



## “I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

### **The rewards of volunteering**

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

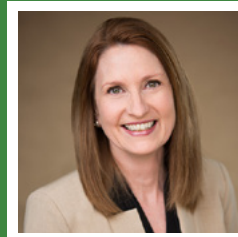
### **Making others “feel good”**

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



**Kim Lehmann**  
Director of Health &  
Fitness Operations

**“Life is like riding a bicycle—to keep your balance, you must keep moving.”**

*– Albert Einstein*

Recently, a good friend posed this question:

*“Do we live to exercise, or do we exercise to live?”*

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

### **Functional fitness improves ...**

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.



## Health & Fitness Club

May is Arthritis Awareness Month!

Did you know that exercise is considered the most effective nondrug treatment for reducing pain and improving movement in osteoarthritis? Many people with arthritis exercise less because of the pain, but when you are able to exercise, many times it actually reduces the pain! According to the Arthritis Foundation, it's important for people with arthritis to incorporate three types of exercise into their routine: flexibility training, aerobic training, and strength training.

Strong muscles can help support and protect joints that are affected by arthritis. The strength machines located at Touchmark Health & Fitness Club are approved by the Arthritis Foundation and safe to use, as long as you have had proper training and use correct biomechanics. A personal trainer is a great way to ensure that you are using proper form every time.

Walking and aquatic exercise are also good for people who have osteoarthritis.

### May is also National Osteoporosis Month!

Do you have osteoporosis? A sedentary lifestyle, poor posture, poor balance, and weak muscles encourage the loss of bone mass and increase the risk of fractures. But exercise can help! Exercising regularly can reduce the rate of bone loss. A combination of weight-bearing aerobic and muscle-building resistance exercises is best, together with specific balance exercises. There are certain precautions to take when starting such an exercise program. A Touchmark Health & Fitness Club personal trainer can get you started on a program to help you fight against osteoporosis and help you keep your bones as strong as possible. For an appointment, just stop by our desk or call 701-355-1280 to set up a time.



## ROMEO is here!



The ROMEO Club, which stands for Retired Old Men Eating Out, has established a local chapter and held its first gathering on April 18. They are always looking for members who enjoy a good meal and great conversation. The ROMEO Club holds regular lunch dates at various restaurants throughout Bismarck-Mandan all year. Hundreds of ROMEO groups are forming from coast to coast, but this is the first for Bismarck-Mandan, and it was launched by Touchmark.

“Touchmark’s mission is to enrich people’s lives, and we create many ways for people to enjoy a full life,” says Touchmark Life Enrichment/Wellness Director Destiny Glaser. “Watching this ROMEO Club get off the ground has been fun and exciting, knowing the positive impact it is having for members.”

The number of members typically range from a handful to a couple dozen men. They’re usually drawn to the shared life experiences and interests, though many members also enjoy the simple act of sharing a beer with someone new. Open to any retired male in the area, the only cost to attend the meetings is the price of one’s own meal.



# TEAM MEMBER

## Spotlight

**Name:** Galen Hanson

**Position:** Front Desk Supervisor

**How would you describe yourself?** I'm fun, compassionate, and entertaining.

**Share a bit about your family and growing up.** I was born and raised in Minot. I have an older brother, younger brother, and younger sister. Growing up, my family went fishing on the weekends or visited with other relatives. I delivered newspapers, and I also worked as an Assistant Manager at King Leo's Hamburgers in south Minot during high school. I took guitar lessons for five years and played in a rock band.

What are some of the most significant events in your life? Serving 22 years active duty in the U.S. Army and retiring as a Recruiting First Sergeant and Senior Guidance Counselor. I lived and worked in Germany for six years, and I was able to travel to Austria and Switzerland. I enjoyed being stationed in Colorado, Oklahoma, Virginia, Washington, Minnesota, Wisconsin, and Texas.

**How long have you worked at Touchmark?**  
I have worked here 5 1/2 years.

**What do you enjoy most about your job?**  
The interaction with residents and team

members. I enjoy being the center of information for all departments. I also enjoy telling the Joke of the Day and laughing with 60-plus residents every day. I enjoy wearing different costumes for special events. The most rewarding is being Santa Claus in the memory care neighborhoods.

**What Touchmark value do you most closely relate to and why?** I am a Friend. Each day, I try to bring laughter, wear a positive attitude, and share memories with the Touchmark community. This particular value begins with anyone you meet, and I like the phrase "building one relationship at a time." This is the first value I think of when new residents move in. The joy that I see in the eyes of residents gives me a sense of pride and reassures my purpose.

**Outside of work what are your favorite ... Activities:** Bowling, driving in my Corvette, golf, and listening to music.

**Food:** Mexican, steak, and all the different hot dishes.

**Movie:** Steve McQueen movies: *The Great Escape* and *The Magnificent Seven*.

**Music:** Johnny Cash, George Jones, Elvis Presley, Roy Orbison, Tanya Tucker, Merle Haggard, and Hank Williams, Sr.





*For our St. Patrick's Day Pub Crawl, we went to the Laughing Sun Brewing Co. for a beer and entertainment by Debi Rogers, an expert on Celtic culture and celebrated North Dakota musician. Afterward, we headed to Blarney Stone Irish Pub!*



*This month for our Mystery Trip we went to Bismarck Public Schools Career Academy & Technical Center. The Academy has course offerings that are geared toward career pathways and give students hands-on experience in subjects such as aviation, nursing, robotics, and horticulture.*



*In the Pembroke and Yorkshire neighborhoods, we worked on crafts with local nursing students and enjoyed an afternoon visit with furry friends.*

# Save the date!

## MILITARY BASEBALL GAME

**Thursday, May 3, 4:30 pm • Bismarck Municipal Ballpark**

Enjoy a Legacy High School Sabers baseball game with veterans from Touchmark throwing out the first few pitches! This will be a great follow-up to the Grand Slam Baseball Party held April 23. Cost is \$6.

## VOLUNTEER SOCIAL

**Thursday, May 17, 2 pm • Four Seasons Dining Room**

We're giving back to those who give so much to us. Join us as we honor our volunteers with this social hour featuring desserts, refreshments, and entertainment! No cost.

## MUFFINS AND MIMOSAS

**Friday, May 25, 2 pm • Lobby**

We are hosting an afternoon social with muffins and mimosas to welcome new residents joining us in May! Enjoy entertainment while you socialize and get to know your new neighbors. No cost.

## COLOR RUN

**Thursday, June 21, 6 pm • Seratoma Park**

Get ready for the 5K color run again this year in support of the Alzheimer's Association! Afterward, we will provide dinner, drinks, and entertainment for runners, walkers, and supporters. The color explosion will follow at 7 pm!



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

## What others are saying ...

*"I enjoy everything about living at Touchmark. Let me tell you, absolutely everything. There's not one thing I don't like, especially the people. The people make it special."*

- Dorothy Krogen, resident

**TOUCHMARK ON WEST CENTURY**  
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