



THE {FULL} LIFE

Touchmark at All Saints Newsletter

2018
ISSUE 1



Discovering new fitness possibilities

“Exercising is critical! If you want to feel good and not be tired, you have to move,” declares Barbara Bruno, adding, “If I can do it, anyone can.” Rather than slow her down, the fact that she has had three knee surgeries for a torn meniscus motivates her to exercise more.

A board-certified internist and cardiologist for 20 years, Barbara was the first female cardiologist in Scottsdale, Arizona, and was the leading expert in pacemaker implantation. She had been a registered nurse before returning to school and obtaining her medical degree.

In addition to creating a sense of well-being, Barbara appreciates how daily exercising gives her a sense of accomplishment and supports her independence. Her favorite exercise? “Pickleball!” Earlier in her life, Barbara was an avid tennis player and had never heard of pickleball, but now she enjoys it more. “It’s a quicker game, and I find it more interesting. By the time we finish playing one-and-a-half to two hours, we’ve had a great workout, and it’s so much fun.” She says it has been rewarding to see how she and other players have improved through practice.

Variety keeps it interesting

In addition to playing pickleball three times a week, Barbara takes advantage of the classes and equipment at Touchmark daily. “I’m taking tai chi, which actually provides a lot of movement from one side to another, and that’s helpful with balance.” She also does strength training and is going to work with Touchmark’s personal trainer for a few sessions. “Getting strength training is so important to prevent falls. We lose muscle if we don’t work out regularly, and that ups your risk of falling.” She appreciates how Touchmark trainers make sure you’re doing things safely and correctly.

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This is the first issue with our new design and bimonthly schedule!

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Barbara also has a treadmill and hand weights in her home and uses those to limber up before heading out to play pickleball. Hiking with the Touchmark Trekkers is another favorite pastime. “About a dozen of us go on these hikes, which is a comfortable number, and it’s fun being with a group of people and exploring different trails.” She appreciates how Touchmark staff scout the trails in advance and know the distances and whether they are most appropriate for beginning or intermediate hikers.

Exercising offers even more benefits

Both as a doctor and from her own personal experience, Barbara knows exercising’s benefits, and she quickly lists four:

1. “It’s good for your whole body, particularly for your heart and brain.”
2. “It’s a great stress-reducer. Sitting all the time is the worst thing you can do. Sedentary behavior can be just as risky as smoking. You must get up and move every hour.”
3. “It combats fatigue! If you don’t move, your body just starts to freeze.”
4. “You just feel better!”

Added benefits of the Full Life

Before moving to Touchmark, Barbara and her husband were living isolated in the woods, so she especially appreciates having a sense of community. “I love being in a community, being around other people. There are so many things to do here, there’s never a dull moment. You have to pick and choose.”

She’s part of a health book club, where members read books relating to nutrition, stress ... anything relating to health. “We meet twice a month. The next book we’ll be reading is *The Alzheimer’s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*.

“There’s never a boring moment here—and that’s a good thing!”



Steve Ferrarini
Vice President,
Hospitality

“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf

Food is amazing! A meal can impact each of our lives in so many ways. Not only does food feed our bodies, the social aspect of eating a meal with others nourishes our souls. In addition, familiar flavors and foods can harken us back to wonderful

memories and another time and place. In other words, meals and the whole dining experience have the potential to enhance our overall well-being.

At Touchmark, we’re working to make people’s meals delightful every time they dine with us. By detailing, perfecting, and providing supportive tools for every aspect of the dining experience—from how chefs slice onions to when servers clear empty plates—we’re making Touchmark’s dining program one of the best in the business and better than many standalone restaurants.

In fact, we just completed a series of culinary and service manuals for every Touchmark kitchen that thoroughly describes and illustrates cooking techniques and hospitality excellence. We also recently gathered all executive chefs and Dining Services managers for several days of training and discussions about all aspects of food and service. Our talented chefs are taking the information from the training and sharing it with their teams to create a dining experience that will be delicious and memorable, one people will love.

Another aspect of Touchmark Dining Services that we are very proud of is the way our servers and staff interact with residents and guests. Our mission at Touchmark is *to enrich people’s lives*, and Touchmark team members take this to heart. Our values—Hospitality, Compassion, Excellence, Teamwork, and Integrity—support this mission, and team members work every day enriching the lives of everyone they meet and have the opportunity to serve.

For many of our servers, working at Touchmark is their first job. By instilling the fine points of service excellence and etiquette into these young workers, we are able to help them gain a solid foundation of skills that will serve them well in their future endeavors.

