



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 Club

Did you know that the Health & Fitness Club holds 28 classes each week, including additional yoga and aquatic classes? There's no better time to join. We are currently running two membership promotions:

Purchase a six-month membership and we'll waive the joining fee
-OR- Purchase a one-year membership and we'll not only waive the joining fee, but also gift you three personal training sessions!

Coming soon! Water volleyball is coming to the Health & Fitness Club in March. Inquire with Member Services for more information.



What others are saying ...

"What a joy it is to have found the Touchmark at The Ranch community and to be living in the beautiful Grand Lodge. What an outstanding staff, too! I found the right place for me as I begin the next chapter of my life."

- Mary Logasa, Grand Lodge 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: Gail Hosea

Position: Resident Services Concierge

How would you describe yourself? My glass is always “half-full.” I try very hard to always find something to smile about.

Share a bit about your family and

growing up. I am the sixth of eight children. I was born in Aurora, Illinois, but learned to walk in the family-owned bus as we traveled to our new home in Phoenix, Arizona where I then resided for the next 45 years of my life. I’ve been married for 27 years to my sweet husband Jim, and I’m the mother of two adult sons and grandmother to five grandchildren ranging in age from 2 to 13.

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

Three things stand out more than others: Having had the privilege of running an in-home day care for 16 years while raising my children was amazing. Spending another 16 years as a 9-1-1 dispatcher, supervisor, and trainer taught me calmness under pressure and gave me compassion for people that I draw upon every day. And lastly, being blessed with an incredible relationship with my mom for 58 years. Losing her shortly after her 93rd birthday was definitely significant. She molded me into the person I am.

How long have you worked at Touchmark? I began working at Touchmark in October 2018.

What do you enjoy most about your job?

Without a doubt, what I love about my job is

the everyday interaction I have with residents, coworkers, and visitors. Being able to make people smile, listening to what they have to say, and tending to what they need makes me very happy. That’s not to say that everyone is always happy, but I consider it my privilege to try to improve their day.

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

The Touchmark value I most closely relate to is “compassion,” because I think the gift or art of honest-to-goodness compassionate caring is becoming rarer. I don’t think there’s anyone in the world who doesn’t possess a desire to be listened to and cared about, and I take great pleasure in being a compassionate listener.

Outside of work what are your favorite ...

Activities: Being outdoors, whether to walk or hike; relaxing outside with my husband and sharing coffee or a glass of wine together. I also absolutely love to cook and bake—and my husband loves that too!

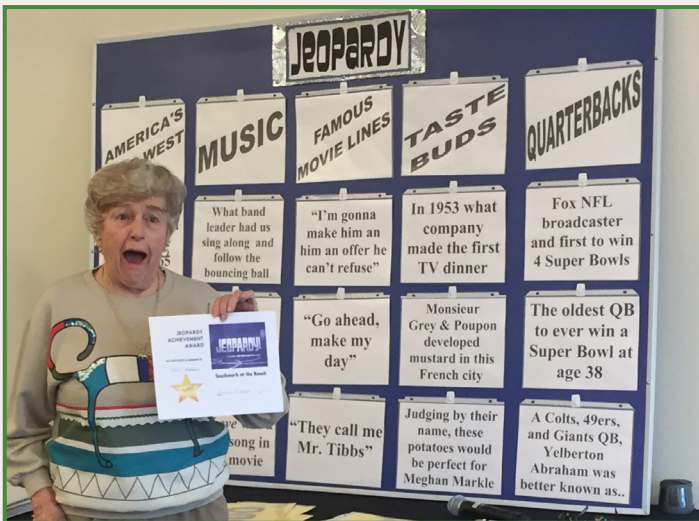
Food: I love anything healthy, especially vegetables, salads, fish, and chicken.

Movie: This is going to date me, but my two favorite movies are the original *Sound of Music* and *Mary Poppins* ... happy, beautiful movies.

Music: Southern gospel and contemporary Christian as well as easy listening, such as George Winston piano music.



The Touchmark Trekkers hiked Balancing Rock Trail just outside of Prescott. The trail was beautiful and weaved up and down through a pine forest scattered with granite boulders, a stark contrast to the hike through the red and orange trails of Sedona.



We hosted our very own version of Jeopardy!



The pet wash is officially open. Residents can treat their furry friends to a day at the spa!



It was a brisk but beautiful day for the Sedona Trolley Tour.

SAVE THE DATE!

EASTER AT THE RANCH

Saturday, April 20 from 9:30 - 11:30 am • Grand Lodge

Grab the kids, grandkids, or a friend and hop up the hill for a Touchmark Easter “egg-stravaganza!” Munch on some breakfast refreshments while you enjoy an Easter egg hunt and maybe find the Golden Egg for a cash prize! Enjoy the scavenger hunt, egg-dying station, and other festivities. No cost. Call 928-632-7800 to RSVP by April 12.

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

Touchmark and Prescott are the hot spot



The *Quad Cities Business News* visited Touchmark at the end of 2018 and wrote a feature about the community. They quoted Executive Director Doug Libby talking about the decor and aesthetic of Touchmark: “I am so pleased to see the creative use of Southwestern colors, patterns, and design concepts in the building. All the soft sage and earth tones, along with natural materials, like stone and wood, create a warm relaxing environment that is revitalizing – just like Central Arizona and the Quad Cities area.” Read the full article here: quadcitiesbusinessnews.com/grand-opening-of-a-grand-lodge/



Also in the news, *Realtor.com* named Prescott the third fastest-growing retirement hot spot, and Touchmark made it into the article, too! Check the full article out at: bit.ly/2X67swH

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