



Laughing ... “It gives you life!”

When Bev Kuhn is asked why she’s always smiling and laughing, she quickly answers, “It’s a good release and makes things go well.”

She says she laughs at any humor she finds. Pausing, she thinks about an example and then lights up as she describes her “fun table” of six women who enjoy eating dinner together each evening. “One woman brings a book of Yiddish phrases to share with the group. They’re common phrases we all know, and that sets the stage for a fun dinner.

“We’re all different and may not agree on everything, but we can talk about anything, laugh, and have a great time.”

Research has shown there are many real benefits of laughter, from managing pain to reducing stress, and Bev acknowledges laughter played a

big role helping her cope with the many demands of caring for her husband for five years as his Alzheimer’s disease progressed. “It was such a difficult time. I tried crying, but that doesn’t work, so I thought I might as well laugh about it. He had a great sense of humor!”

Before her husband’s diagnosis, the couple spent 20 years traveling across most of Canada and throughout the U.S. and Mexico in their RV. “He was a jokester! I’m not a joke-teller, but I love laughing at jokes when others share them.” Born in North Hollywood, California, Bev has lived most of her life on the West Coast. She and her husband owned a metal engraving business and raised three daughters. With her flair for design, Bev also was an interior decorator. Plus, she was a district manager for Avon, overseeing 150 representatives.

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Life—and laughter—at Touchmark

“I’ve had more culture here at Touchmark since I moved in almost three years now,” she says throwing her head back with a laugh. “The music is amazing, but that’s not all. You can’t do everything there is to do ... there’s lots and lots to do.”

In addition to all the cultural events and activities, you can find Bev bubbling with enthusiasm at happy hours, chatting with people while she walks her dog, and signing up for “most anything.”

At the top of her list is the A-MAY-Zing Race, an activity patterned after the popular TV show, the *Amazing Race*. “I love it! That is the most fun! It’s a challenge, and I didn’t realize I was so competitive, but I jumped into it.” Her team (the Sweet Chicks) has won for the past two years. “And we plan to do it a third year: We’re tough!”

That competitive spirit also shows itself when she plays Wii Bowling, another favorite pastime.

Having crisscrossed North America with her husband, Bev still enjoys traveling and appreciates Touchmark’s organized trips. “We went to Cape Cod last fall, and we plan to go to Philadelphia, Pennsylvania, later this year. I’m excited to go to the Panama Canal next year.”

But ask Bev what she likes the most, and she quickly says, “The people! Not only the residents but the staff, too: They’re wonderful and very caring.”

When she’s not talking and laughing with friends and neighbors or playing Pegs and Jokers, Bev is busy with projects in her home. “I adore quilting and have an embroidery machine and a pretty extensive collection of quilts.”

Whether she’s bent over her sewing or raising a glass and toasting life with friends, the one common thread running through Bev’s full and fascinating life is laughter. “It gives you life!”



Melissa Conrad
Vice President, Wellness & Marketing

“Humor is mankind’s greatest blessing.”

— *Mark Twain*

Most people have heard the saying “laughter is the best medicine,” and while that may be an overstatement, laughter does offer some profound benefits.

In fact, recent studies have shown that laughter has the power to reduce stress and anxiety by shutting down stress hormones like cortisol and triggering dopamine production. It also increases oxygen intake by stimulating the heart, lungs, and muscles, and it is a natural pain killer.

Here are a few suggestions for increasing your laughter levels:

Laugh when others laugh. Sometimes your body just needs to get warmed up, and a few false chuckles can help you get started on the real thing.

Learn to laugh at yourself. Laughing instead of getting angry at yourself when you make a mistake will give you more reasons to laugh and may help you be a happier person overall.

Browse YouTube. Type in “funny videos,” and you will find thousands of opportunities to tickle your funny bone.

Change up your radio stations. There are a variety of ways to listen to recorded comedy, including CDs, humor podcasts, and satellite radio comedy stations.

Schedule a weekly funny movie night. Invite friends or neighbors and suggest taking turns hosting and selecting the film. When accompanied by others, many people are 30 percent more likely to laugh than when on their own.

Embrace every opportunity to laugh: after all, our health can be a laughing matter.

Health & Fitness Club Update

Yo-gotta try this!

Did you know the Touchmark Health & Fitness Club offers yoga classes? Yoga instructor Sheila Norman is a trained Ayurvedic Yoga Therapist, BodyTalk Access Technician, and yin yoga teacher.

