



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



**TABATHA
FLETCHER**
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Club

American Heart Month

February is American Heart Month, during which various national and local health organizations urge people to learn how to keep their hearts healthy, assess risks for heart problems, and adopt more active lifestyles. Here are some simple ways that you can protect your heart:

- Maintain a healthy weight for your body type.
- Get your cholesterol and blood pressure checked regularly and take measures to control them.
- Drink alcohol in moderation, if at all.
- Reduce saturated fats and sodium in your diet.
- Engage in physical activity for at least 2.5 hours per week.



Healthy You Nutrition Program

Kick off your new year by getting on track with your nutrition and exercise. Starting the week of January 14, Touchmark Health & Fitness Club will offer a nutrition and exercise program to help you reach your goals. If you're interested, please contact Mariah at 701-355-1280. Also, don't forget to download the Health & Fitness Club app. It's another great tool to help you reach your goals. If you have questions about the app, stop by the Club and talk with a team member.

What others are saying ...

"I love living here; that's all there is to it. It's just easy living, and the personnel are very helpful and kind."

- Eunice Balzer, resident since October 2015

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Sandy Fercho

Position: Lead Server, Dining Services

How would you describe yourself?

Friendly, outgoing, caring, passionate, understanding, and a good listener.

Share a bit about your family and growing up.

I grew up in the small town of Wilton, North Dakota. There are five girls and two boys in my family. My family was poor, and when siblings were old enough to work, everyone had to work, which is where I got my work ethic. I got married in July of 1983 and lost my husband in 2000 to a heart attack.

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

I was a foster parent for five years, and my traveling experiences.

How long have you worked at Touchmark?

Three years.

What do you enjoy most about your job?

I enjoy the residents and other team members. I enjoy everyone I've come across during my work here.

What Touchmark value do you most closely relate to and why?

"I am a giver!" I relate to this because I go above and beyond and earn the opportunity to return and serve each day. I think these two are closely related for my two favorite values.

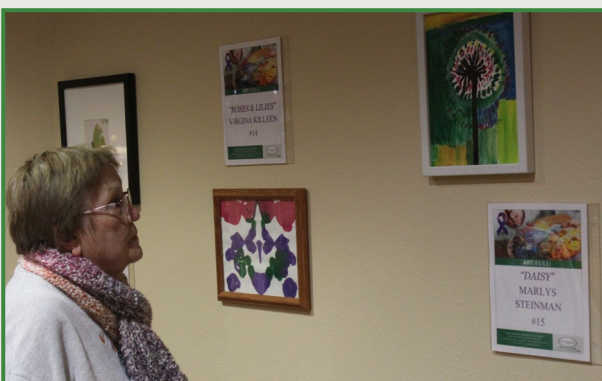
Outside of work what are your favorite ...

Activities: Baking for myself and others, reading Sandra Brown, and walking.

Food: Pasta, Olive Garden, and Mexican food.

Movie: Any kind!

Music: Country.



Community events included a trip to watch The Original Harlem Globetrotters, Pizza & Pumpkins with Touchmark veterans and the Century High School volleyball team, a mystery trip to KFVR-TV station, reading with residents by Mrs. Dietrich's fourth-grade class from Centennial Elementary School, more reading with a trip to Ferguson Books & More, a Men's Club gathering, and the second annual Purple Tie Event, during which we celebrated our Fragrance in Frames program with a silent auction with proceeds going to the Alzheimer's Association.

SAVE THE DATE!

HEALTH FOOD FAIR

Tuesday, January 8 at 2 pm • Lobby

We will be hosting a Health Food Fair to kick off our Health Series in January, hosted by Instructor Mariah Hintz. Our lobby will be full of healthy food to sample made by our Executive Chef Chris Warner, and we will share the recipes to help you succeed in your resolution for a healthier 2019! No cost or RSVP necessary.

AARP DRIVING COURSE

Tuesday, January 22 from 10 am - 3 pm

We will be hosting a Driving Course here at Touchmark for AARP members and the public. Duane Bergeson, a State Coordinator for AARP and recipient of multiple volunteer awards throughout the years, will teach the class. "He believes all North Dakotans should be given the opportunity to learn to become safer, smarter drivers, and extend their years of driving safely," says an AARP article, and we agree! Cost may vary. Call 701-355-1285 for questions and to RSVP by January 20.

CHOCOLATE EXTRAVAGANZA

Thursday, February 14 at 2 pm • Lobby

Join us for our annual Chocolate Extravaganza, where our lobby is all about one thing we all have in common: our love of chocolate! We will have many different desserts to choose from along with live music from the Bismarck State College Men's Ensemble. No cost or RSVP for this event.

MARDI GRAS

Thursday, February 28 at 5:30 pm • Touchmark Garage

Who says you have to travel to attend the big parade? It's our first Mardi Gras here at Touchmark, so come take a stroll down our Bourbon Street! We'll provide big band music, dancing, drinks, and scrumptious southern food. Wear your purple, green, and gold, and we'll supply the beads! RSVP by February 24.

[View our {FULL} Life calendar online for a complete list of events: TouchmarkBismarck.com](http://TouchmarkBismarck.com)



In the Pembroke, Yorkshire, and Devonshire neighborhoods, we enjoyed using objects from nature, like pine cones and fruit and vegetables, to make art.

**TOUCHMARK ON WEST CENTURY
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