



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.

CONTINUED ON PG. 2

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 Club update

Start the new year right by taking full advantage of the Health & Fitness Club. Open to adults age 50-plus, the Club offers first class amenities, like a heated indoor pool, various specialized equipment, personal trainer, and small-group training. Starting in January, members will enjoy fitness offerings, including aqua classes, dance, and Pilates. Also, beginning January 15, we start a training program to prepare for the Grand Canyon hike scheduled in May. Join us on Mondays at 5:30 pm for Grand Canyon Circuit Training. We also are offering a complimentary seven-day membership for those who want to experience the Club's options before committing to a membership. Visit us or call 928-632-7800 to learn more or start your membership today!



Prescott among America's best towns for Christmas



The decorations are put away for another year, but Prescott received national attention for the way it marks the holidays. *CountryLiving* named Prescott number 21 on its list of America's 23 Best Small Towns for Christmas.

In commenting about the celebrations, the publication noted, "The holidays take on a Western twang in Prescott. Activities center around historic Courthouse Plaza, ablaze with more than a million lights for the season and site of the town's Christmas tree. On the day of the tree lighting, Sharlott Hall Museum hosts a Frontier Christmas Open House where locals enjoy hot cider and cookies while listening to stories about pioneer holidays."

The full list is here: www.countryliving.com/life/travel/g2829/best-christmas-towns-in-usa/?slide=21



TEAM MEMBER

Spotlight

Name: Julie Koloc

Position: Retirement Counselor

How would you describe yourself?

I am loyal, love to laugh, and have a connective energy.

Share a bit about your family and growing up.

I was born and raised with three sisters in Wayne County, Ohio, where I learned the value of hard work and the importance of family. I earned a Bachelor of Science in Communications Education in 1987 from Bowling Green State University, Ohio.

I am certified in Shiatsu Bodywork Therapy and working toward a Master of Arts in Mental Health Counseling.

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

I would say certain small moments are the most significant in my life. One that pops into my mind right now is seeing the sun sink into the clouds from the summit of Mauna Kea on the Big Island of Hawaii.

How long have you worked at Touchmark?

I began working for Touchmark in September 2017.

What do you enjoy most about your job?

Building relationships and the exchange of inspired moments between myself, others on the team, and current and future residents.

What Touchmark value do you most closely relate to?

Being a friend who builds community one relationship at a time.

Outside of work what are your favorite ...

Activities: Reading, hiking, spending time with Jack & Jillian, my two Cockapoo dogs

Food: Always the sweets, but I've never met a potato I didn't love

Movie: *The Full Monty*

Music: Music with soul, which covers many genres



The Touchmark at The Ranch team welcomed Patrick and Beverly Swanson-Aylward into their new cottage home! Patrick and Beverly look forward to enjoying the incredible views, lifestyle, and new friends.



Vince and Connie Tobia received the keys to their new cottage home. They selected a Wilson floor plan featuring 1,598 square feet, two bedrooms, two bathrooms, and a den. New neighbors and Touchmark team members welcomed them home.



Bill and Lorana Bancroft joined Donna Lindstrom at the groundbreaking on her new cottage home. Donna selected the Eisenhower floor plan featuring 1,673 square feet, two bedrooms, two bathrooms, a den, and a covered patio.



At the holiday party we exchanged white-elephant gifts and enjoyed great food and company!

Save the date!

JUGGLING EXTRAVAGANZA

Tuesday, January 23, 3 - 5 pm • Health & Fitness Club

Ever wished you could juggle? Now's your chance to learn how! Join Touchmark Health & Fitness Club personal trainer Jason Hoover as he entertains with a demonstration and hands-on workshop. Discover the mental and physical benefits of this unique skill, and learn to make your own juggling balls to use at home!

A year in review

In 2017, Touchmark was voted Quad Cities Best of Business Retirement Community. There are 17 cottage residents buzzing about the community at the Clubhouse, Health & Fitness Club, and The Finn™ Restaurant and Pub. Some have joined the Touchmark Trekkers for hikes in the greater Prescott community while other residents enjoy the walking paths that wind throughout the community. The growth continues with seven additional cottage homes now under construction. Of the 42 cottage homes, 32 have been sold. Spectacular view-lots around the perimeter of the community are still available. In 2018, we will be adding four spec homes, including the McKinley, Harrison, Wilson 2, and Grant floor plans. Some of these homes will feature elevators and dual master suites. Model homes will also become available for sale in 2018.



The Touchmark Trekkers enjoyed the beautiful foliage and cooler hiking weather.

TOUCHMARK AT THE RANCH
Full-service Retirement Community

3150 Touchmark Boulevard • Prescott, AZ 86301
928-632-7800 • Touchmark.com

1716314 © 2018 Touchmark, LLC, all rights reserved

