



“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 Studio

It's time once again for Bend's immensely popular spring race, the Pole, Pedal, Paddle. Each year, Health & Fitness Specialist Liz Rupar assembles a team of eager residents/team members to take on this multifaceted challenge.

This year, Team Ageless is:

Name: John Barr
Age: 74
Event: Nordic skiing
Years on the team: 2

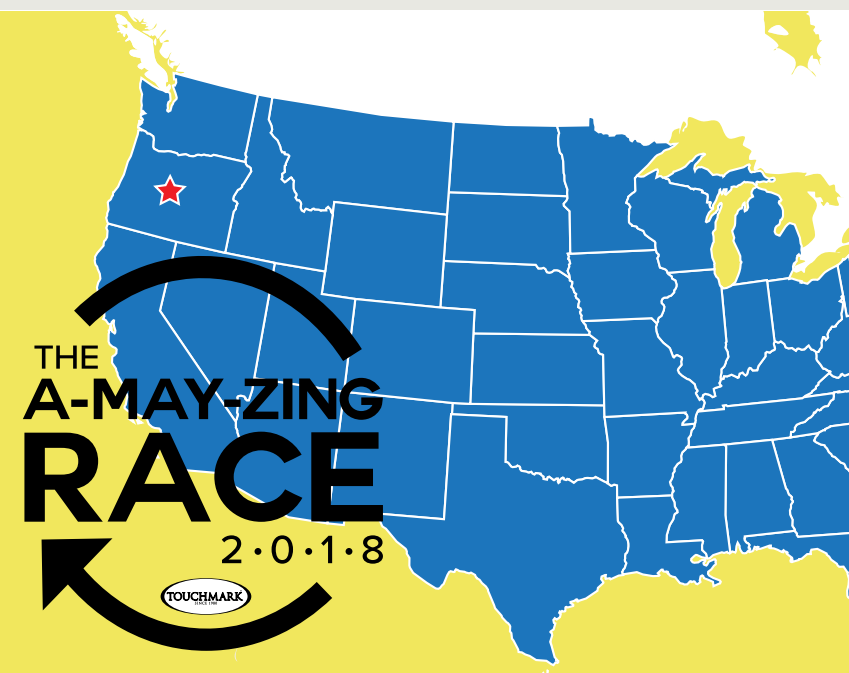
Name: Bob Crist
Age: 81
Event: Sprint
Years on the team: 2

Name: Hilary Kenyon
Age: 82
Event: Kayaking
Years on the team: 3

Name: Tom Moses
Age: 83
Event: Cycling
Years on the team: 2

Name: Emmanuel Ramos
Age: 44
Event: Running
Years on the team: 1

Name: Bob Ramsay
Age: 73
Event: Alpine skiing
Years on the team: 3



This is going to be A-MAY-Zing!

The A-MAY-Zing Race is a month-long adventure race, much like the CBS hit show, but for residents living the Full Life at Touchmark. We don't travel the world, but we do hit a lot of the nooks, crannies and hidden gems of Bend! We even have our own version of host Phil Keoghan at the end of the competition to greet the racers!

All locations are "top secret," and the residents won't know until they follow their clues where they're headed.

Here is a breakdown of what happens during the race:

There are three clues for each location, and then tasks at each location. The clues are arranged in such a way that each team is headed to a different location, so they cannot follow one another. Touchmark has a "location attendant" at each place to hand out the tasks and clues to the next place. Each team has a staff person for a driver, who cannot assist with clues. (The drivers don't know where they are going either.) All teams are timed from start to finish and may be penalized in minutes if they open up additional clue envelopes or do not complete a task correctly. Contact the Life Enrichment/Wellness office for more information. This is one series you won't want to miss.



TEAM MEMBER

Spotlight

Name: Bob Evermore
Position: IT Technician

How would you describe yourself? Curious about everything. Love to solve puzzles, which is what my day-to-day job consists of. I also like to learn new things—sometimes more than once until I get it right!

