



THE {FULL} LIFE

Touchmark at Mount Bachelor Village 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 visits the Touchmark Health & Fitness Club 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 Studio Update

FALL REDUCTION CLASS

Tuesday, January 16, 1 - 2 pm • Terrace Lodge Forum

Have you ever heard the phrase “making friends with the floor?” Did you know fear can increase your risk of falling? If you have already experienced a fall, you may be even more cautious and fearful of falling again especially if you had an injury. It’s time to reduce your fear and thus reduce your risk.

Join us for this six-week class that meets every Tuesday through February 20. Learn to decrease your risk of a fall and to increase your independence. An introduction, syllabus, and evaluation will be given on the first day. Cost: \$30, which will be charged to your account. Class size is limited to 20 residents. Sign up at any front desk.



Benefits of Functional Fitness

Each day, residents in our Deschutes and Tumalo 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.”



TEAM MEMBER

Spotlight

Name: Vicki Thomas, RN

Position: Memory Care

How would you describe yourself?

I think the one word that describes me best is “humane.” I love people: meeting them, getting to know them, caring for them, sharing with them, and—most of all—loving them!

Share a bit about your family and growing up.

I am the oldest of three. I was born in St. Paul, Minnesota, and grew up in small towns near the Wisconsin border. When I was 11, my dad lost his hearing, so my family learned sign language to communicate. I attended college and nursing school in the south. My dad was transferred to Oregon for his work, so after graduation I followed.

What are some of the most significant events in your life? While in nursing school I was in a quartet that got to sing happy birthday to Elvis Presley’s father Vernon while he was hospitalized. I also met the man who invented the dance the “funky chicken.” I met my wonderful husband of almost 37 years on the night shift

at OHSU, and it was love at first sight. We have three beautiful children we raised in Beaverton. And at one point in my career, I was a corrections nurse—I worked in jails. That was an almost indescribable experience.

How long have you worked at Touchmark?
Two months

What do you enjoy most about your job?

Interacting with the residents. They teach and inspire me every day.

What Touchmark value do you most closely relate to and why? Compassion. My love for people compels me to treat and interact with each person I meet on a compassionate level.

Outside of work what are your favorite ...

Activities: Traveling, gardening, singing, wakeboarding, hanging out with my family, cooking, shopping, and making new friends

Food: Pizza, chocolate, movie theater popcorn, black licorice, lobster and crab

Movie: *The Blind Side*



Pastry Chef Tiffany Christy was named the Community winner in the Bend Bulletin's annual cookie contest. Her great-grandmother's recipe—modified as it passed through the generations—is currently named Mama T's Walnut Chocolate Chip Cookie. Christy is the Mama T.



Team members throughout the community were recognized by the Resident Council in one of three events during the day. This one was for care givers in Attended Living, Pembroke, and Memory Care as well as staff from our Home Services department.



Bill Matthias is interviewed by the local news after a recent presentation.



The Reader's Theater group includes 12-plus residents who get together each week to practice.

Save the date!

FALL REDUCTION CLASS

Tuesday, January 16, 1 - 2 pm • Terrace Lodge Forum

See the Health & Fitness Studio section for more information.

A MATTER OF BRAINS AND MIND—Revisited

Wednesday, January 17, 2 - 3 pm • Terrace Lodge Forum

Join Dr. Richard Brewer as he revisits the second half of his presentation on the aging brain. This time around, the doctor will review how learning and exercise affect the brain and how new memories are created and retained. He will also present recent research results that were not available at his first lecture. All are welcome.

SNOW BALL

Wednesday, January 24, 3 - 4 pm • Deschutes Neighborhood

Join us for our first memory care winter formal. We are turning the neighborhood into a winter wonderland. Dress up in your finest clothing, and enjoy festive music and themed treats. Residents and their families and all Touchmark team members are welcome.

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

Tracking the beneFITs of moving

Kathy Ramsay received a Fitbit® from the International Council on Active Aging in recognition of a photo of her running a leg in Bend's Pole, Peddle, Paddle event. The photo took first place for depicting active aging. "As soon as I received the Fitbit, I put it on, and I've been wearing it



ever since. It's motivating! I shoot for at least 20,000 steps a day; my best so far is 28,000." (The recommended goal is 10,000 steps.) Kathy and her husband Bob walk the River Trail (six miles) four days a week. On the other three days, she works out on equipment in their home.

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