



# THE {FULL} LIFE

*Touchmark at The Ranch Newsletter*

2019  
ISSUE 3



## One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

### **Improved circulation**

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

### **Increased bone density**

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

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loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

### More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

### Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

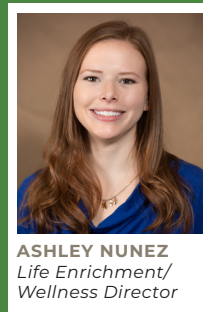
Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



*"In every walk with nature, one receives far more than he seeks."*

– John Muir



**ASHLEY NUNEZ**  
Life Enrichment/  
Wellness Director

April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and

thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.



# Health & Fitness Club

## FREE TO MOVE AQUA CLASS

Mondays and Wednesdays at 10 am · Pool Room  
This class is geared toward increasing your range of motion and alleviating stiff, sore joints.

## MEMBERSHIP REFERRAL BONUS

Refer a friend and receive a \$50 gift card to The Finn™ Restaurant when they become members!

## CIRCUIT CLASS

Mondays, Wednesdays, Fridays at 11 am  
We are expanding this class to also meet on Fridays at 11 am, and this circuit will focus on core and range of motion, perfect for golfers!



# Celebrating a Grand Gala



We had a fantastic time at our Grand Opening Gala. It was a wonderful evening of accomplishment, celebration, and community. If you missed it, we invite you to stop in for a private tour to learn more!





# TEAM MEMBER *Spotlight*

**Name:** Jennifer Jividen

**Position:** Retirement Counselor

**How would you describe yourself?** Fun, creative, vibrant, loving life, athletic mom of three of the kindest, funniest, most loving little girls.

**Share a bit about your family and growing up.** I have a sister who is only 11 months younger than I am. My parents are high school sweethearts, and we moved throughout the South about every four years. I loved sports my whole life, and my dad was a big influence in building and growing my characteristic traits of competition and drive.

**What are some of the most significant events in your life?** When my youngest was diagnosed with Type 1 diabetes at 4 years old, it was life-changing for our entire family. That little soldier showed us the true meaning of warriorship (not a word, but we use it). She never complained and she learned all she could about how to keep herself healthy, and took her finger pricks and insulin shots like a champ and still does to this day. As a family, we learned that the spirit gives us the strength to overcome things we never thought we could handle.

**How long have you worked at Touchmark?**

Since January —the start of a new year with new beginnings.

**What do you enjoy most about your job?**

I absolutely love the opportunity to be a part of people's new futures and the new friendships I get to form. I am a better person for the people that I work alongside, both coworkers and residents.

**What Touchmark value do you most closely relate to and why?** I relate to being an Ally—I like working alongside people as they work to discover their dream. Being a shoulder to lean on when strength is needed and an ear to listen when understanding is needed. I appreciate and value partnership.

**Outside of work what are your favorite ...**

**Activities:** Softball. I play first base and love being in the dirt! I love hiking, discovering new sites in different cities, and yummy local restaurants.

**Food:** I love comfort food—macaroni and cheese, casseroles, and chocolate cake.

**Movie:** Fave of all time? *Memphis Belle*.

**Music:** All kinds! If it moves me, makes me dance or sing—I'm blaring it every chance I get.





As the community continues to grow so does the fun. We had a great time testing our luck at Casino Night, attending the Forest Immersion Program at Goldwater Lake, making wooden creations at Ladies Night, participating in National Walking Day by walking around the whole campus and Central Park, and taking a day trip to the Phoenix Art Museum.



# SAVE THE DATE!

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## CAREER DAY AT TOUCHMARK

**Saturday, May 18 from 1 - 3 pm • Grand Lodge**

Prescott-area community members are invited to explore their future career opportunities! We invite high school juniors and seniors in the midst of choosing their university to come and listen to the careers and experiences of residents.

## OPEN HOUSE

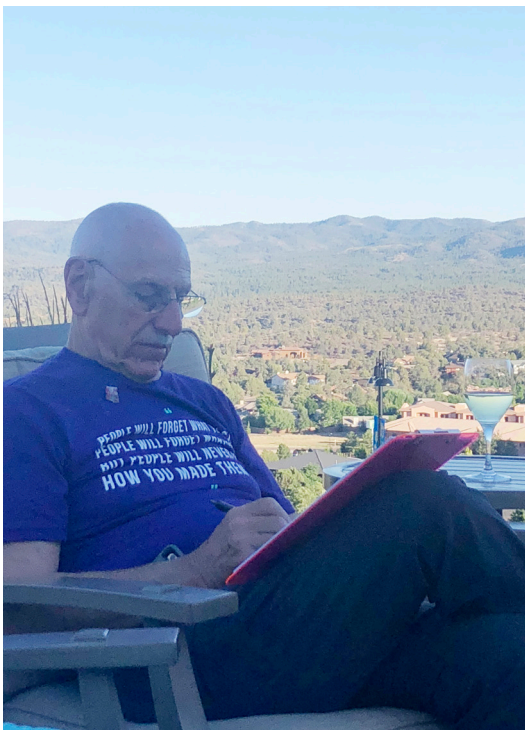
**Thursday, June 27 from 3 - 7 pm**

Come and check out Prescott's newest, full-service retirement community! Follow our passport tour and meet all the leaders of Touchmark at The Ranch while you enjoy food trucks, live music, prizes, and more. All ages are welcome!

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

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## Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety of activities to bring awareness and raise money for care and research. For example last year, Touchmark teams hosted a wide range of events, including a 5K fun run culminating in an explosion of color, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.

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