



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



DAVE COX
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Studio

Save these dates

Spokane Parks and Recreation will lead several snowshoeing adventures for Touchmark residents and guests. On Wednesday, January 9 from 1 - 2 pm, learn about snowshoeing and then practice on the Touchmark campus from 2 - 3:30 pm. Equipment and instruction provided. No cost.

Then, join us on our snowshoe trips to Manito Park on Saturday, January 26 and February 9 from 9 - 11 am. Transportation from Touchmark, instruction, and equipment provided. Preregistration required. Stay tuned for pricing.

Fall Recovery Specialty Class

At this class, certified fitness professionals will teach participants how to get to the floor intentionally and back up. Mark your calendar for Wednesdays, January 16 - 30 from 11 am - 12:15 pm. Cost: \$28.50 for the three progressive sessions.

Heart-healthy Living Specialty Class

February is known as Heart Health Month. We are offering a six-week class with Fitness Specialist Bill Jennings, CEP (Certified Exercise Physiologist). Participants will learn how exercise and nutrition impact their heart health and functional capabilities. They will learn how to use and access the aerobic exercise equipment in the Health & Fitness Studio, and have access to Touchmark's indoor walking course for personal exercise during the course. Join us: Wednesdays, February 13 - March 20 from 11:15 am - 12:15 pm. Course cost: \$49.

To register or obtain further information about these and other Touchmark fitness programs, please call 509-536-2929 and ask to speak with a fitness professional.



Touchmark Foundation Food Drive

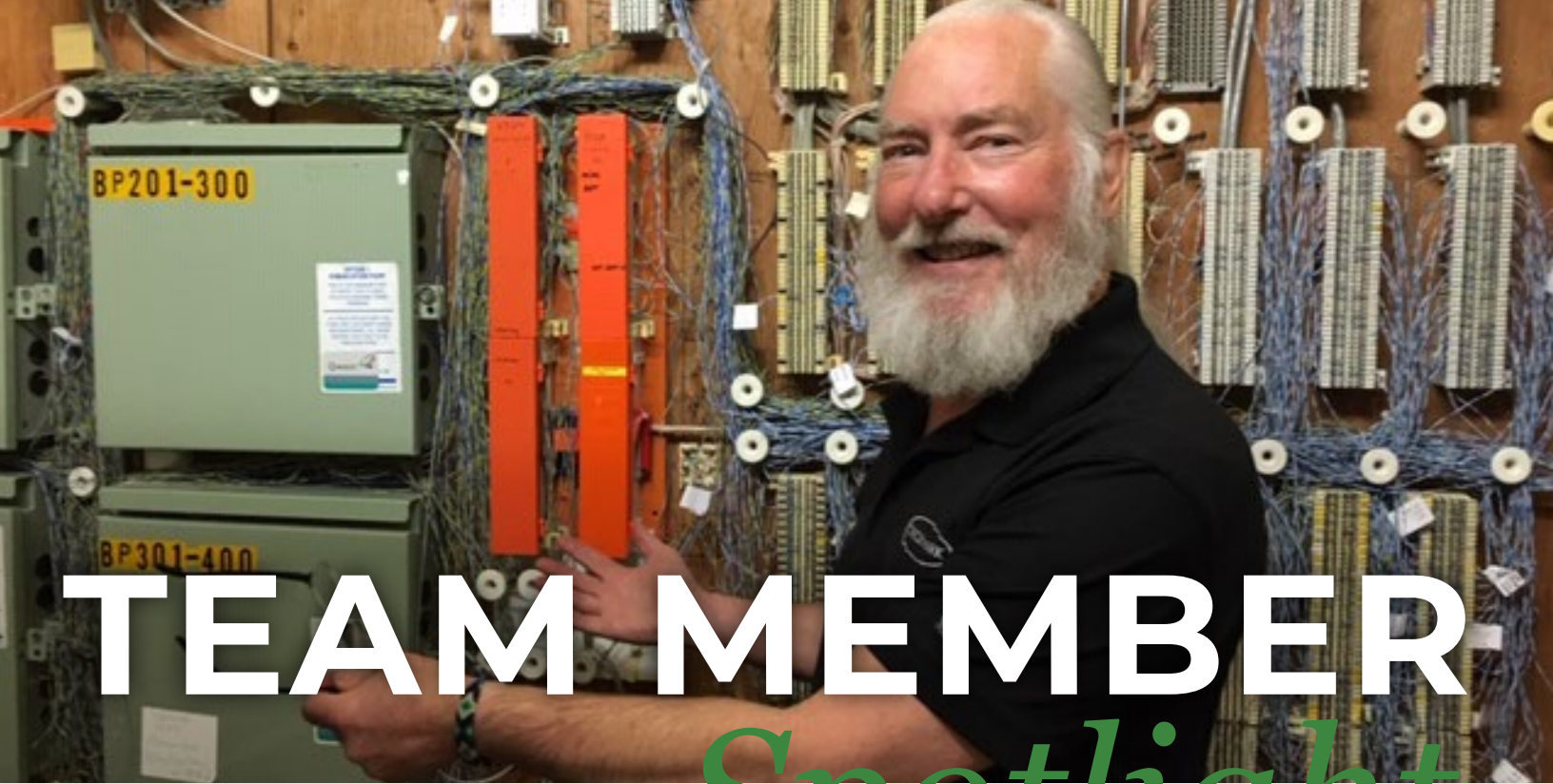
Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Jeff Wolpert

Position: Building Services Information Technology Technician

How would you describe yourself? A mix of serious and fun-loving. I can laser focus on a challenge or relax and let life flow.