Health & Fitness Club Updates

Meet the Touchmark Health & Fitness Club's newest team member, Tammy Fisher. Tammy is a licensed massage therapist focused on therapeutic massage, including soft and deep tissue, Swedish, foot, and hand massage. 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! Plan your appointment today! Tammy is available for appointments Monday - Thursday.

Join us for these upcoming Club events:

New Year, New You, Wednesday, January 10, 11 am

Join Health & Fitness Director Tyler Ramstad for a presentation on how health and fitness can impact your life, and learn strategies for developing a New Year's wellness plan you can stick to! Call 605-782-9131 to RSVP by January 8.

Wellness for Women, Thursday, January 18, 4:30 - 6:30 pm

Join us on the third Thursday of every month to discuss wellness topics specific to women ages 50-plus while enjoying complimentary snacks and refreshments. Additional dates include February 15 and March 15. Call the Club at 605-782-9131 to RSVP for any of the events or for more information.

Feel your best in the new year

There are plenty of ways to stay healthy this coming year. Consider joining one of our many exercise classes, schedule a one-on-one personal training session, hop in the pool, or create your own workout plan. The Club will provide you with your own personal training brochure, which lists your personal machine seat and weight adjustments, so it's easy every time you come in. Stop by the Health & Fitness Club and explore your options today!





TEAM MEMBER

Spotlight

Name: Joy Kurtzweil

Position: Life Enrichment/Wellness Assistant

How would you describe yourself?

I'm a bit of a free spirit who often leans on humor—I've found it's the best way to get through life! I'm introverted, so I may seem a little quiet until you know me a bit better.

Share a bit about your family and growing up.

I was born and raised in Milwaukee, Wisconsin. My poor dad was holding out hope for a boy but ended up with five daughters. I am the youngest, but only by 35 minutes, as I am a proud twin. We didn't often get what we wanted but always had what we needed, and I'm forever thankful for that.

What are some of the most significant events in your life? I believe that the 4.5 years I spent in the Army played a large role in shaping me into who I am today. The people and experiences I encountered during that time, even when they were not pleasant, afforded me an invaluable worldview.

How long have you worked at Touchmark?
Almost 2.5 years

What do you enjoy most about your job?

I'm so fortunate to be in this role. I get to come to work every day and hang out with the residents, who truly have become like family members. I love being able to put a smile on someone's face and know that I helped them have a good moment, if not a good day.

What Touchmark value do you most closely relate to and why? Though I believe all the values are crucial, compassion is essential in truly understanding and relating to others, and I strive daily to ensure I'm finding ways to practice this.

Outside of work what are your favorite ...

Activities: Traveling, spending time with friends and family, hiking, visiting with other people's dogs (since I can't have one of my own where I live!)

Food: I like all kinds, perhaps a little too much, but have a soft spot for anything with cilantro.

Movie: *Shawshank Redemption*, Tom Hanks movies, silly comedies—most anything.

Music: A mix, but mostly anything I can sing (poorly) at the top of my lungs!



We had a special visitor all the way from the North Pole to help us celebrate the holidays!



The Kazukes performed their unique mix of kazoo and ukulele music for us in the Chapel.

Save the date!

SIOUX FALLS TEMPO CONCERT

Sunday, January 7, 3 pm • Chapel

Join us for this delightful winter concert. RSVP by January 6.

AARP FRAUD WATCH PRESENTATION

Tuesday, January 9, 1 pm • North Dining Room

Join Cathy Anderson of AARP for this insightful presentation on identity theft, fraud, and scams, and learn to protect yourself and your family. RSVP by January 8.

THE 1936 POWDER HOUSE BLAST

Tuesday, January 23, 1 pm • North Dining Room

Join Minnehaha County Historical Society member and retired professor Ron Robinson to learn about this momentous event in rural Sioux Falls and its effect on the surrounding community. RSVP by January 22.

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

Benefits of Functional Fitness



Each day, residents in our Devonshire neighborhoods gather and exercise with caregivers. Based on global research published in the *Journal of Gerontology*, Touchmark's Functional Fitness program began in 2015. "The goal is to improve functional ability in lower- and upper-body strength, flexibility, and mental engagement," says Kim Lehmann, Director of Health & Fitness Operations.

"Since we began the program, we are averaging an increase of approximately 25% in all three areas of functional ability, and our tracking systems for mental engagement show a 10 - 15% improvement in as little as 16 weeks."

TOUCHMARK AT ALL SAINTS
Full-service Retirement Community

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