



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!"

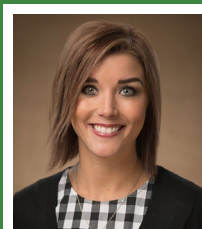
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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

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!”



AMANDA SNOOZY
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

Water workout

The buoyancy of water reduces the gravitational weight of a person by about 90%, which means that the stress on weight-bearing joints, bones, and muscles is similarly reduced. For this reason, it is unlikely that a water workout will result in injury or leave you with sore muscles. That's why the pool is such a great place for people with arthritis or back problems to exercise! It is also helpful for those who are new to exercise.

Aerobic workouts in the pool are perfect for those who find certain movements on land—running, striding, kicking, leaping, and even dancing—too jarring or painful. Keep in mind that in the water, your heart rate will be reduced by as much as 17 beats per minute when compared to land exercise. That's why it's so important to pay attention to how you feel. Your heart rate might indicate that your



intensity is too low when you are actually exercising strenuously.

The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance. One of the easiest ways to create resistance in the water is to cup your hands and push or pull the water away from you.

One of the greatest benefits of water exercise is its effect on flexibility. Water is a welcome environment for performing stretches that might otherwise be difficult on land.

What others are saying ...

"Touchmark my dear ... I'm glad you're here!"
- Frances Wagner, resident

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: Gretchen Jensen

Position: Life Enrichment/Wellness Coordinator, Memory Care

How would you describe yourself? I consider myself a kind and loving person who wants to bring joy to others. Also, I like to consider myself funny once in a while, too.

Share a bit about your family and growing up. I grew up with my parents and sister, Crystal, in Tyler on a cattle farm. Tyler is a town of only 1,200 people and is the only county in Minnesota without a stoplight!

What are some of the most significant events in your life? Graduating with a double major from the University of South Dakota in 2017 and getting engaged to my fiancé, Mark, this year!

How long have you worked at Touchmark? I started at Touchmark in April of 2017 just before graduating from university.

What do you enjoy most about your job? I consider myself to have one of the most special jobs there is. Working with and being a friend to those with dementia has changed my life in so many positive ways. I love

working in the memory care and specialty neighborhoods. It challenges me, but seeing joy in the residents' smiling faces also brings me joy! Offsite adventures—such as going to the zoo, circus, picnics in the park, movie matinees, lunches, and walks around the butterfly house—are my favorite things to do with residents.

What Touchmark value do you most closely relate to and why? Compassion. I love this value because it relates well to how I want to treat residents.

Outside of work what are your favorite ...

Activities: I enjoy challenging myself to compete in half-marathons and have completed two so far. I enjoy fishing in the summer months. Currently, I am busy planning for my upcoming wedding in August of 2019!

Food: Shrimp and popcorn.

Movie: *The Fault in Our Stars*, *I Can Only Imagine* ... the sappier the better!

Music: I love all music. I play the piano so am able to play songs for the residents as part of our programming.



Sommelier Becca Connolly from restaurant and wine shop The Market attended our Ladies Brunch and presented a selection of wines to sample.



The Active Generations Dancing Divas are a performing dance group consisting of ladies over the age of 60. Their show featured several different dance routines and costumes.



The American Legion Post #15 Singing Legionnaires performed a variety of medleys, including patriotic tunes, and finished the evening off with a beautiful rendition of God Bless America.



We had a wonderful time with friends, family, and Santa at the Holiday Social.

SAVE THE DATE!

ALL SAINTS NEIGHBORHOOD ASSOCIATION CHILI COOK-OFF

Sunday, January 27 from 5 - 7 pm • North Dining Room

Residents from the All Saints Neighborhood Association are having a chili cook-off! A panel of celebrity judges will vote on the best chili in a variety of categories as well as a people's choice chili award. We will provide cornbread and caramel rolls for all attendees. Cost: \$5 per guest. All proceeds go directly to the All Saints Neighborhood Association for 2019 development efforts. This event is open to the public. Call 605-731-5412 to RSVP to Ellen Kelly.

BETTER TOGETHER VALENTINE'S SOIREE

Thursday, February 14 from 2 - 4 pm • Imperial and North dining rooms

Celebrate Valentine's Day with classic combinations that are just better together! Chocolate and wine, cheese and crackers, laughter and cheer! Grab your best friend or your longtime love and celebrate the fact that some things are just better in pairs. Call 605-731-5412 to RSVP to Ellen Kelly.

BROS & BREWS

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

Male residents and guests are invited to our monthly men's club. Each month we feature a new theme for presentations while enjoying dinner, drinks, and laughs with friends. Please call Ellen Kelly at 605-731-5412 to discuss specific themes for January and February or to reserve your place at the event! No cost.

WOMEN'S BRUNCH

Every third Friday of the month from 11 am - 1 pm • Group Exercise Room in the Health & Fitness Club

Female residents and guests are invited to our monthly women's club. Each month we feature a new theme for presentations while enjoying brunch, dinks, and laughs with friends. Call Ellen Kelly at 605-731-5412 to discuss specific themes for January and February or to RSVP. No cost.

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



Pembroke, Elm, and Maple neighborhoods enjoyed lunch out, making tie blankets, and an afternoon visit to the botanical gardens.

**TOUCHMARK AT ALL SAINTS
FULL-SERVICE RETIREMENT COMMUNITY**
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