



“I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

The rewards of volunteering

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

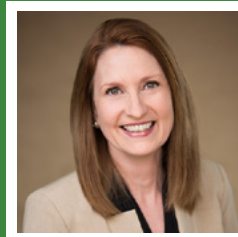
Making others “feel good”

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



Kim Lehmann
Director of Health &
Fitness Operations

“Life is like riding a bicycle—to keep your balance, you must keep moving.”

– Albert Einstein

Recently, a good friend posed this question:

“Do we live to exercise, or do we exercise to live?”

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

Functional fitness improves ...

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.

Health & Fitness Club

Welcome Personal Trainer Lauren!

Lauren Robinson grew up in Sergeant Bluff, Iowa, and earned her bachelor's degree in Exercise Science from Simpson College. She is an ACSM Certified Personal Trainer and American Heart Association CPR/AED Certified.

Lauren specializes in functional, balance, strength, and flexibility exercises and training. Her fitness philosophy follows the seven dimensions to support full-person wellness.

“My goal is to make people feel great about themselves physically and emotionally by promoting safe, ability-appropriate exercises in a fun way.”

In her free time, Lauren likes to stay active. “I have a passion for dance, and love spending time coaching at the dance studio,” she says. “I also enjoy bicycling, spending time at the lake, college football season, and spending quality time with my family.”

If you haven't met Lauren yet, stop by and say hello today. Ask her how personal training at the Health & Fitness Club can help you reach your fitness goals!



Class Spotlight: The heat is on!

Join us every Thursday, from 5:30 - 6 pm for Country Heat, a high-energy, low-impact country dance-inspired fitness program that fires up the fun. Each 30-minute dance routine is packed with easy-to-follow moves set to good ol'-fashioned country tunes. You might just forget you're working out!

Country Heat is for anyone looking for a simple, fun, and effective way to lose weight and get fit. It is perfect for beginners but is great for all fitness levels.

Intimidated by complicated dance moves? Then this is a great fit! There are no complicated moves here, just follow along and move to the beat.

A Master Par-Tee



We celebrated the Masters with our 2nd Annual Mini Golf Par-Tee. Golf Pro Stephen Klock joined the fun. Stephen is the husband of Retirement Counselor Stacia Klock. Harlan Meyer walked away with the coveted Green Blazer Trophy!



TEAM MEMBER

Spotlight

Name: Linda Claussen

Position: Front Desk Supervisor

How would you describe yourself? I'm reliable, caring, passionate, and thorough.

Share a bit about your family and growing up. I was born in Minnesota and moved to South Dakota in the '70s. I have one older sister and one younger brother—so I always had middle child syndrome. My first marriage was way too short; after five years I was widowed. I am currently married to my second husband and blessed with two great daughters and five grandchildren. I retired once, at 26 years of service, but my life was missing something—it was Touchmark.

What are some of the most significant events in your life? Meeting and marrying the love of my life, Kent. My incredible two daughters. Not one, but two trips to Hawaii. Seeing a NASCAR race in person. Being a grandmother. And riding my Can-Am Spyder.

How long have you worked at Touchmark? Since July 5, 2005.

What do you enjoy most about your job? The residents. They are not *like* family—they *are* family.

What Touchmark value do you most closely relate to and why? I am an ally who is very enthusiastic and compassionate about residents and staff. I love to hear their stories, memories, see photos of family and friends, hear their jokes, and be a listening ear to the worries and fears they need to speak of aloud. I never fail to thank them for sharing their lives with me and trusting me with friendship.

Outside of work what are your favorite ...

Activities: Riding my Can-Am motorcycle and spending time with my grandchildren.

Food: Fish! Anything that comes out of the water.

Movie: Nothing scary. A good love story to cry at during the end.

Music: Today's country.



At the Women, Wine, and Wellness event Deb Yoder gave a presentation on Singing Bowls. They have been used for centuries for healing and meditation purposes.



We made floral sun catchers for the windows in our homes.



We had fun making and eating chocolate-covered strawberries!



At our birthday celebration, we sipped on Chianti and Italian sodas while Chef Clinton Paquette prepared an ethnic feast featuring calzones and tiramisu!



Residents from the Elm and Maple neighborhoods were all smiles at the fun activities, including an outing to the local gardens, decorating Easter eggs, and exercising with a parachute.

Save the date!

SPRING STYLE SHOW WITH CHICO'S

Wednesday, May 9, 11 am - 1 pm • Imperial and North Dining Rooms

Join us for a fun fashion show featuring the latest spring and summer styles from Chico's.

Afterward, discuss your favorites with friends and neighbors over lunch. No cost. RSVP by May 7.

2018 SculptureWalk Presentation (Part 1)

Thursday, May 31, 1 pm • Imperial Dining Room

Join us as Jeff Hanson, SculptureWalk Public Relations Director, presents a slideshow on the 2018 Downtown Sioux Falls Sculpture Walk's new artwork. Learn about the artists, how the pieces are chosen, and the hard work that goes into the artistry and setup of one of Sioux Falls' most well-known attractions.

2018 SculptureWalk Guided Tour (Part 2)

Friday, June 1, 9:45 am • Lobby

Hop on the Touchmark bus for a ride downtown, where we will meet up with Jeff for further insights into each of the sculptures that line the streets. *Note: Participants must be able to stand and walk—sometimes on uneven surfaces—for an extended period of time to take part in the tour.*

The Longest Day

Thursday, June 21, all day

Take part in a variety of activities, from sunup to sundown, in a national effort to raise awareness for Alzheimer's disease and research! Call the front desk at 605-335-1117 to request a special Longest Day calendar listing specific events and times. Take part in multiple or single events! RSVP required for each event.

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

What others are saying ...

"I liken Touchmark to a cruise ship that's permanently docked. You can get all you need onboard but can still go off ship anytime for excursions."

-Vern Kemper, resident

TOUCHMARK AT ALL SAINTS
Full-service Retirement Community

111 W 17th Street • Sioux Falls, SD 57104
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