

EVENT{FULL}

Monthly updates from your full life community

TOUCHMARK[®]
SINCE 1980

Community celebrates name change with Gingerbread Junction

The recent gingerbread house competition and holiday bazaar marked the community's name change and celebrated the holiday season.

Gingerbread Junction and Holiday Bazaar

Residents, the public, and families created and entered 19 gingerbread houses into the Gingerbread Junction competition. Residents also worked with fourth grade students at Robert Miller Grade School to create houses, which earned awards of excellence. During the awards ceremony/open house, the winners were announced: Touchmark Food Services won first; Joanne King from Minot took home second; and Touchmark Building Services received third.

Local vendors, including Prairiewood Designs, Jewelry by Anna, Junk Gems, Pampered Chef, Scentsy, Tupperware, Mary Kay, and Uppercase Living, offered holiday gift items for sale.

At both the holiday bazaar and Gingerbread Junction, Touchmark collected nonperishable food items for Touchmark food boxes, which will be donated to families in need.

Now Touchmark on West Century

Waterford on West Century, which celebrated its 10th anniversary last year, has always been a Touchmark community. To create consistency with all communities in the Touchmark family, Waterford on West Century is now Touchmark on West Century. Because Waterford already is part of the Touchmark family, everything (cont.)



The Touchmark Food Services team took home first place with the "Winter Fun and Merri-Mint" house.

Updating our look

Touchmark has been serving families for over 30 years. As we look forward to our 31st year of sharing the Full Life with others, we're updating the Touchmark logo and launching a new design for our print and digital materials, including this newsletter. Watch Touchmark.com; we'll be updating our website in 2012.

(cont.) but the name will remain exactly the same. The ownership and management remain unchanged.

“Touchmark is a registered/trademarked name with more than 30 years of experience,” says Touchmark Executive Director Arlene Farnsworth. “We are proud of Touchmark and want to broaden its use. We invite Bismarck-Mandan residents to stop by and visit.”



Team members welcome the new name during the Gingerbread Junction events. KFYP-TV interviewed Life Enrichment/Wellness Director Amy Miller (second from right) about the holiday events and the name change. See coverage at http://www.kfyrtv.com/News_Stories.asp?news=53640. Assisted Living Resident Care Manager Nancy Theurer (front, second from left) shared her thoughts, saying, “Residents and families are the reason that we are here. And what a great feeling that is to cherish, knowing that we made a difference in someone’s retirement years so that they could live life to the fullest and be able to enjoy the finer things that life has to offer.”



Joanne King from Minot won second place. It was the largest house in the competition.



Touchmark Building Services took home third.

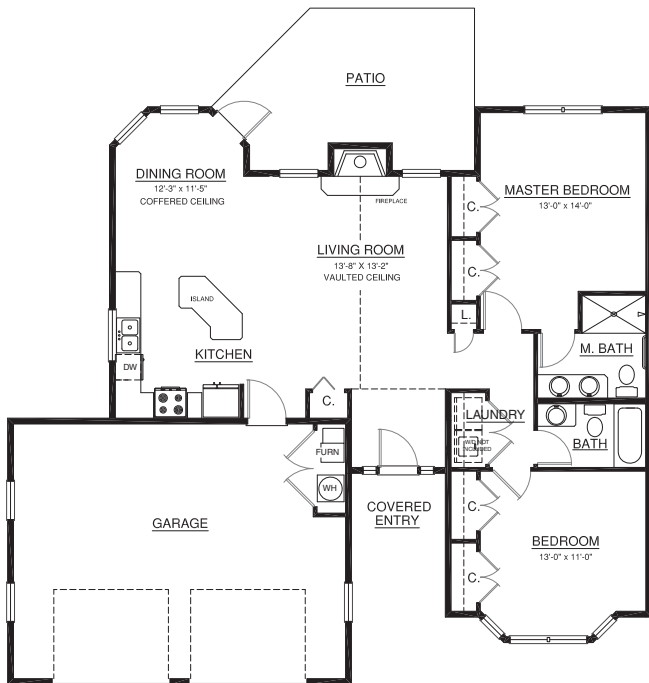


August and Dianne Schaefer, members of the Touchmark Health & Fitness Club, look at one of the Gingerbread Junction houses.

Wrap up your retirement dreams



Apartment 342 is located in the main building, where you can enjoy delicious dining in the Four Season Dining Room (pictured), use the computer and library, and take advantage of the beauty and barber shop. Apartment 342 offers a studio floor plan, one bathroom, 463 square feet, and full kitchen. To learn more, visit us today for a personal presentation.



Experience the Touchmark lifestyle from this 1,268-square-foot single-family home at 1015 Waterford Drive. Offering two bedrooms and two bathrooms, this home has everything you need to start living the Full Life. Call or stop by today for a personal presentation.

New games, new fun



The weather outside may be not-so-delightful, but indoors it's all smiles as residents learn how to play Sequence and Rummikub®.



HUMOR



Dec. 16 is National Chocolate-Covered Anything Day. One year, a Dutch car dealer covered a Porsche for the holidays.

A day to celebrate veterans



The Bismarck-Mandan Thursday Music Club honors those who have served in the military with a Veterans Day program featuring musicians from throughout the community.

It's winter: no excuses needed!

"If it's going to be, it's up to me."

