONSTRUCTING A MUSICAL SCALE THAT WORKS**

**Wednesday, May 23, 2:30 pm • Chapel**

Presented by Touchmark resident and retired Lawrence Physics Professor David Cook.

## **MEMORIAL DAY CELEBRATION WITH VFW POST 2778**

**Thursday, May 24, 11 am • Lobby**

Today we remember and honor our nation's fallen heroes. The VFW Color Guard will post the colors, and we will continue our ceremony with patriotic songs and a flag folding demonstration by a group of children. Our ceremony will conclude with a 21-gun salute and the retiring of the colors.

## **PHYSICS OF MUSIC II: COMPLICATING CHARACTERISTICS OF SELECTED INSTRUMENTS**

**Friday, May 25, 2:30 pm • Chapel**

Join us for part two of this lecture by David Cook. We'll learn about the complicating aspects of each musical instrument, and why music still works.

## **THE LONGEST DAY**

**Thursday, June 21, 2:30 pm • Communitywide**

Help us celebrate and honor residents, family, friends, and loved ones who are living with Alzheimer's disease with this fun-filled day of events. Whether you decide to come for the Remember for Me Walk or to see the many talents in the Touchmark Talent Show, you are bound to have a good time!

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

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## **What others are saying ...**

*"Home is where the heart is; so home is Touchmark."*

-Jean Ormson, resident

**TOUCHMARK ON WEST PROSPECT**

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