



THE {FULL} LIFE

Touchmark on West Century Newsletter

2019
ISSUE 3



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.

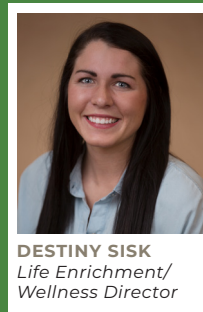
Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors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



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 Club

As the weather becomes more pleasant, we will walk a different outdoor trail each week. Check our website or download our app to get each week's trail details.

We are also starting a monthly member social. Keep an eye on the calendar or check the app for updates on when these will be taking place. This will be a great time to meet and socialize with others.

We recently added two new team members to our Health & Fitness Club Member Services staff: Laura Baker and Julia Hammerschmidt. They are attending the University of Mary for graduate school and studying physical therapy. Laura moved to Bismarck from North Carolina, and Julia moved here from Germany. She has been running on the track team at the University of Mary while completing her Exercise Science degree, as well.

Our class schedule may be changing as of May 1. We will post the updated schedule once completed.

Verizon

2:45 PM

What others are saying ...

"You are all wonderful. My stay with Marlene Moe was amazing! All of you are so caring and efficient and helpful and willing to please—words aren't enough, but thank you!"

— Lorene Walsh, cousin of 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: Lynnie Meyer

Position: Housekeeping Supervisor

How would you describe yourself? Bubbly, energetic, and positive. Softhearted and empathetic but not afraid to buckle-down to help others and get the job done.

Share a bit about your family and growing up. I grew up in Oklahoma in a small town around Tulsa. I spent time in Texas visiting my mamaw and papaw in the summertime. I have an older brother and mom still in Oklahoma. I have two kids: my son Trey is 27, and my daughter Cheyanne is almost 24. I have lived in North Dakota now for 24 years.

What are some of the most significant events in your life? The births of my babies. That's the moment God showed me unconditional love is real and how blessed I am. Material things never mattered to me, only protecting those blessings!

How long have you worked at Touchmark? Almost two years.

What do you enjoy most about your job? Everyone who lives here is like my family, and the huge support system we all have is

super encouraging! The fact that your value and efforts never go unnoticed. We all work together to make the lives of the residents full, which is a huge reward: seeing them vibrant and happy. There is never a shortage of hugs!

What Touchmark value do you most closely relate to and why? I relate to being an Ally, Friend, and Giver very closely. I try very hard to give each person I encounter the time and attention they deserve. I try and greet everyone with a smile and encouraging word, pay attention to their personal interests, be empathetic to situations, and try to help resolve their concerns. We are all extensions of their families.

Outside of work what are your favorite ...
Activities: Going to the movies, out with friends for drinks and dancing; spending time with my children; gardening; canning; cooking; and repurposing old furniture.
Food: Mexican and fresh produce dishes.
Movie: *The Goonies*, *Little Women*, and *Drop Dead Fred*.
Music: Current dance music, '80s punk music, rumba, classical, and oldies like Frank Sinatra.



Community events included a mystery trip to Sky Zone Trampoline Park, our own version of March Madness, a card tournament, the Touchmark Art Gallery reception, technology support with Century High School students, and Canvas Uncorked.

Check out these links:

Touchmark Art Gallery honoring Youth Art Month: kfyrtv.com/video?vid=507728492

Coverage from our mystery trip to Sky Zone Trampoline Park: kfyrtv.com/content/news/Touchmark-residents-visit-trampoline-park-507810431.html

SAVE THE DATE!

SHORT FILM SCREENING: TO BE OR NOT

Thursday, May 2 at 6:30 pm • Chapel

Last summer, six residents were extras in a local film directed by University of Mary's Director of Theater and Producer of Canticle Productions, Daniel Bielinski. The short is about a Shakespeare fanatic who attempts to win over the biggest director in town with his one-man production of Julius Caesar. Daniel will introduce the film and answer questions. RSVP by May 1. No cost.

TEACHER APPRECIATION LUNCHEON

Tuesday, May 7 at noon • Dining Room

In honor of National Teacher's Appreciation Day, we want to recognize those who have taught by hosting a luncheon. North Dakota State School Superintendent Kirsten Baesler is our special guest, and she will share a message with her fellow educators. No cost.

SPEAKEASY PARTY

Thursday, May 23 at 5:30 pm • Kingsley Lounge and Garage

Grab your fedoras or flapper dresses for an evening of Prohibition-era libations, live music, and dancing. First, come to the Kingsley Lounge. There, a bouncer or flapper will take you to the underground party. Note: You must give the password to enter the party; we don't want anyone on our tails! To receive the password, call to RSVP by May 19.

THE LONGEST DAY 5K COLOR{FULL} RUN

Friday, June 21 at 6 pm • Sertoma Park, Shelter #9

Join us for our third annual Fun Run to benefit the Alzheimer's Association. Stay for a barbecue and live entertainment following the race. Registration: \$25 through June 1 • \$30 from June 2 - 20 • \$35 day of event; includes race packet, T-shirt, and dinner.

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



In the Pembroke, Yorkshire, and Devonshire neighborhoods, we welcomed spring by making bunny garlands and coloring eggs.

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