– Robert Schuller, author and pastor

Everyone knows it's time to take a break: It's winter! It's time for hot chocolate, football on TV, snacks, and sleeping in ... right? Not for those who are focused on maintaining a healthy lifestyle. Yes, it is winter, but there are ways to continue (or start) fitness regimens that result in keeping and/or acquiring improved health, having more energy, and maintaining a healthy weight.

Here are some tips—contributed by residents and club members—to support winter health:

- **Tread carefully:** It may be time to take your workout indoors, but there are still wet, icy, slick surfaces to deal with on many days. Whether you are on your way to the club or taking the dog out for a walk, wear the right shoes; use a flashlight, as needed; and clear those sidewalks and walking paths (or have it done for you).

- **Avoid overdoing it.** Cold weather causes blood vessels to constrict and exposure to cold can inhibit breathing and lung function. Be

smart! Bundle up and go to the club for classes and your personal workout. Riding the stationary bike, walking on the treadmill, using the strength-training machines, and attending classes will keep you in shape. If you want to work out at home, request a personal exercise prescription.

- **Socialize.** You can work out at home, but depression is more common during the winter months. Avoid isolation and meet with workout buddies and class participants for motivation, inspiration, and fun!

- **Treat yourself to personal support.** Club members were overwhelmingly positive about personal training, massage, and specialty classes. Winter months don't have to bring the doldrums. It is a perfect time to sign on with a personal trainer, enjoy a massage, or take that class you have heard so much about.

- **Have a personal orientation to the club and its offerings.** This is a great time for a personal orientation and program. When the New Year comes, the club will be busy with the New Year resolution attendees. Now is the perfect time to request an assessment and exercise prescription tailored just for you.

(cont.)

(cont.) Call up, come in, or send an email to the Touchmark Health & Fitness Club director. This is the right time to begin or continue a personal fitness program that can provide the benefits of continuing health and wellness for you.

Written by Marge Coalman, EdD, vice president of Wellness & Programs



CALENDAR OF EVENTS

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Thursday, Dec. 8, 2 pm

Workout Basics, with Touchmark Health & Fitness Club Director Steve Metzger. This presentation is part of Touchmark's A Touch of Health monthly lecture series. Chapel.

Wednesday, Dec. 14, 11 am

Lunch Out to TGI Fridays.

Wednesday, Dec. 14, 6:45 pm

Carolers from First Presbyterian Church entertain with sounds of the season. Lobby.

Sunday, Dec. 25, 11 am to 1 pm

Christmas Buffet. Four Seasons Dining Room.

Friday, Dec. 30, 2:30 pm

Tom and Jerry Social. All are welcome. Lobby.

You said it!

“My father and our family have experienced the full spectrum of what Touchmark has to offer and have been totally satisfied. The staff has always been helpful, professional, and extremely kind. Everyone from the top to the bottom has always treated my dad like family.”

– John Shaffer
Son of resident

“Batter” up!



Ten-year-old volunteer Patrick Kenneth Litton helps Em Swanson make cupcakes.



BRAIN BUILDERS



Create some action words. Think of things that newborns do, and write down the verbs.

Example: cries

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Marge Coalman, EdD
Vice President
of Wellness &
Programs

Honoring transitions

“Honor the past. Accept the present. Move more easily into the future.”

—Andrea Sherman, PhD,
author of *Transitional Keys*
Guidebook

Our lives are filled with rituals—both formal and informal—that often have roots in holiday traditions. These may include gatherings with family and friends, special events, and seasons we have celebrated over the years. They can be as simple as carving the turkey in a specific way and preparing the dishes we feature in our holiday menus or as complex as tracking

down family ancestors and honoring them in oral and written customs.

Barbara Myerhoff writes in *Remembered Lives: The Work of Ritual, Storytelling, and Growing Older* that there is a dearth of ritual in the last third of life. “Retirements and funerals may be the only significant markers for many,” she states. As we age, our resources and settings change, and she feels we lose a great deal in not replacing our traditional rituals with new ways to celebrate and commemorate life changes.

Touchmark strives to support and honor both community and individual traditions. Residents, families, and team members look forward to sharing birthdays, anniversaries, family reunions, and other celebrations with their “family of choice.” In

addition to these “life lights,” we offer a host of other Full Life® classes and offerings that provide new traditions and celebrations for participants. These include harvest festivals, intergenerational events, quilt shows, theatre and talent show performances, and legacy interviews/life story writing classes. Support groups for caregivers and family members are also available to provide guidance during life transitions.

As the holiday season approaches, we invite you to create and share the benefits that rituals provide: bringing order and clarity in times of change, relief and comfort in times of anxiety and stress, integration and healing in times of loss, and continuity and community in times of celebration and reflection.

Club news

Refresh your body and spirit with qigong

Are you looking for one workout that can aid in stress reduction, relaxation, balance, strength, and fitness? Then qigong may be for you! Instructor Ingrid Omlid trained in the practice in her home country of Germany. It is rare that a single class can refresh so many aspects of one’s health—give it a try!

Dive into the fun!

Volleyball, anyone? Join in an exciting game of water volleyball every Tuesday and Thursday at 8:50 am. All fitness levels are welcome to participate. Make new friends while getting a fun workout!

TOUCHMARK ON WEST CENTURY
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The {FULL} Life™ ~ surprisingly affordable