



Shawn Paul Dziub

One at a time, dreams are coming true

We kicked off the new year asking residents and team members, "What comes next?" What are you itching to do in 2019? If you've yet to set some goals, we have inspiration from Touchmark on West Century residents Dorothy Krogen and Eunice Balzer. Last year, both women were able to complete a final bucket list item they happened to share: to see North Dakota's beautiful landscape from up high in a hot air balloon.

The event came together with the proactive help of Life Enrichment/Wellness Director Destiny Sisk. "When I first started, some of the staff told me about Dorothy's bucket list item. And then, I met Dorothy and I was like, we've

got to make this happen. Yep, we're going to do it this year," Destiny says.

Tickets to the Medora Hot Air Balloon Rally are by invitation only and it took Destiny a string of phone calls and some investigative skills to contact the right person, but when she explained the situation, organizers were more than happy to help. "I got connected with this guy who said he would love to have Dorothy and a guest, so that was luck," she says.

Fortunately, the weather also held up its end of the bargain on the day of the ride, and Dorothy and Eunice got the experience for which they had waited so long. They proved that

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while patience is sometimes necessary, good things come to those who reach out to others for help achieving their goals. Furthermore, neither let anything get in the way once the plans were in motion. "It's tough getting in the basket, anyway, when you have an artificial knee," Eunice laughs.

Since their ride, Dorothy and Eunice have both committed to making new bucket lists. There's simply so much more to do! What bucket list items will you complete this year?



Photos by Shawn Dziuk

"To eat is necessary, but to eat intelligently is an art."

– François de La Rochefoucauld



STEVE FERRARINI
Vice President,
Hospitality

March is National Nutrition Month, which inspires us to consider the critical role nutrition plays in our overall health and well-being.

While healthy eating is important

for everyone, it is especially vital in contributing to our health as we get older. Recent scientific studies show that maintaining a well-balanced, nutritional diet is one of the most effective strategies for living a vibrant life and preventing illness.

Eating nutritious, healthy meals can also provide a powerful emotional boost. When you eat something that you know is good for your body, you feel happy knowing you've made a solid choice that will propel you through your day. The prospect of exercising or engaging in a fulfilling activity will seem much more appealing after you've eaten a satisfying, nourishing meal.

At Touchmark, we take pride in helping people reach optimal health, and we understand how nutritious eating fits into whole-person wellness. We also realize that dining is a complete sensory experience, which is why we focus on providing a balanced menu with options for all tastes. Tell us your preferences and needs, and we'll do our best to accommodate them while providing a delicious, enjoyable dining experience. Resident Juanita Ryan says, "I have never eaten so many vegetables as I have since I came here! I talk with the chef at least once a week. He's very good. He listens. Our servers are really good, too."

Health & Fitness Studio

We have had a great winter so far in Bend and several beautiful snowshoe hikes. Pictured right is a group at Swampy Lakes and trio Florence Beier, Paul White, and Leslie Koc.

We are starting a new program called **Fitness Field Trips** beginning in March. On the second Wednesday of each month, Liz will take a group of residents to a fitness class out in the greater Bend community. Our first excursion will be with Rock Steady Boxing. Look for more details in the March calendar!

Also in March, look for a new fitness class on the schedule. **Spring Training** will begin Wednesday, March 6 and continue for eight weeks through April. This will be a level 0/1 class focusing on dynamic balance and agility, core strength, endurance, and full body flexibility.



Exercise—and Support—is Medicine



April is Parkinson's Awareness Month and this year's theme is #StartAConversation. So let's talk about the support and programming available for those living with Parkinson's disease (PD) as well as their caregivers who are often their spouse or another family member. It is normal for caregivers to experience challenging symptoms of their own, such as exhaustion and isolation. All those affected by this condition can benefit from additional support.

Though Parkinson's often impairs mobility, regular exercise is vital to maintaining health and quality of life. At Touchmark on South Hill, Director of Health & Fitness Lori McCormick has worked to build robust fitness offerings for residents and community members. She leads PWR! Moves, PWR! Challenge, and PWR! Agility, all of which are certified PD classes.

Judi Sloane has been attending PD exercise classes at Touchmark for several years. "Parkinson's is a moving target," she says. "It changes day to day. You have good days and you have

not-as-good days. Having the opportunity to come to a class like this gives you balance." Judi says the group helps participants mentally, too. "We're always really supportive of each other and we always try to make each other laugh. We just have a good time."

