



# THE {FULL} LIFE

## *Touchmark on West Prospect Newsletter*

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## 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 takes advantage of the classes and equipment at Touchmark 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!*

## CONTINUED FROM PG. 1

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 Studio

Have you ever heard the phrase “making friends with the floor?” Did you know fear can increase your risk of falling? If you have already experienced a fall, you may be even more cautious and fearful of falling again, especially if you had an injury. It’s time to reduce your fear and thus reduce your risk.

To effectively decrease falls, one needs to exercise regularly with a focus on both upper- and lower-body strength, balance, flexibility, and endurance. Please consider your options for exercise to keep you healthy and safe. The Health & Fitness Studio offers a number of programs to help you reduce your risk and stay safe, such as WalkStrong, Making Friends with the Floor, and other fall reduction specialty programs.



## Touchmark wins award



Touchmark is a 2017 recipient of an Innovator Award from the International Council on Active Aging (ICAA)! The award recognizes Touchmark’s Fragrance in Frames program that combines art therapy with essential oils to provide natural health and mood benefits to those living with forms of dementia.

Last month, Executive Director Barb Pandolfo was interviewed by WBAY and WLUK TV as well as radio station WHBY about the innovative program. In one-on-one painting sessions with residents, staff use essential oils to create different desired outcomes. Touchmark’s Vice President of Clinical Services, Wendy Schrag, RN-BC, developed the program, which has been active at Touchmark in Appleton for about two years.

Pam Murphy, Life Enrichment/Wellness Coordinator, says the scents are as intellectually stimulating as music. Before each painting session,

she shares the essential oil with the resident to ensure it evokes a pleasant response. A few drops of the selected oil is then mixed into the paint. She also fills out an assessment to track each individuals’ daily behaviors, demeanor, verbal ability, and engagement level as well as asks residents to sign their name before and after the sessions.

“Some might not be able to write their name at all, but afterwards the signature is clear and doesn’t look like the same signature. The program relaxes individuals and helps them focus, so it’s obviously triggering something in their brain.”

The ICAA Innovators Awards were created to honor those in the active-aging industry who are leading the way, setting new standards and making a difference in the lives of older adults. Eligible offerings can target any or all of the seven wellness dimensions endorsed by ICAA—social, emotional, vocational, spiritual, intellectual, physical, and environmental.

“This award is fundamentally about giving accolades to organizations that push creative boundaries in devising and delivering programs for older adults,” says ICAA CEO Colin Milner. “Recipients such as Touchmark serve as inspiring models for any organization that seeks to support older-adult wellness.”



# TEAM MEMBER

## Spotlight

**Name:** Melissa Gebert

**Position:** Dining Services Cook

**How would you describe yourself?**

I am fun, fun to work with, and pretty easygoing. People say I'm always smiling.

**Share a bit about your family and growing up.**

I am the oldest in my family and have two sisters. I grew up in Seymour, Wisconsin, which is a small rural city just west of Green Bay, and graduated from Seymour High School. During high school I participated in track and a handful of school plays.

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

I don't travel a lot, but one memorable trip was to Florida and Disney World. I am a huge fan of Disney, and this was a really fun trip. Another significant part of my life is that I am a professional wrestler! I train with a friend who's a professional wrestler. I'm also involved in a

YouTube sitcom called Metal Epic Mayhem, a parody about a band that's stuck in the 1980s.

**How long have you worked at Touchmark?**

Just two months

**What do you enjoy most about your job?**

The people—all of the residents the team members. Everyone's great, fun, and nice.

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

Compassion. It's essential to be compassionate with everyone around you, especially the residents. It's important to understand where they are coming from and be supportive.

**Outside of work what are your favorite ...**

**Activities:** Reading, TV, wrestling

**Food:** Italian is a favorite, and some Mexican

**Movie:** *Aliens*, and all horror movies

**Music:** Hard rock—the head-banging stuff but not the screaming



*Great Grandma Jeannette Piette gets a hug after her performance with the Meadowlarks at our Holiday Open House.*



*The Meadows neighborhood was filled with laughter and love, including a hug from Santa to Ann Davis, during our Holiday Open House.*



*We had fun making holiday wreaths.*



*Residents were eager to help decorate the trees throughout the community.*

# Save the date!

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## STEPPING ON

**Thursday, January 11, 1 - 3 pm • Chapel**

We are taking part in a seven-week Stepping On workshop proven to reduce the risk of falls by up to 50%. To find out more or to register, call Winnebago County Health Department at 920-232-3000. Cost: \$15 for series.

## BEACH BASH

**Thursday, January 11, 3 pm • Lobby**

Beat the winter blues and spend a day at the beach! Enjoy a slushy drink and the warm summer sounds of steel drums by Island Magic.

## SINGING BOWLS

**Tuesday, January 16, 3 pm • Chapel**

Join Tina and learn how vibrations can help balance and heal the mind, body, and spirit.

## DRUM CIRCLE

**Wednesday, January 24, 2:45 pm • Lobby**

Tom Gill will draw you in to the power of rhythm. Facilitating rhythm is essentially about three things: creativity, community, and the element of surprise. Join us for some magical musical community creation! No experience necessary, and drums will be provided.

## EAT AROUND THE WORLD

**Wednesday, January 31, 2 pm • Lobby**

Leave your passport at home, but be sure to bring an adventurous appetite to this incredible event! Your taste buds will experience fabulous food samples from each of the seven continents as you travel on this journey!

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

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## Benefits of Functional Fitness

Each day, residents in The Meadows neighborhood 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."

**TOUCHMARK ON WEST PROSPECT**

*Full-service Retirement Community*

2601 Touchmark Drive • Appleton, WI 54914

920-832-9100 • [Touchmark.com](http://Touchmark.com)

