



Curiosity—and continued learning

Genealogy and astronomy are just two examples of educational classes Stanley and Carolyn Mitchell have participated in since moving to Touchmark three years ago. “Touchmark brings to us the opportunity to learn new things,” explains Stanley. “With classes held right here, attending is easy and accessible.”

“The astronomy class was one I was excited about, as I always wanted to learn more about it,” adds Carolyn.

Touchmark’s Life Enrichment/Wellness staff regularly schedule educational forums and classes for residents along with the many social and other activities reflecting seven dimensions of wellness.

Twice a year, Touchmark hosts a series of classes dedicated to guest speakers offering more in-depth classes on specific topics. Class offerings have included new media literacy, geology, and habits for healthy living. Often the presenters are professors or professors emeritus from the local university.

“There are lots of learning opportunities for a variety of interests,” says Stanley. “One of the classes we attended was on Alzheimer’s and mental health, which was very helpful.”

New experiences create memories

The couple admit they like to try new things and continually learn. “New experiences we share together create a ‘remember when’ of shared

CONTINUED ON PG. 2

CONTINUED FROM PG. 1

history,” says Carolyn. Recently the Mitchells attended a concert at the Meridian Symphony, saw a play at the Idaho Shakespeare Festival, and have plans to visit the Starlight Mountain Theatre in a mountain community outside of Boise.

“The music of the area symphonies is a joy,” exclaims Carolyn. “It’s so uplifting and enriching. Now it’s so easy. The prearranged transportation to the concerts is much more enjoyable, because we don’t have to drive, and when we arrive at the venue, we are warmly greeted as ‘the group from Touchmark’ and led to our reserved seating.”

The surrounding area has no shortage of interesting activities for the Mitchells, whose key interests include art, human rights, geology, travel, and food. Exercise is another area of keen interest, and the couple work out nearly every day in the Touchmark Health & Fitness Club. “This has been vital to our health,” says Carolyn.

Like-minded people find each other

“We’re very social people, and we like to be with our friends,” says Stanley. “That’s what’s happened here at Touchmark. We’ve become real fast friends with people who are like-minded and enjoy new experiences.”

Carolyn adds, “We became involved in the Touchmark Thespians group. It’s fun, a lot of work, and quite impressive: The sound, lighting, and staging are amazing.” Both Carolyn and Stanley have served as stage managers, and Carolyn has performed in the show.

Married 57 years, Stanley and Carolyn moved to Touchmark from another state. The two agree they have found a new group of friends with whom they can enjoy learning new things, sharing a glass of good wine, and savoring a fine meal.

“It’s about having fun, laughing, and sharing,” says Carolyn. “It’s just what we do.”



Melissa Conrad
Vice President, Wellness &
Marketing

“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.”

– Henry Ford

Because it’s back to school season, we’ve been thinking about the role learning plays in life, whether during our formative or later years. Learning can happen at any age as long as one has the curiosity and commitment to open his or her mind.

Not only does learning new things add more definition and enjoyment to your life, studies also show that it is particularly useful in keeping the aging mind sharp. Researchers from the University of Texas at Dallas recently experimented with adults ages 60-90 to gain insight into how learning new skills affects memory and mental cognition.

The results of the study showed that people who engaged in challenging new activities—such as digital photography and quilting—exhibited improvements in memory and problem-solving, whereas those who participated in activities with which they were already familiar—such as crossword puzzles and listening to classical music—did not.

Furthermore, the researchers observed that a hobby most improved individual brain function when it tapped the working memory, long-term memory, and other high-level cognitive processes at the same time. “The findings suggest that engagement alone is not enough,” says lead researcher Denise Park. “The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only the groups that were confronted with continuous and prolonged mental challenge improved.”

With that in mind, give yourself the gift of learning a new skill this autumn. There’s no better way to improve brain health while having fun at the same time!

Health & Fitness Club

Autumn Hiking

Saturday, September 8 • Great Bear Recreation Park

Saturday, October 13 • Newton Hills State Park

Club members have been going on park hikes once a month this summer, and the fun is continuing into the fall! We gather at the Club and leave for the park at 10:30 am. Sack lunches and round-trip transportation included at no cost. All are welcome. RSVP at the Member Services desk or 605-731-5477.



We celebrated the first anniversary of the Health & Fitness Club with a walk through the neighborhood to three stops for exercise samplings, including Country Heat at the History Club, Yoga at Lyon Park, and back to Touchmark for Strong Bodies on the Sunset Pavilion. Afterward, we all enjoyed healthy snacks and celebratory mimosas!

Raising funds



The Summer Concert Series raised financial donations, perishable food, and school supplies for the greater Sioux Falls community.

Inspiring wellness

Every September, Touchmark joins with the International Council on Active Aging and celebrates Active Aging Week. This year the theme is *Inspiring Wellness*, which

encourages older adults to get excited about discovering new and engaging activities. By focusing on the seven dimensions of wellness—emotional, environmental, intellectual, occupational, physical, social, and spiritual—everything we do benefits residents' overall health and well-being. View the back page and the Full Life calendar online for more information.