Yoga is a low-impact activity that can provide many health benefits, such as increasing strength, balance, and stamina, reducing stress, and more.

According to Sheila, the most important benefit of any type of yoga practice is the body-mind connection. "Our bodies contain multiple systems that provide us with information about our internal and external environments," she says. "It is invaluable for us to learn to be present in our bodies. It is also free and accessible to us all at any time."

Stop by the Club to learn more about Sheila's class, sign up, or just say hi!



Some things just go better together!



For our Valentine's Day celebration, Executive Chef Clinton Paquette made dark chocolate peanut butter cups and other sweet treats that he paired with various wines! Check out Clinton's TV debut on KSFY-TV at www.ksfy.com/video?vid=473908303. The station also filmed the Valentine's Day party as we enjoyed the delicious pairings!



TEAM MEMBER

Spotlight

Name: Tyler Ramstad

Position: Health & Fitness Director

How would you describe yourself?

Active. I love the outdoors. I would say I'm a pretty laid-back person most of the time, but I hate to lose.

Share a bit about your family and growing up.

I come from a family of five and have two younger brothers, age 22 and 16. My father is the general sales manager for a car dealership, and my mother is an activities director for a nursing center. I grew up on a lake and golf course 15 miles North of Arlington, South Dakota, and graduated high school in 2010. In high school, I played basketball and football. After I graduated, I attended Dakota State University, where I continued my football career for two more years, playing defensive end. I graduated from college in 2014 with a degree in Exercise Science.

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

One of my very first basketball coaches in grade school taught me what it means to run on Lombardi time. If something starts at 6 am, and you're there at 6 am, you're already 15 minutes late. Playing

college athletics taught me how hard you really have to work at something if you really want to be successful.

How long have you worked at Touchmark?

Since June 16, 2017.

What do you enjoy most about your job?

I like helping residents and community members lead a healthy and active lifestyle.

What Touchmark value do you most closely relate to and why? Teamwork makes the dream work. I've always been part of a team, and when you have a team clicking on all the right cylinders, and each picks up where the other leaves off, you can achieve just about anything.

Outside of work what are your favorite ...

Activities: Reading, going to the lake, golfing, hunting, concerts, and watching basketball and football.

Food: Homemade chislic (the iconic dish of South Dakota).

Movie: *Armageddon* and *Good Will Hunting*.

Music: I listen to everything, but I would say country music is my favorite.



We enjoyed a performance by Joe Wiegand, the country's leading Theodore Roosevelt re-enactor, as he brought history to life.



Residents brought their competitive spirit to our six Olympic events, which included a hockey shoot-out, beanbag toss, snowball aim, giant bowling, ring toss, and biathlon. We celebrated with a medal ceremony at our South Korean-themed birthday dinner.



Residents from the Elm and Maple neighborhoods, with the help of family members, made their own unique quilt square that was then sewn together to make one large neighborhood quilt.

Save the date!

CELTIC STEPS DANCE PERFORMANCE

Thursday, March 15, 1:30 - 2 pm • Imperial Dining Room

Join us for this high-energy performance featuring Irish dancers of all ages, including trained professionals. All are welcome. Seating is limited; RSVP required.

ST. PATRICK'S DAY BASH

Friday, March 16, 2 - 4 pm • Imperial and North Dining Rooms

Don the colors of the Emerald Isle and join us for green beer, Irish coffee, and authentic Irish treats as we tap our toes to the music of the Sioux Falls Ceili Band. All are welcome! Seating is limited; RSVP required.

MINI GOLF PAR-TEE

Friday, April 6, 2 pm • Buildingwide indoor course

Join us for a nine-hole mini golf tournament to celebrate the Masters. Compete against residents and their guests on our buildingwide indoor course, for a chance at the coveted green blazer!

HARP PERFORMANCE

Saturday, April 14, 3 - 4 pm • Chapel

Join us for a special performance by Ann McLaughlin.

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



Left: We tie-dyed fabric to create colorful scarves, and (right) made a sleep sachet full of dried herbs and flowers to help promote PEACE{FULL} sleep.

What others are saying ...

"Everyone loves 'home,' and Touchmark is our 'home.' We are so blessed with caring staff. I've lived here for 18 years, and so I speak from experience when I say, 'Three cheers for our home!'"

-Frances Wagner, resident

TOUCHMARK AT ALL SAINTS
Full-service Retirement Community

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