



Shawn Paul Dziub

One at a time, dreams are coming true

We kicked off the new year asking residents and team members, "What comes next?" What are you itching to do in 2019? If you've yet to set some goals, we have inspiration from Touchmark on West Century residents Dorothy Krogen and Eunice Balzer. Last year, both women were able to complete a final bucket list item they happened to share: to see North Dakota's beautiful landscape from up high in a hot air balloon.

The event came together with the proactive help of Life Enrichment/Wellness Director Destiny Sisk. "When I first started, some of the staff told me about Dorothy's bucket list item. And then, I met Dorothy and I was like, we've

got to make this happen. Yep, we're going to do it this year," Destiny says.

Tickets to the Medora Hot Air Balloon Rally are by invitation only and it took Destiny a string of phone calls and some investigative skills to contact the right person, but when she explained the situation, organizers were more than happy to help. "I got connected with this guy who said he would love to have Dorothy and a guest, so that was luck," she says.

Fortunately, the weather also held up its end of the bargain on the day of the ride, and Dorothy and Eunice got the experience for which they had waited so long. They proved that

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while patience is sometimes necessary, good things come to those who reach out to others for help achieving their goals. Furthermore, neither let anything get in the way once the plans were in motion. "It's tough getting in the basket, anyway, when you have an artificial knee," Eunice laughs.

Since their ride, Dorothy and Eunice have both committed to making new bucket lists. There's simply so much more to do! What bucket list items will you complete this year?



Photos by Shawn Dziuk

"To eat is necessary, but to eat intelligently is an art."

– François de La Rochefoucauld



STEVE FERRARINI
Vice President,
Hospitality

March is National Nutrition Month, which inspires us to consider the critical role nutrition plays in our overall health and well-being.

While healthy eating is important

for everyone, it is especially vital in contributing to our health as we get older. Recent scientific studies show that maintaining a well-balanced, nutritional diet is one of the most effective strategies for living a vibrant life and preventing illness.

Eating nutritious, healthy meals can also provide a powerful emotional boost. When you eat something that you know is good for your body, you feel happy knowing you've made a solid choice that will propel you through your day. The prospect of exercising or engaging in a fulfilling activity will seem much more appealing after you've eaten a satisfying, nourishing meal.

At Touchmark, we take pride in helping people reach optimal health, and we understand how nutritious eating fits into whole-person wellness. We also realize that dining is a complete sensory experience, which is why we focus on providing a balanced menu with options for all tastes. Tell us your preferences and needs, and we'll do our best to accommodate them while providing a delicious, enjoyable dining experience.

Resident Juanita Ryan says, "I have never eaten so many vegetables as I have since I came here! I talk with the chef at least once a week. He's very good. He listens. Our servers are really good, too."

Health & Fitness Club

Stay fit and stay connected

If you have a smartphone, be sure to download the Touchmark Health & Fitness App. This is the easiest way to keep track of everything going on and stay up to date with any changes. If you're not sure how to download it, stop at our Member Services desk and talk to a team member today.

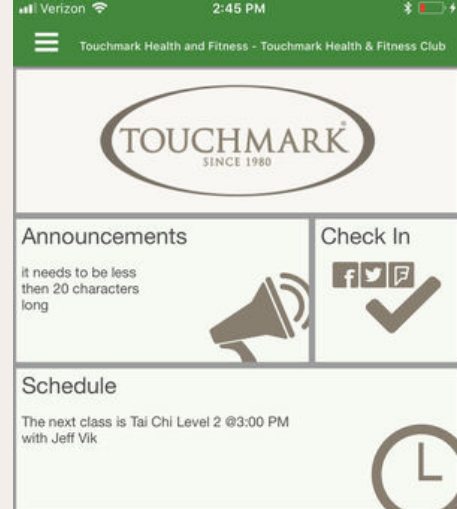
Parkinson's Dance Classes

Beginning Monday, April 1 at 3 pm

Help improve your balance, gait, and full body movement by participating in our five-week dance class for individuals with Parkinson's. The course will be held every Monday throughout the month of April. Registered Dance Therapist Amanda Arso will lead the dance series. Please call 701-323-7000 or stop by the Health & Fitness Club for more information or to sign up.

New massage therapist

Please welcome Shannon Hoffman to the team! Shannon comes to us with over 20 years of massage therapy experience and specializes in deep tissue and Swedish massage. To schedule an appointment, stop at the Member Services desk located in the Health & Fitness Club.



Exercise—and Support—is Medicine



April is Parkinson's Awareness Month and this year's theme is #StartAConversation. So let's talk about the support and programming available for those living with Parkinson's disease (PD) as well as their caregivers who are often their spouse or another family member. It is normal for caregivers to experience challenging symptoms of their own, such as exhaustion and isolation. All those affected by this condition can benefit from additional support.