TEAM MEMBER *Spotlight*

Name: Rob Meerdink

Position: Lead Memory Care LPN

How would you describe yourself? I would say I'm fun-loving and sarcastic.

Share a bit about your family and growing up. I grew up on a farm near Hull, Iowa. I milked cows, baled hay, butchered chickens, had rotten-apple fights in the orchard, and all the other fun things you do growing up on a farm. I married Heidi in 1990, and we have three sons and one grandson.

What are some of the most significant events in your life? There are so many things that are significant. I have all the usual significant events like marriage, the adoption of our boys, but one of my most favorites was when I had a dog win Best in Show.

How long have you worked at Touchmark? The end of August 2018 marked one year.

What do you enjoy most about your job? I love memory care. I hate the disease but love working with these people and figuring out what makes them happy. Each day has a new challenge when working with persons with this disease. I

love my coworkers, and we work together very well.

What Touchmark value do you most closely relate to and why? This is difficult, as I try to be an Ally, Friend, and Giver each day. I am not sure I relate more to one than another. I believe each is important, and I hope my Touchmark family sees them all in me daily.

Outside of work what are your favorite ... Activities: I have been very involved in music over the years; I was a music performance major years ago. I show dogs and have a number of champions. I make hats for World Vision and friends who ask.

Food: As you can see, I like most foods, but my favorites are roasted/fried chicken, tater tot casserole, anything with cheese ... I could go on and on!

Movie: I loved the *Indiana Jones* movies, *Sister Act*, *The Silence of the Lambs*, *Mamma Mia*!

Music: I love almost all music. I often listen to Christian contemporary (I sing in churches often and get ideas for music), but I like some pop and country. Mercy Me, Casting Crowns, Josh Groban.



We enjoyed great food and friendship at the Women's Brunch!



The breathtaking scenery at the Mary Jo Wegner Arboretum offered the perfect setting for a picnic lunch and walk.



For the Small Town Road Trip, we ventured to beautiful Watertown, South Dakota, where we perused the striking veterans memorial as well as spent an afternoon at the Terry Redlin Art Center.

Save the date!

2019 TRAVEL PLAN PRESENTATION

Tuesday, September 11 • 2 pm • Imperial Dining Room

Kelsey Van Ordstrand from Premier World Discovery will present information about several destinations, pricing, stories of past experiences, and answer questions. Trips include Great Trains & Grand Canyons; Holland Windmills, Waterways, and Tulips River Cruise; and Cape Cod & the Islands. Call 605-335-1117 to RSVP.

WALK TO END ALZHEIMER'S

Saturday, September 15 • 8 am - noon

Join us for this annual event intended to raise awareness of and funds for Alzheimer's care and research. The walk begins at Cherapa Place with a round-trip route through the downtown Sioux Falls Bike Trail along the Big Sioux River. The route is 1.5 - 2 miles long with a halfway point where walkers can rest or turn around and head back. Join us: 8 am, breakfast at Touchmark; 9 am, board bus to Cherapa Place; 9:45 am, Welcome Ceremony; 10 am, walk begins.

ACTIVE AGING WEEK

Join us for the following events:

Tuesday, September 25 • 4 - 6 pm

Whiffle Ball Tournament. Sign up as a team or individual at the front desk. Residents and family are invited to join the fun.

Wednesday, September 26 • 10 am - 2 pm

Senior Fitness Testing. Sign up at the Health & Fitness Club Member Services desk.

Saturday, September 29 • 11 am - 1 pm

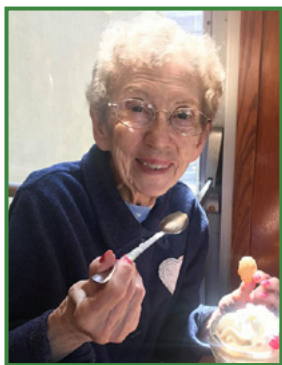
Vehicle Show. We will be featuring unique vehicles of all kinds—cars, motorcycles, campers, and more! Join us for a barbecue to meet new friends and learn about vehicles!

DANCING DIVAS PERFORMANCE

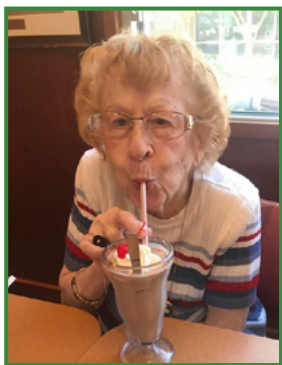
Wednesday, October 24 • 3 - 4 pm • Imperial Dining Room

The Dancing Divas are a performing group consisting of 16 ladies over the age of 60. Their show features several different dance routines. No charge, refreshments served. RSVP at 605-731-5436.

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



Ada and Lois sipped on Phillip's Avenue Diner milkshakes!



Bev and Evelyn soak up the beautiful day at Falls Park.



Doris enjoyed the music at the Sioux Empire Fair.

TOUCHMARK AT ALL SAINTS
Full-service Retirement Community

111 W 17th Street • Sioux Falls, SD 57104
605-335-1117 • Touchmark.com