



Sharon Paul Dyrick

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

Did you know that the Health & Fitness Club offers massage therapy? Regular massage therapy can have a profound effect on your physical and mental well-being. It can help relieve pain, increase health and mobility of joints, improve posture and coordination, lead to better sleep, and help you feel your best. Studies demonstrate that massage therapy is an effective treatment for reducing stress and muscle tension and it has beneficial effects the more routine it becomes. Give yourself the gift of relaxation and pain relief by calling the Health & Fitness Club at 605-731-5477 and scheduling an appointment.



What others are saying ...

"I have been a resident of Touchmark at All Saints for 23 years, and I hold true to the statement that this is the best decision that my husband and I ever made together. The unique history of the building is what first attracted us to the community, and I have continued to enjoy meeting new people during my time here."

- Charlotte Carver, resident

Exercise—and Support—is Medicine

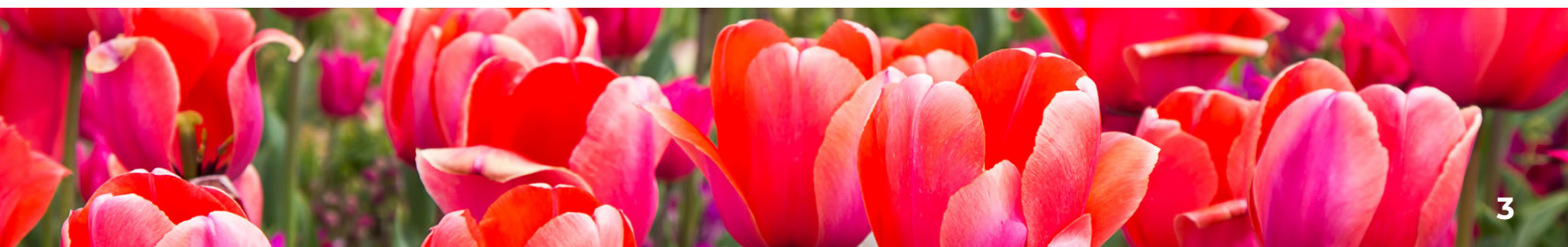


Touchmark at All Saints recently announced that we have become a member of the Struthers Parkinson's Care Network (SPCN). By participating in this network, Touchmark team members receive information and support to maximize quality of life for individuals living with Parkinson's disease (PD) as well as the care partners and family members supporting them.

Team members will follow the TULIPS method of care. TULIPS is an acronym for **T**ime, **U**nderstanding, **Q**uality of **L**ife, **I**ncreased Awareness, **P**ills on Time, and **S**upport. These coping strategies help with common daily challenges in mobility, nutrition, pain control, sleep, medications, and other concerns.

Cathy Nelson (above) lives with Parkinson's disease, and her daughters have learned much about the condition through supporting their mother as well as attending Lunch & Learn events and utilizing other helpful resources from Touchmark.

Vice President of Clinical Services Wendy Schrag, RN-BC, is excited for Touchmark to be a resource. Speaking about classes that will be available to residents and the greater Sioux Falls community, she says, "They can come in and take these classes and be an advocate for themselves for slowing the progression of the disease."





TEAM MEMBER

Spotlight

Name: Stacie Wolf

Position: Retirement Counselor

How would you describe yourself? An old soul. I believe we meet people for a reason, whether they can impact our lives or we can impact theirs.

Share a bit about your family and growing up. I grew up in a small town in southwest Minnesota as the youngest of four children with an adventurous spirit. I traveled to Europe on my own the summer between my senior year of high school and freshman year of college.

What are some of the most significant events in your life? Marrying my best friend 21 years ago and having been blessed with three children: Trustyn, who is 19 and a freshman in college studying mechanical engineering; Jayden, who is 16 and a junior at McCook Central; and Samara, who is 13 and an eighth-grader at St. Mary's.

How long have you worked at Touchmark? Ten-and-a-half years.

What do you enjoy most about your job?

I love hearing stories from prospective residents and residents. Every single person has a story to tell. I like building the connection with them and their families and watching as they live out their best lives.

What Touchmark value do you most closely relate to and why? Integrity! It is very important to honor your word and do what you say you are going to do. I believe in being honest and fair. I believe that what you do when no one is looking says a lot about you!

Outside of work what are your favorite ...

Activities: Being involved with the kids' schools and sporting activities.

Food: Anything but seafood! I enjoy cooking different things, but I am known for being a carnivore. I thoroughly enjoy good Mexican cuisine, as well!

Movie: My all-time favorite is *The Princess Bride*.

Music: I love all music and am eclectic in my musical taste.



The Shake off the Winter Blues Party was a blast with live blues music by Dan Mahar. A little cold weather and gray skies can't keep our moods down!



We warmed our hearts during the arctic blast by making lovely wreaths for Valentine's Day.

Tying warm fleece blankets is one sure way to stay warm this blistery winter!



At our Better Together Valentine's Celebration we celebrated with classic hors d'oeuvres, desserts, and wine pairings. Residents, friends, and family celebrated the fact that some things are better in pairs.

SAVE THE DATE!

ST. PATRICK'S DAY BASH

Friday, March 15 from 2 - 4:30 pm • Imperial and North dining rooms

Enjoy green beer, Irish coffee, classic hors d'oeuvres and desserts, and live music by the Sioux Falls Ceili Band and the Khartum Pipe & Drum Band. No cost.

ANNUAL EASTER EGG HUNT

Saturday, April 20 at 10 am • Historic All Saints Grounds

The hunt is on to find the golden egg! Join us for this tradition that has been hosted on the All Saints grounds for decades. Three age categories will collect hidden eggs full of candy and prizes, and the child who finds the coveted golden egg will win an Easter basket full of goodies! No cost.

BROS & BREWS

Every second Wednesday of the month from 5 - 7 pm • Heritage Room

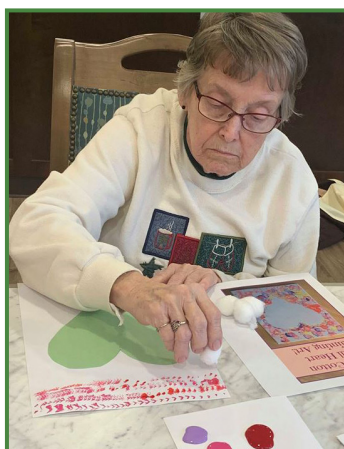
Spend time with new and old friends over discussion and dinner at our themed monthly men's nights. RSVP by the Tuesday before each event. Mark your calendar for the next events. March 13: Irish Coffee Bar • April 10: Golf and the PGA Masters Tournament

WOMEN'S BRUNCH

Every third Friday of the month from 11 am - 1 pm (except for March to accommodate our St. Patrick's Day Bash) • Group Exercise Room in the Health & Fitness Club

Meet friends for a monthly themed brunch to enjoy laughs, stories, drinks, and brunch. RSVP by the Thursday before each event. This month join us on March 22 for the topic Women In History and mark your calendar for April 19, when we will host a DIY Bouquet Workshop.

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



Pembroke, Elm, and Maple neighborhoods enjoyed birthday lunch out, cotton ball and Fragrance in Frames painting, and a tour and tasting at FlyBoy Donuts.

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