



THE {FULL} LIFE

Touchmark on West Prospect Newsletter

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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



Melissa Conrad
Vice President, Wellness & Marketing

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 Studio

BOLLYX FITNESS CLASS

Tuesdays at 9 am • Chapel

The BollyX Fitness Class is a Bollywood-inspired dance-fitness program that combines dynamic choreography and workouts with upbeat music from around the world, inspired by the movements of the Indian film and music industry. Health & Fitness Coordinator Calissa Palches will lead, focusing on upper and lower body movements. This is a low-impact exercise. Wear loose-fitting clothes and your tennis shoes.



TOUCHMARK TREKKERS WALKING COURSES

Did you know that we have both indoor and outdoor walking courses, and trackers so you can see how far you've walked? Come to the Health & Fitness Studio to learn more.

What others are saying ...

"We were welcomed to Touchmark after a long day of flights and led to a very attractive, spacious, comfortable, and supremely convenient guest suite, where my children (both of whom have celiac disease) were delighted to find several gluten-free snacks that they could actually eat, thoughtfully provided. We were well cared for, and we certainly hope these guest spaces will be available next time."

- Michelle Cheramy, daughter-in-law of residents

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.

**TOGETHER, THE STRENGTH OF OUR LIGHT
WILL OUTSHINE THE DARKNESS OF ALZHEIMER'S.**



TEAM MEMBER

Spotlight

Name: Jerry Opsahl

Position: Bus Driver

How would you describe yourself? Caring, calm under pressure, a bit of a perfectionist, problem solver, and a good communicator.

Share a bit about your family and growing up. I grew up in Minneapolis, Minnesota, and had a wonderful childhood with loving parents and two great brothers. My father built a lake home in northern Minnesota that provided us with memories of fishing, hiking, water skiing, campfires, and a lot of hard work. The experiences gave me a map to follow, and my wife and I now have five children and 11 grandchildren with the 12th due in a few weeks.

What are some of the most significant events in your life? The day I met my wife, our children's births, earning my pilot wings, purchasing our own airplane, and my careers with Marriott and IBM.

How long have you worked at Touchmark? Four years last September.

What do you enjoy most about your job? The relationships I've established with both the residents and the team and working for a company that promotes a culture of

professionalism and caring. It's very rewarding to help new residents through the uncertainty of transitioning from a home they may have lived in for the last 40 to 50 years. I'm excited when they see me as a new friend!

What Touchmark value do you most closely relate to and why? "I am a Friend." I have always enjoyed the time spent with residents talking about their family, past experiences and challenges, and hobbies and activities. I always have their favorite music playing in the background, whether in the car or bus, and love to provide an environment conducive to conversation and fun ... and we really do have a good time.

Outside of work what are your favorite ... Activities: Biking and hiking, especially in Door County and Mackinaw Island, traveling to see our children and grandchildren in Minnesota, Kansas, and Oregon.

Food: Fish, chicken, and pork recipes of any kind, and stir-fried meat and vegetable meals in a cast-iron skillet.

Movie: *The Wind and the Lion*.

Music: The Beatles; Crosby, Stills Nash & Young; Chicago; Kevin Kern; and Danny Wright.



Communitywide fun included a trip to Ledge Stone Vineyards for lunch and winetasting, a beanbag baseball and March Madness tournament, the Antique Show & Tell, Bleacher Brigade outing to support the Ice Dogs, a snowshoeing adventure, the Culinary Club chef series, and a huge game of giant Jenga in the lobby.

SAVE THE DATE!

PRESENTATION AND BOOK SIGNING

Saturday, May 4 at 11 am • Chapel

Join us for a special event featuring author Helga Kelly, whose autobiography *A Child of War* details her life living in war-torn Germany before immigrating to the U.S. in 1980. Books will be available for purchase for \$12. RSVP by May 3.

LADIES' AND MEN'S CLUB DINNERS: *THE HISTORY OF LEAVEN*

Monday, May 13 (Ladies); Monday, May 20 (Men) • 6 pm • Garden Dining Room

LEAVEN (Limited Emergency Assistance Valley Ecumenical Network) is a volunteer, community-based nonprofit organization. Executive Director Mary Parsons will discuss bridging the gap between hardship and hope, preventing individuals and families from slipping into greater poverty, homelessness, and ill health.

5TH ANNUAL SPEAKEASY & BEST BET CASINO SOIREE

Thursday, May 30 at 6 pm • Grande Lobby

Join us for our fifth annual speakeasy soiree! Enjoy a glass of bathtub gin, take in the sweet sounds of jazz, and try your luck at blackjack or the roulette table. 1920s attire is encouraged. RSVP by May 28.

ALZHEIMER'S ASSOCIATION'S THE LONGEST DAY

Friday, June 21 • Various times

Join us on the longest day of the year to celebrate and honor residents, families, friends, and loved ones who are living with Alzheimer's disease. Join us for the whole day or pick and choose: "Remember For Me Walk," Longest Day picnic under the portico with live music by Joe and Janice Marie, or the kickoff to our Summer Concert Series on the front lawn.

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



Left to right: In the Meadows neighborhood, we made baseball decorations to kick off the spring season and celebrated two milestone birthdays.

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