Share a bit about your family and growing up. I grew up in northeastern Ohio and am the oldest of four. We lived in a small house on 60 acres where the hard work and family values formed my view of the world. In high school I played the flute and piccolo in the marching and concert bands, participated in Boy Scouts, was on the track team, worked summers as a lifeguard at a family-owned campground, and learned to work on engines and farm equipment in my spare time. I graduated from Glenville State College in West Virginia with a bachelor's degree in Business Administration and a concentration in Computer Science. Unfortunately, my successful insurance career as a Project Manager for the largest wholesale insurance agency in the country was interrupted by a serious automobile accident that kept me out of work for much of 1992.

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

from college, my auto accident, meeting and marrying my wife, Erika, and the birth of our son, Reilly, traveling the world, and moving to Bend.

How long have you worked at Touchmark? I'm in my ninth month and loving every minute!

What do you enjoy most about your job? Problem-solving, the people I work with and for, and indoor parking are some of the highlights.

What Touchmark value do you most closely relate to and why? I am a Giver. I work hard and try to give more than is expected at all times. I find satisfaction and purpose in providing genuine hospitality, and I realize that I earn the opportunity to return and serve others every day.

Outside of work what are your favorite ...

Activities: Fly-fishing, hiking, traveling, eating, grilling, and architecture.

Food: Northern Thai, Mediterranean, sushi, and barbecue.

Movie: *Schindler's List* and *Shawshank Redemption*.

Music: Jackson Brown, Elton John, Tom Waites, Phil Collins, and John Prine.



We celebrated National Rosie the Riveter Day, honoring real-life Rosies at Touchmark. Each Rosie was given a framed certificate and the opportunity to share her story with residents and family. Central Oregon Daily covered the event. Check it out at: zolomedia.com/national-rosie-riveter-day.



Lights, camera, party! We had a fun evening on the red carpet at our Oscar party.



Randy Levin, Ann Klein, Ruth Burlingham, and Rosalind Davenport enjoyed the hike from Riley Ranch to Tumalo Park.



We visited Mark's Farm, where Mark's wife Diana showed residents how she makes wool into yarn.

Save the date!

HIGH DESERT MUSEUM VISIT

Tuesday, May 8, 9 am - noon • Meet in the lobby

Experience the nature of the high desert through artful exhibits, alluring animals, engaging programs, and meaningful history. Be prepared to walk. No entry fee for those 65 and above, but bring money for lunch. Sign up at any front desk.

THE COOLEY SHOW

Thursday, May 10, 2:15 - 3:15 pm • Terrace Lodge Forum

Come sing along with pianist and crooner David Cooley. Two parts Bobby Darin and one part Hank Williams, with a splash of Elvis thrown in for good measure.

SPRING FLING

Wednesday, May 16, 3 - 4 pm • Deschutes Neighborhood

Join us in celebrating spring with fun music, snacks, drinks, and choreographed chair dance with Ashley Trottier.

POLE, PEDAL, PADDLE RACE

Saturday, May 19, 11 am - 2 pm • Meet at the exit gate on Touchmark Way

Join us at your leisure to help cheer the runners and pass out water by the Terrace Lodge parking lot exit. We will have chairs and a tent, and there will be plenty of water to distribute.

BENEFIT LUNCH FOR THE LONGEST DAY

Monday, June 18, 11 am - 3 pm • Beach Hut Deli, 852 NW Brooks Street, Bend

Support an amazing cause and enjoy a wonderful meal! Beach Hut Deli will be hosting a benefit lunch for the Touchmark team's Longest Day events. Invite your friends and family, too!

SILENT AUCTION AND BAKE SALE

Tuesday, June 19, 10 am - 2 pm • Terrace Lodge lobby

Calling all treat-makers and sweet tooths! Join us for this silent auction and bake sale in support of the Alzheimer's Association's Longest Day events. If you would like to donate an item or some treats, call the Life Enrichment/Wellness department at 541-383-1414.

LONGEST DAY COLOR WALK/RUN

Thursday, June 21, 3:30 - 7 pm • Terrace Lodge parking lot

Our second annual Color Walk/Run will begin with a 1/2-mile jaunt at 3:30 pm, followed by a 5K at 3:45 pm. After participants have finished, we will do a color explosion in the River Lodge parking lot, followed by a barbecue and entertainment by High Street Combo with members from Precious Byrd. Pick up a registration form at any front desk.

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

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