Tending to the emotional challenges that often accompany PD is equally as important as managing the physical symptoms. Many Touchmark communities offer support groups for those with PD and those close to them that are also open to the public. If you or someone you know could benefit from PD programming or support, help them seek it out at Touchmark or the greater community.



TEAM MEMBER

Spotlight

Name: Lisa Hall

Position: Caregiver

How would you describe yourself?

Caring, kind, and fun with positive energy.

Share a bit about your family and growing up.

I'm the youngest of 10. I grew up in California with traditional family values.

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

Getting baptized, getting married, and having my two sons.

How long have you worked at Touchmark?

I have been at Touchmark two-and-a-half years.

What do you enjoy most about your job?

Caring for the residents and the ability to make them smile.

What Touchmark value do you most closely relate to and why?

Compassion—I have a big heart and plenty of love to give.

Outside of work what are your favorite ...

Activities: Walking, music, and church when I can attend.

Food: Mexican cuisine.

Movie: *The Notebook*, *Pretty Woman*, and romantic comedies in general.

Music: Oldies are my favorite, but I like all music.



We stayed busy with a Brew Crew outing, a snowshoeing trip, a morning with our buddies from Seven Peaks, and a fun Valentine's Day social.



Tumalo and Deschutes neighborhood residents had a wonderful time at the Snowball Formal.

SAVE THE DATE!

CASCADE SCHOOL OF MUSIC PERFORMANCE **Saturday, March 9 from 3 - 4 pm • Terrace** **Lodge Forum**

Join us for another delightful performance by Cascade School of Music. Leaves of Luck Irish Band, directed by local professional musician Matt Gwinup, will perform some traditional Irish tunes as well as flute, guitar, and mandolin solos.

MARDI GRAS PARTY **Tuesday, March 12 from 4 - 6:30 pm • Cliff Lodge** **Lobby and South Garage**

Come and celebrate Mardi Gras on the Tuesday after Fat Tuesday! Traditional green, gold, and purple decor will transform our space and Chef Louie and his fabulous team will cook up a tried and true Cajun feast. Music, dancing, and merriment will be had by all.

ACTIVE AGING & ARTHRITIS **Thursday, March 14 from 3 - 4 pm • Terrace** **Lodge Forum**

Orthopedic surgeon Dr. Mike Caravelli from The Center will discuss how to stay active with joint pain, current and evolving treatments for arthritis and related joint problems, and tips to keep bones and joints healthy. Refreshments will be served, and there will be Q & A at the end of the lecture.

SAVING FAMILY STORIES FOR FUTURE GENERATIONS **Saturday, March 23 from 3 - 4 pm • Terrace** **Lodge Forum**

Since retiring, Ginger Dehlinger has written two novels and a growing number of essays and short stories based on her own life or inspired by her family. She has shared her presentation with the Bend Genealogical Society, the Soroptimist Club, and OLLI (Osher Lifelong Learning Institute) where it was well received.

EASTER EGG DYEING **Wednesday, April 17 from 1:30 - 2:30 pm •** **Tumalo and Deschutes Neighborhoods**

Using different techniques, we'll dye Easter eggs to make them beautiful, colorful, and unique! We'll then use the eggs to make deviled eggs at Culinary Corner the following Tuesday, April 23 at 2:30 pm.

ANNUAL EASTER EGG HUNT **Saturday, April 20 from 11 - 11:45 am • Tumalo** **and Deschutes Neighborhoods**

It's that time of year to bring the kiddos and have them hunt for Easter eggs! Residents will hide the eggs, and the kids will find them. Bring a basket and RSVP to Maggie at 541-383-1414. Please let us know if your children have any food allergies. Family members and team members are welcome.

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

What others are saying ...

"My DEXA scan two years ago showed continued loss of bone density despite taking calcium supplements, vitamin D, walking daily, and weekly "gentle yoga." This year I showed increased bone density. The difference? I moved to Touchmark one-and-a-half years ago and added BeFIT, PowerFIT, and Yoga for Strong Bones to my regime. I credit my Touchmark exercise classes for my improvement!"

- Rosalind Davenport , resident

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