



THE {FULL} LIFE

Touchmark at All Saints 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

WEEKEND ROAD TRIP TO MINNEAPOLIS
Saturday, June 15 - Sunday, June 16 • Leave
from Touchmark at 8 am • Return to
Touchmark in the early evening on Sunday

Board a chartered bus with chauffeur door-to-door service. Light breakfast will be provided on the drive. As we arrive in Minneapolis in the early afternoon, we will make our first stop at Minnehaha Park where a picnic lunch will be provided. Following lunch, choose to enjoy your afternoon either at leisure taking in the gardens and wading pools or join Health & Fitness Director Tyler Ramstad on a hike to see the Minnehaha Waterfall.

Enjoy an evening Minnesota Twins vs. Kansas City Royals baseball game with a ceremony retiring Joe Mauer's number. On Sunday we will go out for a group brunch before heading back to Sioux Falls.



The total cost for the trip includes round-trip transportation, hotel, bus breakfast, picnic lunch, and a baseball game ticket. Attendees are responsible for the cost of dinner at the game, Sunday brunch, and any personal purchases. Call Life Enrichment/Wellness Director Ellen Kelly at 605-731-5412 for more information and pricing details.

What others are saying ...

"I sold my house, moved in a year ago, and have never looked back. It's a nice surprise to have such a big 'family' at this age."

– Judy Harrington, 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: Alis Teevens

Position: Front Desk Attendant

How would you describe yourself?

Jack of many trades and just when you think you've got me down, I'll throw you a curve.

Share a bit about your family and growing up.

I was born in Minot, North Dakota. I'm a first generation American. My family spent a fair amount of time traveling when I was young.

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

One of the most significant events in my life was traveling to Japan the summer after my senior year of high school. Another was a dream internship at the Smithsonian Institution at the National Museum of Natural History.

How long have you worked at Touchmark?

Just a few months!

What do you enjoy most about your job?

I really enjoy the relationships I get to build with the residents on a day-to-day basis.

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

Excellence, because anything worth doing is worth doing right!

Outside of work what are your favorite ...

Activities: Outdoor activities including grilling and gardening, reading, and a variety of crafts.

Food: I enjoy trying and cooking a variety of cuisines.

Movie: Depends on the mood I'm in ... just not horror!

Music: I have an eclectic taste where I can enjoy a bit of everything.



It has been an exciting couple of months. We escaped the Midwest winter and headed to the Southwest for a sunny Arizona adventure ... where it even snowed a little, just to make sure we weren't homesick, of course! We also headed overseas for the Holland Windmills, Waterways & Tulips Trip that explored the Netherlands, Belgium, and Germany by land, river, and bus for 11 days during tulip season! More photos at: facebook.com/TouchmarkSiouxFalls.



SAVE THE DATE!

RESIDENT AND HEALTH & FITNESS CLUB MEMBER PANEL DISCUSSION

Thursday, May 16 at 3 pm • Chapel

Topics include what motivated these individuals to join the Health & Fitness Club and/or move to the community, who helped them decide, what a typical day looks like, favorite amenities, and more. Questions and answers to follow. Call 605-335-1117 to RSVP by May 15.

SUMMER CONCERT SERIES: PART I

Tuesday, June 18 • 7:30 - 8:30 pm • Front Lawn

The Sioux Falls Municipal Band (celebrating their 100th anniversary!) kicks off our second annual Summer Concert Series. Food trucks will have items for purchase. Bring a lawn chair or blanket to sit on the grass. Picnic tables provided in limited quantities. Donations benefiting the South Dakota Alzheimer's Association's The Longest Day gladly accepted.

THE LONGEST DAY EVENTS

Friday, June 21 at 6 pm • Front Lawn and Drive

The Longest Day is an awareness and fundraising day for Alzheimer's disease. We will celebrate with

special events throughout the day—ending with a car show open to the public with live music, food available for purchase, and a silent auction. All of the silent auction proceeds go to the South Dakota Alzheimer's Association.

BROS & BREWS DINNER

Second Wednesday of the month at 5 pm • Heritage Room

May 8: Baseball Theme, Sioux Falls Canaries

June 12: Bourbon Tasting

RSVP by the Tuesday before each event. No cost.

WOMEN'S BRUNCH

Third Friday of the month at 11 am • Group Exercise Room (Health & Fitness Club)

May 17: Self-pampering Party

June 21: Women & Alzheimer's, in honor of The Longest Day

RSVP by the Thursday before each event.

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



Pembroke, Elm, and Maple neighborhoods enjoyed watercolor painting, lunch out to Five Guys for burgers and fries, and a scenic drive with ice cream.

**TOUCHMARK AT ALL SAINTS
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