



# THE {FULL} LIFE

## *Touchmark on West Century Newsletter*

2018  
ISSUE 1



## Discovering new fitness possibilities

“Exercising is critical! If you want to feel good and not be tired, you have to move,” declares Barbara Bruno, adding, “If I can do it, anyone can.” Rather than slow her down, the fact that she has had three knee surgeries for a torn meniscus motivates her to exercise more.

A board-certified internist and cardiologist for 20 years, Barbara was the first female cardiologist in Scottsdale, Arizona, and was the leading expert in pacemaker implantation. She had been a registered nurse before returning to school and obtaining her medical degree.

In addition to creating a sense of well-being, Barbara appreciates how daily exercising gives her a sense of accomplishment and supports her independence. Her favorite exercise? “Pickleball!” Earlier in her life, Barbara was an avid tennis player and had never heard of pickleball, but now she enjoys it more. “It’s a quicker game, and I find it more interesting. By the time we finish playing one-and-a-half to two hours, we’ve had a great workout, and it’s so much fun.” She says it has been rewarding to see how she and other players have improved through practice.

### **Variety keeps it interesting**

In addition to playing pickleball three times a week, Barbara visits the Touchmark Health & Fitness Club daily. “I’m taking tai chi, which actually provides a lot of movement from one side to another, and that’s helpful with balance.” She also does strength training and is going to work with Touchmark’s personal trainer for a few sessions. “Getting strength training is so important to prevent falls. We lose muscle if we don’t work out regularly, and that ups your risk of falling.” She appreciates how Touchmark trainers make sure you’re doing things safely and correctly.

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*This is the first issue with our new design and bimonthly schedule!*

## CONTINUED FROM PG. 1

Barbara also has a treadmill and hand weights in her home and uses those to limber up before heading out to play pickleball. Hiking with the Touchmark Trekkers is another favorite pastime. “About a dozen of us go on these hikes, which is a comfortable number, and it’s fun being with a group of people and exploring different trails.” She appreciates how Touchmark staff scout the trails in advance and know the distances and whether they are most appropriate for beginning or intermediate hikers.

### Exercising offers even more benefits

Both as a doctor and from her own personal experience, Barbara knows exercising’s benefits, and she quickly lists four:

1. “It’s good for your whole body, particularly for your heart and brain.”
2. “It’s a great stress-reducer. Sitting all the time is the worst thing you can do. Sedentary behavior can be just as risky as smoking. You must get up and move every hour.”
3. “It combats fatigue! If you don’t move, your body just starts to freeze.”
4. “You just feel better!”

### Added benefits of the Full Life

Before moving to Touchmark, Barbara and her husband were living isolated in the woods, so she especially appreciates having a sense of community. “I love being in a community, being around other people. There are so many things to do here, there’s never a dull moment. You have to pick and choose.”

She’s part of a health book club, where members read books relating to nutrition, stress ... anything relating to health. “We meet twice a month. The next book we’ll be reading is *The Alzheimer’s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*.

“There’s never a boring moment here—and that’s a good thing!”



**Steve Ferrarini**  
Vice President,  
Hospitality

**“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf**

Food is amazing! A meal can impact each of our lives in so many ways. Not only does food feed our bodies, the social aspect of eating a meal with others nourishes our souls. In addition, familiar flavors and foods can harken us back to wonderful

memories and another time and place. In other words, meals and the whole dining experience have the potential to enhance our overall well-being.

At Touchmark, we’re working to make people’s meals delightful every time they dine with us. By detailing, perfecting, and providing supportive tools for every aspect of the dining experience—from how chefs slice onions to when servers clear empty plates—we’re making Touchmark’s dining program one of the best in the business and better than many standalone restaurants.

In fact, we just completed a series of culinary and service manuals for every Touchmark kitchen that thoroughly describes and illustrates cooking techniques and hospitality excellence. We also recently gathered all executive chefs and Dining Services managers for several days of training and discussions about all aspects of food and service. Our talented chefs are taking the information from the training and sharing it with their teams to create a dining experience that will be delicious and memorable, one people will love.

Another aspect of Touchmark Dining Services that we are very proud of is the way our servers and staff interact with residents and guests. Our mission at Touchmark is *to enrich people’s lives*, and Touchmark team members take this to heart. Our values—Hospitality, Compassion, Excellence, Teamwork, and Integrity—support this mission, and team members work every day enriching the lives of everyone they meet and have the opportunity to serve.

For many of our servers, working at Touchmark is their first job. By instilling the fine points of service excellence and etiquette into these young workers, we are able to help them gain a solid foundation of skills that will serve them well in their future endeavors.



