



THE {FULL} LIFE

Touchmark at Harwood Groves 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



ANNE-MARIE FITZ
DIRECTOR OF
DINING AND LIFE
ENRICHMENT/
WELLNESS

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

NATIONAL HEALTH OBSERVANCES FOR MAY/JUNE

The months of May and June have many health observances including osteoporosis, arthritis, stroke, mental health, women's health, men's health, and Alzheimer's.

What do all of these observances and events have in common? They all stress the importance of staying active and tout the benefits of exercise and a healthy diet. If you are dealing with any of these health topics, here are some things to keep in mind:

- Eat a healthy diet. Limit processed foods and saturated fats.
- Move more. According to the Arthritis Foundation's website, "Being physically active isn't just important—it's essential to relieving your pain." It also helps decrease stress, anger, and tension, and reduces anxiety and depression.
- Make sure you get enough calcium and vitamin D to help protect your bones.

For more ways to achieve better health and wellness, consider working one-on-one with a certified fitness professional. To schedule a training session, call Mark Minette, Health & Fitness Director, at 701-526-1055.



MAY/JUNE FAMILY SWIM NIGHTS

Friday, May 17 and June 21 · 7 - 8:30 pm

Mark your calendars! Club members are welcome to invite their children, grandchildren, and/or great-grandchildren for open swim time in the Club. Snacks and refreshments will be provided. RSVP by May 15 and June 19 (respectively) at the Member Services desk.

SCHEDULE CHANGE

The Touchmark Health & Fitness Club will be closed Monday, May 27 in observance of Memorial Day.

"The Health & Fitness Club has been a lifesaver to me!"

- Nina Gravelle, Club member

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 on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.



TEAM MEMBER

Spotlight

Name: Holly Keeping

Position: Dining Room Manager

How would you describe yourself?

Energetic, always on the move, and can't sit still for very long. I'm a bit of a perfectionist; I like things done right. I love joking around with others and having fun.

Share a bit about your family and growing up.

I am the youngest of four. I have an older brother and two older sisters. We grew up on a farm about 15 miles outside of Harvey, North Dakota. As farm kids, we learned to work hard. I loved being outside feeding cows, mowing our big yard, and helping my dad on the tractor, combine, or trucks. I loved to ride motorcycles and snowmobiles. I was a bit of a tomboy growing up.

What are some of the most significant events in your life? Being a mother and grandmother. I can't think of anything better. I have two daughters and a granddaughter, and they are my pride and joy! I also have two stepsons, one stepdaughter, and four stepgrandchildren.

How long have you worked at Touchmark? It will be five years in July.

What do you enjoy most about your job?

The relationships I have with the residents, co-workers, and my team.

What Touchmark value do you most closely relate to and why? Hospitality. We have to be hospitable in the line of work we do. We need to make people feel welcome when they enter, comfortable and well cared for while they are dining, and let them know we are thankful for their dining with us as they leave. It seems like when the residents are having a less-than-stellar day, they come to the dining room even if they aren't hungry because they know we will listen to them, comfort them, and, if they want, feed them. They know they will find hospitality and compassion here. We can't always fix what they may be struggling with, but we will always listen.

Outside of work what are your favorite ...

Activities: Walking, riding bikes, and gardening in my yard in the summer.

Food: Vegetables and chicken.

Movie: I don't have a favorite movie because I can't sit still long enough to watch one!

Music: Country and contemporary Christian.



Community fun included a morning of games and snuggles with our Montessori visitors, beers at Blarney Stone, the Walk with Charlie Art Trip, dinner at MacKenzie River Pizza, Easter card making, and volunteering at HERO, a local health care equipment recycling organization.



In the Pembroke and Devonshire neighborhoods, we enjoyed going out to get our nails done, spring watercolor painting, and our monthly volunteer opportunity at the Air Museum.

SAVE THE DATE!

HIS AND HER TAVERN TALKS

Each month, a different speaker will come to share a topic about which they are passionate. Drinks and light snacks will be served. All events will take place at 7 pm in the Silver Maple Room.

HER TALKS:

- **May 28:** The #MeToo Movement with Jean Voorhees
- **June:** Watch the {FULL} Life calendar for more information

HIS TALKS:

- **May 23:** Mosaic Design and Build with Melanie Iverson
- **June 4:** *My Story of Marines, Addiction, and Recovery* with Rich Walker

RURAL ODDITIES & EXPLORATION OUTING

Friday, May 17 & Friday, June 28 • Transportation leaves at 10 am

Have you ever taken a moment to think about all the oddities that surround us? All the giant statues, funny museums, and strange landmarks? Take a day trip with Touchmark each month to surrounding towns and see strange new things. Pay for your own meals and purchases. RSVP by May 10.

ALZHEIMER'S ASSOCIATION LONGEST DAY EVENTS

Friday, June 21 from sunrise to sunset

- **5:31 am - 9:15 pm:** NuStep Challenge (Foyer)
- **5:31 - 11 am:** Doughnut & Coffee Fundraiser (Foyer)
- **10 am:** Mental Health Awareness (Auditorium); Share the Love Alzheimer's Awareness (West Acres Mall)
- **1:30 pm:** Pembroke & Devonshire Art Opening & Reception (Auditorium)
- **2 pm:** Share the Love Alzheimer's Awareness (Hotel Donaldson)
- **3 pm:** Music by Memories (Devonshire neighborhood); Aromatherapy hand massages with Brenda Nelson (Waterford Heritage Garden)
- **5 - 7 pm:** Pizza & Bingo Fundraiser for Alzheimer's (Auditorium)
- **7 - 8:30 pm:** Music by Tucker'd Out (Waterford Heritage Garden)
- **8:45 pm:** Sunset Spirit, Mind, and Body Wrap Up (Waterford Heritage Garden)

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

TOUCHMARK AT HARWOOD GROVES
FULL-SERVICE RETIREMENT COMMUNITY
1200 HARWOOD DRIVE S • FARGO, ND 58104
701-476-1200 • TOUCHMARK.COM

