



“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 Club

Here's what's hot in the Club right now!

Circuit Training: *Mondays & Wednesdays at 10 am*

The class is preparing members to advance to the level 2 Touchmark Trekkers hiking group.

Wellness Wednesday: *Third Wednesday at noon*

Women of Wellness : *Fourth Thursday at 4 pm*

Ask the Nurse: *Fourth Tuesday from 1 - 2:30 pm*

The Wellness Clinic is available on a drop-in basis to answer your health related questions.

Touchmark Trekkers Walking Group: *Every first and third Friday at 10 am*

Join us for these gentle, level 1, paved walks.



Prescott ranks high on well-being!

The latest Gallup-Sharecare Well-being Index ranked Prescott ninth in the U.S. for overall well-being and fourth in the community category. The survey analyzed 186

communities across five aspects:

1. Purpose (liking what you do each day and being motivated to achieve your goals)
2. Social (having supportive relationships and love in your life)
3. Financial (managing your economic life to reduce stress and increase security)
4. Community (liking where you live, feeling safe, and having pride in your community)
5. Physical (having good health and enough energy to get things done daily)

Prescott finished in the top 10 in the Social and Financial categories and top 20 in Purpose and Physical categories.

More information is at https://wellbeingindex.sharecare.com/wp-content/uploads/2018/03/Gallup-Sharecare-State-of-American-Well-Being_2017-Community-Rankings_vFINAL.pdf

Well-being and the Full Life

"This news reinforces what those of us living in Prescott experience all the time," says Touchmark Health & Fitness Director Lisa Fry. "Prescott is a beautiful city rich with history and culture, and the opportunities to explore nature are boundless."

Lisa oversees the Touchmark Health & Fitness Club, and staff regularly lead Touchmark Trekkers on walks and hikes throughout the area. Both opportunities are open to the public. The Hiking Club treks a variety of local trails and recently hiked the rim of the Grand Canyon. A walking group meets the first and third Fridays of each month at 10 am and heads out for hikes around town.

Lisa can usually be found indoors at the Touchmark Health & Fitness Club providing personal training to members, teaching one of the popular aquatic classes in the pool, and always offering support and encouragement to enhance people's well-being.

To get a seven-day Club pass at no charge and experience the seven dimensions of wellness, call 928-708-3133.



TEAM MEMBER

Spotlight

Name: April Bartholomew

Position: Executive Assistant/Events Coordinator

How would you describe yourself? I would describe myself as a happy, energetic, and driven person that values people and life experiences.

Share a bit about your family and growing up. I grew up in northern Minnesota in a small town on our family's dairy farm. I have three sisters and one brother. Fun fact: The first names of everyone in my family, including my parents, starts with the letter A. Our dairy farm is called All A's Dairy. I was active in high school and recreational fast-pitch softball. I graduated with my Bachelor of Science in Business with a minor in Athletic Coaching from the University of Minnesota—Carlson School of Management.

What are some of the most significant events in your life? Growing up on a dairy farm taught me the importance of hard work. Travel has also played a big part in my life. During college I studied abroad in Sydney, Australia. I've also traveled to New Zealand and most of South America and the Philippines. Lastly, I got married this past October to my best friend and love of my life!

How long have you worked at Touchmark?
Since June 26, 2017.

What do you enjoy most about your job?
Working with the residents and seeing the impact we have on their lives. The things we get to do every day to make Touchmark their home and the team their family is very rewarding.

What Touchmark value do you most closely relate to? Friend—we should all try to live each day to the fullest. I believe that life is all about the memories we form with others and the friendships we build, whether at Touchmark or at the checkout line at the grocery store. Laughing with others is the foundation to any relationship.

Outside of work what are your favorite ...
Activities: Hanging out with my husband and our two furry kids, attending Arizona events, traveling, and being an assistant coach for 12/under fast-pitch.

Food: I love a good burger and fries. Chocolate too!

Movie: *The Fast and the Furious* movies.

Music: I love country music!



The Touchmark Trekkers enjoyed their hike at the Grand Canyon.



We took a trip on the Verde Valley Railroad!



We put on our boots that were made for dancing for our country-themed dance party!



We enjoyed a neighborhood wine and cheese party and celebrated monthly birthdays.

Save the date!

MUSIC & MIXOLOGY

Thursday, May 24, 4 pm • Amphitheater

Join us in kicking off Memorial Day weekend with a patriotic performance by the Prescott Chorale group, and indulge in a special treat. Chairs will be provided, but available seating will be limited—feel free to bring your own lawn chair and umbrella for shade. Afterward, head over to The Finn™ Restaurant & Pub for a mixology demonstration and live music by Ed Cornett at 5:30 pm. RSVP by May 17.

ARIZONA RAPTOR EXPERIENCE

Thursday, June 14, 9 - 11 am • Amphitheater

Don't miss this 45-minute stage presentation entitled Raptors in the Modern World. It will include live raptors and discussion about the natural history of the birds, their biology and ecology, and the environmental issues they face today.

Communitywide friendships



Living the {FULL} Life! Residents and friends from several Touchmark communities traveled together to Arizona. The group visited Sedona and many of the local tourist attractions. They even stopped by Touchmark at The Ranch for a visit and tour.



TOUCHMARK AT THE RANCH

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