Though Parkinson's often impairs mobility, regular exercise is vital to maintaining health and quality of life. At Touchmark on South Hill, Director of Health & Fitness Lori McCormick has worked to build robust fitness offerings for residents and community members. She leads PWR! Moves, PWR! Challenge, and PWR! Agility, all of which are certified PD classes.

Judi Sloane has been attending PD exercise classes at Touchmark for several years. "Parkinson's is a moving target," she says. "It changes day to day. You have good days and you have

not-as-good days. Having the opportunity to come to a class like this gives you balance." Judi says the group helps participants mentally, too. "We're always really supportive of each other and we always try to make each other laugh. We just have a good time."

Tending to the emotional challenges that often accompany PD is equally as important as managing the physical symptoms. Many Touchmark communities offer support groups for those with PD and those close to them that are also open to the public. If you or someone you know could benefit from PD programming or support, help them seek it out at Touchmark or the greater community.



TEAM MEMBER

Spotlight

Name: Tara Williams

Position: Life Enrichment/Wellness Coordinator

How would you describe yourself? Giving and caring. I love to laugh, joke, and be silly!

Share a bit about your family and growing up. I come from a small family; it was my parents, older brother, and me. I'm from a small town in the eastern part of North Dakota. My high school graduating class had 32 students. I grew up on a farm with lots of pets; Elmer was our pet pig and Wilber was our pet rooster, to name a couple. Animals have always been, and still are, a huge part of my life.

What are some of the most significant events in your life? Graduating from North Dakota State University. Getting married; in May it will be 24 years. Family and friends are very important to me.

How long have you worked at Touchmark? I will celebrate 17 years in September.

What do you enjoy most about your job?

The residents! I love getting to know them and building relationships with them.

What Touchmark value do you most closely relate to and why? I am a Friend. I value laughter, shared memories, and relationships built. Sharing hugs and smiles with residents can be priceless.

Outside of work what are your favorite ...

Activities: Anything with animals in general. I enjoy the outdoors (when it's warm and sunny), and spending time with friends and family.

Food: Lefse, meat and potatoes, crispy things, and Hershey's kisses. I'm a pretty picky eater, but those are some of my favorite things.

Movie: *The Silence of the Lambs*, *The Man from Snowy River*, *3:10 to Yuma*, *Tombstone*, anything scary and/or suspenseful.

Music: Old and new country!



Community events included the local high school girls basketball team coming to honor Touchmark residents who are veterans, lily painting, making 3D snowflakes during the winter storm, the monthly birthday social, and wearing red for American Heart Month. Throughout the day of celebration we held brain games, a Moving Through the Decades exercise class where we focused on heart and emotional health, and a heart-healthy cooking demonstration.

SAVE THE DATE!

LUNCH & LEARN: PREMIER WORLD DISCOVERY **Tuesday, March 12 at 11:30 am • Chapel and Four Seasons Dining Room**

Learn about the trips we'll be taking in 2019, including Washington, D.C. and New Orleans. No cost. Lunch provided. RSVP by March 7.

ST. PATRICK'S DAY PUB CRAWL **Thursday, March 14 at 1:30 pm • Leave from Touchmark**

Be sure to join us for our annual St. Patrick's Day pub crawl. We will visit three local establishments. Wear your green, and we'll be sure to bring some festive finishing touches. RSVP by March 11 to secure your spot on the bus. Only cost is for your beverages.

VICTORIAN TEA TALK **Tuesday, April 16 at 2 pm • Four Seasons Dining Room**

Get ready to par-tea! Tea Sommelier Debra Sauer will share her knowledge on tea tasting and attire in the Victorian times. Steep Me a Cup of Tea in Bismarck will donate the teas we will taste. Cost: \$5. RSVP by April 14.

RESIDENT THEATER: MISCONCEPTIONS **Thursday, April 25 at 7 pm • Chapel**

Come and enjoy our second annual resident play! We're looking to pack the house again this year when we perform a new comedy written by Dick Meredith that's sure to have you laughing. RSVP by April 22. No cost.

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

What others are saying ...

"This is what we wanted for her. She always loved to bake, and the cookie jar was always filled with homemade cookies. I've never seen her paint on canvas, but she has painted pieces over the years. You go, Mom! Thank you for your care and knowledge that I know will help Mom become stronger in her mind, body, and heart."

- Karla Whittey, resident's daughter



In the Pembroke, Yorkshire, and Devonshire neighborhoods, we have been staying warm and busy with painting projects and afternoon dance parties!

TOUCHMARK ON WEST CENTURY
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