



One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

Improved circulation

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

Increased bone density

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

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loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



"In every walk with nature, one receives far more than he seeks."

– John Muir



LORA HOVLAND
Life Enrichment/
Wellness Director

April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and

thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.

Health & Fitness Studio

EWU STUDENTS AT ASPIRE TO BETTER BALANCE

Four prephysical therapy students from the Exercise Science Department at Eastern Washington University (EWU) are volunteering with Touchmark's Aspire to Better Balance specialty classes from April 10 - June 12. "We are so grateful for the assistance of these amazing students. They are helping to make the participants feel more confident as they try difficult balance challenges, which are essential for them to improve their balance. The students make it more fun, and they are learning how fun it is to work with older adults. They'll learn skills that will carry them forward into their future careers." - Lori McCormick, Health & Fitness Director

7TH ANNUAL IN THE SPIRIT OF BLOOMSDAY WALK

Come join the fun on Thursday, May 2 from 10 - 11:30 am as we celebrate our city's annual Bloomsday event. Walk for an hour or any distance of your choosing! Residents, team members, friends, and family are welcome.

TOUCHMARK SUMMER FITNESS CHALLENGE

June 1 - September 14. Stay tuned for details as we move for fitness!



What others are saying ...

"I enjoy getting to know all the people and learning about them. And there is so much to do—I keep so busy that the weeks feel like days and time goes so fast! I've been at Touchmark for about five years and I love living here!"

- Jean Hendrikson, resident

Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety of activities to bring awareness and raise money for care and research. For example last year, Touchmark teams hosted a wide range of events, including a 5K fun run culminating in an explosion of color, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.



TEAM MEMBER

Spotlight

Name: Perry Dixon

Position: Dietary Manager

How would you describe yourself? I am cool, calm, and collected.

Share a bit about your family and growing up. I was born and raised in Spokane. I went to Ferris High School: class of 1994. I have two sisters, Cora and Yulonda, and three brothers, John, Jason, and Kenneth. Both my parents have passed away; my dad when I was 9 and my mother when I was 23.

What are some of the most significant events in your life? The birth of Cameron, my son, in 2005 and my daughter, Michelle, in 2013. Getting the opportunity to go to school and becoming a Certified Dietary Manager, Professional Food Protection Professional on February 6, 2009.

How long have you worked at Touchmark? Twenty years as of February 3, 2019.

What do you enjoy most about your job?

Besides the residents, my team members are a major part of my job. Without them I could not do the job. Without my boss Sue Nott's support and guidance, I could not have completed the coursework to do this job.

What Touchmark value do you most closely relate to and why? Compassion. I take great pride in taking care of the residents and making sure their needs are met in Dining Services.

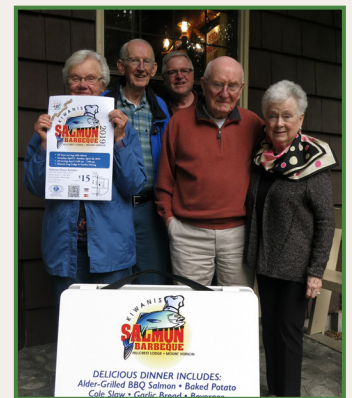
Outside of work what are your favorite ...

Activities: Cooking, dining out, and watching sports.

Food: I don't really have a favorite, but I like good, quality food.

Movie: *Black Panther*.

Music: My playlist includes hip-hop, rhythm and blues, soul, and blues.



Community fun included making wooden bud vases, a Chico's Fashion Show, Senior Fitness Testing with the local community college, the Textile Exhibit opening and show-and-tell, bunnies in a pot craft time, the Murder Mystery dinner, and a fun trip to western Washington for the tulip festival and stops along the way.

SAVE THE DATE!

WEEKLY HAPPY HOUR

Friday, May 3 at 4 pm • Hoyles & Coffee Cafe

This week we will be celebrating the Kentucky Derby. Wear your favorite hat while sipping a delicious julep infused with fresh mint grown by Devonshire neighborhood residents. No cost.

MAY MEN'S CLUB

Tuesday, May 7 at 5 pm • Forum

Otto Klein, Senior Vice President of the Spokane Indians, will speak about this farm team, and we will even have an appearance of the mascot, Otto! No cost. Sign up at the front desk.

ALZHEIMER'S ASSOCIATION LONGEST DAY

Friday, June 21 • All day

Help us raise awareness for Alzheimer's on the summer solstice. We will start the day with doughnuts and coffee on the Four Seasons Patio. Before lunch, we will take a scenic drive to Manito Park for a picnic and visit

the beautiful gardens. Then we will head to another park for metal detecting with Carl. Back at Touchmark, we'll enjoy an afternoon performance by Northwest Hula at 3 pm on the Four Seasons Patio followed by Happy Hour at 4 pm. After dinner relax on the Four Seasons Patio while watching a movie on the outdoor movie screen. No charge.

JUNE LADIES NIGHT

Tuesday, June 25 at 5 pm • Four Seasons Patio

Chico's will host a fashion show featuring their recent arrivals. Enjoy a high tea dinner while we watch our friends model the outfits. No charge. Sign up at the front desk.

DINNER & THEATER SHOW

Friday, June 28 at 5:15 pm

Don't miss this no-host dinner at Anthony's in Coeur d'Alene followed by *Beauty & the Beast*, The Musical at KROC Theater. Sign up at the front desk.

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



The Devonshire neighborhood residents went to glass sculptor Dale Chihuly's opening at Spokane's Northwest Museum of Arts and Culture. The exhibit Luminous also featured work from 33 other international artists working in glass and other techniques.



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