Share a bit about your family and

growing up. My family is from Ohio, but my youth was spent in southern California. I spent my adult life in Oregon until we moved to Spokane 12 years ago. The youngest of three boys, I lived on the border of the Angeles National Forest where I hiked and built forts. During summer when I wasn't allowed in the hills due to rattlesnakes, I skateboarded, hung out at the pool, or went to the beach.

What are some of the most significant events in your life? Holding Jacob, my firstborn, in my arms for the first time. My world was forever changed by his birth. The love for my wife JoAnn, and our growing family. The Grateful Dead records *Working Man's Dead* and *American Beauty* upended my musical tastes, and finding my passion for helping people as a physical therapist assistant focused my career.

How long have you worked at Touchmark?

Twenty-five years. I have had five titles including PT Assistant, Administrator in Training,

Nursing Home Administrator, Health Services Administrator, and now as my work life winds down, IT Technician.

What do you enjoy most about your job?

Getting to know the residents is most enjoyable because their backgrounds are diverse, and the fascinating stories they tell are invaluable rich in the American experience.

What Touchmark value do you most closely relate to and why? Integrity. Running a

retirement and health care-oriented business requires a delicate balance of being mindful of financial success while providing adequate resources, training, and support to meet the gold standard of care. I believe in Touchmark and the leadership team that continues to foster a culture of integrity.

Outside of work what are your favorite ...

Activities: Eclectic and multigenerational love of music, travel, and camping with JoAnn in our travel trailer.

Food: A good glass of Pinot Noir and a juicy steak.

Movie: Don't tell anyone, but I like chick flicks with lots of dialogue, human interaction, and plot. Oh, and comedies. I love to laugh.

Music: I appreciate live music, be it rock, jazz, funk, alternative country, or bluegrass.



Community events included a holiday craft fair, an Apple Cup tailgater, a dance performance and lunch with students from Osaka Jikei College in Japan, the Trivia Challenge and Wii Bowling tournament, and a veterans gathering.

SAVE THE DATE!

ITALIAN DINNER AND THEATER

Friday, January 25 at 5 pm • Four Seasons Dining Room

Enjoy a delicious Italian dinner complete with Italian wine at this favorite annual event. Relax and enjoy a violinist along with vocals by Emily Jones and Jace Fogleman. No charge. Call 509-321-8118 for reservations.

SNOWSHOEING IN MANITO PARK

Saturday, January 26 from 9 - 11 am • Leave from Touchmark

Come and join others as we snowshoe in the Winter Wonderland (aka Manito Park). Snowshoes will be provided by Spokane Parks and Recreation. Transportation will be provided. Sign up in binder. Stay tuned for pricing.

MEN'S CLUB DINNER & PRESENTATION

Tuesday, February 5 at 5 pm

Join us for Tony Bamonte's presentation *Unknown Facts About the Book and Case Breaking Blue*. Tony made headlines when he solved a 50-year murder case in Spokane back in the 1990s. He is a former sheriff and local historian. Dinner included. Sign up in binder. No charge.

MURDER MYSTERY GAME: PASTA, PASSION, & PISTOLS

Thursday, February 7 at 4:30 pm • Forum

Be part of the detective team to find out who is the 'guilty one.' As you solve this mystery, enjoy a delicious dinner prepared by our chef. Sign up in binder. No charge.

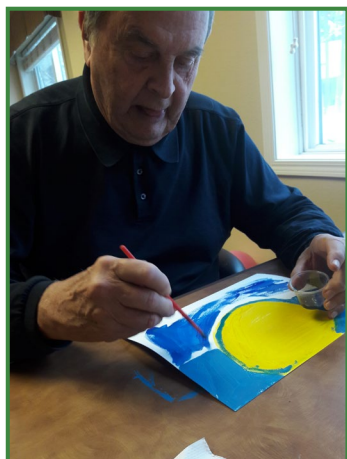
SAVE THE DATE: Tuesday, March 5 at 5 pm - Mardi Gras at Touchmark!

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

What others are saying ...

"The fitness team works so hard to address all of the needs of people in their classes. I thank them so much for being a big part of keeping me on my feet."

- Marge Cusworth, participant in tai chi for more than eight years



The Devonshire neighborhood residents enjoyed painting during the Fragrance in Frames program, lunch out at Hop Jacks, and a scenic train ride.

TOUCHMARK ON SOUTH HILL
FULL-SERVICE RETIREMENT COMMUNITY
2929 S WATERFORD DRIVE • SPOKANE, WA 99203
509-536-2929 • TOUCHMARK.COM

