



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!”



DOUG LIBBY
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 Club

100-day Challenge

The team at the Touchmark Health & Fitness Club is in high gear these days, ramping up for an exciting year of growth, both in our memberships and programming. We will be introducing new results-oriented personal training packages that are competitively priced and will inspire you toward optimal health in 2019. We have a new certified fitness professional on our team, so please come into the Club to meet Nick Brown. Nick holds a bachelor's degree in kinesiology and has experience working in physical therapy with active aging adults.

The 100-day Challenge begins January 8 and includes 14 weeks of instruction, inspiration, and coaching on the seven essential components of wellness with pre- and post-assessments. Residents receive a special rate on this course. Our group exercise schedule will be substantially expanded in the first quarter of 2019 and include a level 2 aqua exercise class, additional yoga classes, as well as some evening offerings for those desiring an end-of-day workout. Our pool is no longer closed for maintenance from 1 - 2 pm, allowing members an additional hour of lap swimming each day.

Save the date: May 4 is the Whiskey Row Marathon, and a team is forming to train for the event which offers a marathon, half-marathon, 10k, and 2-mile fun run/walk. Come to the Club to join!



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: Sylvia Ford

Position: Housekeeping Lead

How would you describe yourself?

Energized and full of fun.

Share a bit about your family and growing up.

Born and raised in Zimbabwe. I lived in a town called Bulawayo and was educated in an all-girl's school. I got married and enjoyed a very interesting life as a tobacco and dairy farmer. I raised two children and played golf for entertainment. Terrorists and war in Zimbabwe made it very dangerous so we fled to Johannesburg. I changed careers and studied human resources and payroll and enjoyed this for 15 years. Unfortunately, a move became necessary again due to increasing violence, but this time I was fortunate to have had my (now adult) son, who was married and living in the U.S., petition for me to immigrate to this wonderful country. I arrived in 2005 and went to work in a senior living community, because human resources and payroll are much different in the U.S. I got itchy feet at my other job and wanted to work in the best senior living community in Prescott. I applied at Touchmark just as they were breaking ground on this amazing community.

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

I love traveling, and my highlight was visiting Alaska and seeing the bears fishing in the streams.

How long have you worked at Touchmark?

Since February 2018.

What do you enjoy most about your job?

I love every day at Touchmark. It is wonderful to work in a new building with new equipment and such great coworkers. The residents are the highlight, and I look forward to serving them and their needs to the best of my ability.

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

I am a giver. This describes me perfectly. I find satisfaction and purpose in providing genuine hospitality to all who I come across in our beautiful Touchmark community.

Outside of work what are your favorite ...

Activities: I am a keen gardener and the secretary for the Chino Valley Garden Club.

Food: Seafood of any kind.

Movie: Sappy love stories.

Music: Country and western.



The Touchmark Trekkers hit the trails of Sedona!



We welcomed Gary and Carol Borax to their new home.



We wrote thank you letters and holiday cards to those who are wounded, ill, and injured from global conflicts and receiving care at the Walter Reed National Military Medical Center in Washington, D.C.



Left: Enjoying a {FULL} life! Margery Ritter recently celebrated her 97th birthday! Above: Fun at the Touchmark Golf Scramble.

SAVE THE DATE!

2019 FITNESS EXPO

Friday, January 4 from 4 - 6 pm • Health & Fitness Club

Join us to kick off the 100-day Challenge offered by the Touchmark Health & Fitness Club. Enjoy nutritious refreshments while you meet with exercise professionals to learn about equipment, nutrition, and so much more related to fitness! Mike Townsend, who leads the Touchmark Trekkers, will conduct a Hiking Workshop featuring everything you need to prepare for your hike. No cost to attend. Space is limited.

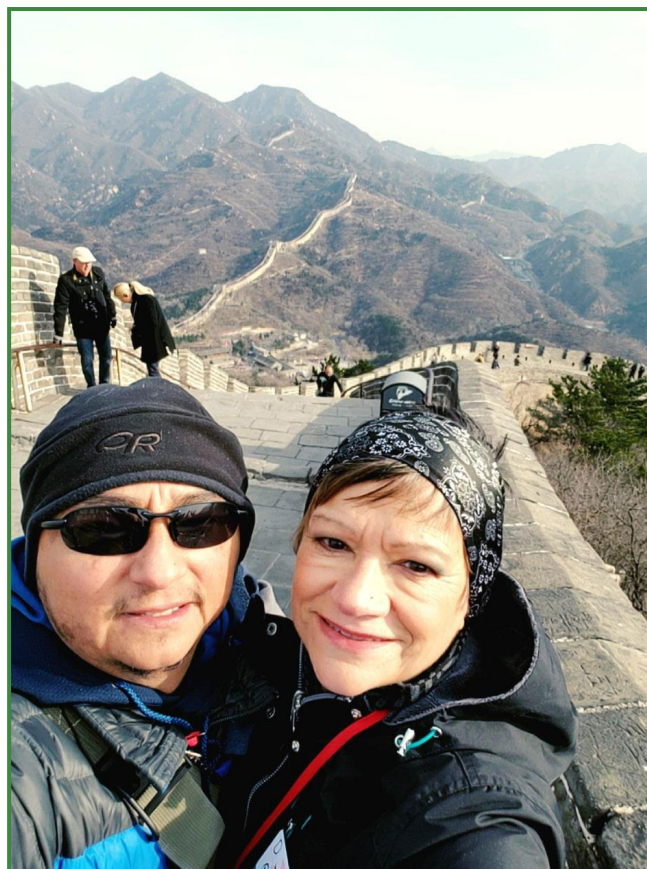
Take this opportunity to sign up for the 14-week workshop beginning January 8 to get your new year off to a healthy start! Course cost: \$99 for nonmembers; \$89 for members.

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

What others are saying ...

"Many thanks to each of you for keeping me in the shape I needed to be in for my trip to China! Because of our combined efforts, I was able walk the Great Wall of China, climb the 99 steps of the Shibaozhai Pagoda, and squat as often as necessary. All that, plus eat to my heart's content! I did relax a bit, too, as we toured the towns and cruised to Shanghai. It's great to be back ... there's no place like home, including the Touchmark Health & Fitness Club!"

- GERALYN LESAK,
Health & Fitness Club member



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