# Health & Fitness Club Updates

## Winter Meltdown Challenge

Are you motivated by money? Do you want to melt away some extra weight? Join the Club's eight-week Winter Meltdown Challenge. Here's how it works: Stop by the Club now through the end of January for body fat testing (using a handheld Omron tester or skinfold testing) or circumference measurements. On Thursday, February 1, the Winter Meltdown Challenge will officially begin. At the end of the eight weeks, prizes will be awarded to the losers of the most weight and inches. The more people who join the challenge, the bigger the prizes will be. Cost: \$15 each.

## Functional Fitness

Are you able to do everything that you want to do each day? If not, let our personal trainers help you live your life to the fullest. The Club offers exercise programs that mimic everyday movements—such as climbing stairs, picking up groceries, or sitting down—and can be appropriate for all stages of aging. Discover how functional fitness can strengthen your body and reduce the risk of injury. Classes focus on balance, strength, flexibility, weight loss, or a combination. Visit with one of our personal trainers today, and let them help you reach your health and fitness goals!

## Feel your best in the new year

There are plenty of ways to stay healthy this coming year. If the Winter Meltdown Challenge isn't your thing, consider joining one of our many exercise classes, schedule a one-on-one personal training session, hop in the pool, or create your own workout plan. The Club will provide you with your own personal training brochure, which lists your personal machine seat and weight adjustments, so it's easy every time you come in. Stop by the Health & Fitness Club and explore your options today!







# TEAM MEMBER *Spotlight*

**Name:** Sierra Moser

**Position:** Memory care caregiver

**How would you describe yourself?**

Easygoing and fun to be around.

**Share a bit about your family and growing up.**

I have three brothers and one sister. My parents are separated, so I look at it as having more family to love.

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

I am currently attending Bismarck State College and working toward a Social Work degree.

**How long have you worked at Touchmark?**

I will celebrate my one-year anniversary in February.

**What do you enjoy most about your job?**

I love getting to work with all the amazing residents and seeing their smiling faces.

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

I am a friend, because I enjoy getting to know the residents and what they like and dislike and becoming their best friend.

**Outside of work what are your favorite ...**

**Activities:** Camping, hiking, going for walks, boating, almost anything outdoors in the warm weather

**Food:** Italian food

**Movie:** *Footloose*

**Music:** I love any kind of music that makes you want to get up and dance. Maybe that's why *Footloose* is my favorite movie!





*Mary Ehmann, daughter-in-law to Touchmark resident Emma Ehmann, outdid herself again this year with a southwest-inspired gingerbread creation. Mary has been creating these masterpieces for years and sharing them at Touchmark. The Horizon Jazz choir stopped by to entertain us with some fabulous music.*



*Vivian Joos enjoyed cake and ice cream at our Pembroke and Yorkshire neighborhoods monthly birthday party.*



*We painted and sipped morning mimosas with local artist and teacher Nina Loeks of Art From the Heart studio.*



*For our Monthly Mystery Trip, we went to The Bismarck Tribune for an inside look at the day-to-day happenings of our local newspaper!*



*We made special stops around town to entertain special friends with carols and holiday cheer!*



# Save the date!

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## SENIOR FITNESS TESTING

**Tuesday, January 9, 9 am - noon • Health & Fitness Club**

Start 2018 off on the right foot with a complimentary Senior Fitness Test. We will offer retesting during Active Aging Week in September to measure your progress and help you stay on track.

## LUNCH & LEARN: *LEARNING TO DOWNSIZE*

**Tuesday, January 30, 11:30 • Chapel**

Join Shaundra Ziemann-Bolinske, a Family and Consumer Sciences Agent with the NDSU Extension Service, for a discussion on the psychological and physical attachment to belongings, and how to gain the confidence to effectively downsize. Lunch will be provided. No charge. Seating is limited.

## FIRE FIGHTER CHILI FEED

**Wednesday, January 31, 11:30 am - 1 pm • Lobby**

Calling all Fire Fighters! We want to say thank you for all that you do for our community. Join residents and Touchmark team members for chili lunch with all the fixings.

## CARIBBEAN POOL PARTY

**Thursday, February 8, 7 - 9 pm • Health & Fitness Club**

Come for a taste of the Caribbean. Enjoy some tropical tunes and time with friends as we defy the cold winter weather.

## CHOCOLATE EXTRAVAGANZA

**Wednesday, February 14, 3 pm • Lobby**

It's time for our annual chocolate extravaganza! This is one sweet event you won't want to miss! The Dining Services team will be making some delectable chocolate treats! Celebrate this day of love with something sweet, good friends, and entertainment. RSVP by February 12.

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

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*All aboard! We gathered for an evening of festive food, friends, family, and entertainment to celebrate the holiday season.*

**TOUCHMARK ON WEST CENTURY**

*Full-service Retirement Community*

1000 West Century Avenue • Bismarck, ND 58503

701-323-7000 • [Touchmark.com](http://Touchmark.com)

