

EVENT{FULL}

Monthly updates from your full life community

TOUCHMARK[®]
SINCE 1980

Go Red for Women event encourages heart-healthy exercises, cooking, and lifestyles

Touchmark celebrated national “Go Red for Women” early this month with an educational seminar about cardiovascular health, featuring special demonstrations of heart-healthy cooking and exercises.

“We enjoyed joining in the American Heart Association’s Go Red For Women mission to fight the No. 1 killer of women—heart disease,” says Life Enrichment Director Amy Miller.

KXMB reporter Sarah Gustin covered the event and interviewed Steve Metzger, director of the Touchmark Health & Fitness Club. (Check out the article online at <http://www.kxnet.com/story/16672644/go-red-event>).

During the event, Steve shared exercise routines; Touchmark Health Services Director ErinJean Gannon-Litton discussed ways women can prevent heart disease; and Touchmark Dining

Service Manager Doreen Koppang provided a cooking demonstration of heart-healthy meals that can be made easily in the home.



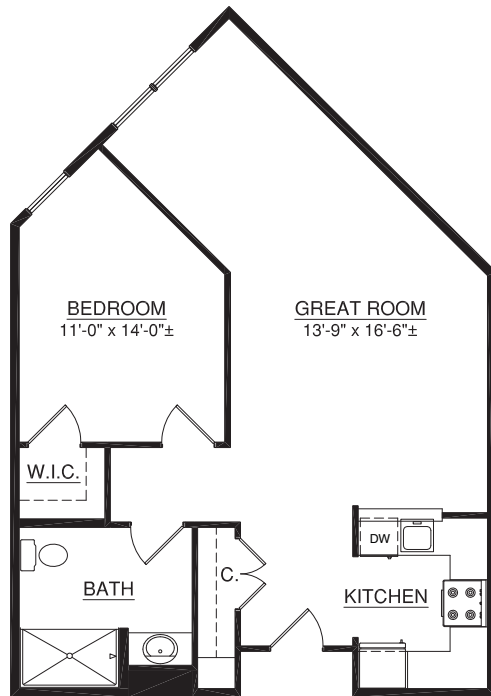
Steve Metzger, director of the Touchmark Health & Fitness Club, talks about the benefits of exercise.

You said it!

“... We like to do things together, and we both enjoy the water volleyball sessions with amazing and friendly players. We have become like family! We also participate in special events that go through the year, like the therapy programs, where we learn more about health and fitness. In addition, the dinners, lunches, and the get-acquainted events are fun and enjoyable. ... We are finding that it’s our place. It changed everything for us! ... Staff are friendly and greet you with open arms ready and willing to help you with their awesome support and expertise ... It’s the best place in town!”

– Don and Irene Jensen, Touchmark Health & Fitness Club members

A sweetheart of a lifestyle



Touchmark was established in 1980 by Werner G. Nistler, Jr., who grew up in Beach, North Dakota. The company's management team also includes North Dakotans Tom Moe and Tom Biel (both from Crosby). "I believe the true value of Touchmark is reflected in the concept of family and teamwork," Werner says. Experience the Full Life and join the Touchmark family! Apartment 282 is a 769-square-foot home with one bedroom and one bathroom. The bedroom features a walk-in closet. Call today to learn more.



HUMOR

The Loan

A lady walks into a bank in New York City and asks for the loan officer. She says she's going to Europe on business for two weeks and needs to borrow \$5,000. The bank officer says the bank will need some kind of security for such a loan, so the lady hands over the keys to a new Rolls Royce parked on the street in front of the bank. ... Two weeks later, the lady returns, repays the \$5,000 and the interest, which comes to \$15.41. ... "While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is why would you bother to borrow \$5,000?" The lady replied, "Where else in New York can I park my car for two weeks for 15 bucks?"

<http://www.bestcleanjokes.com/loan.htm>



CALENDAR OF EVENTS

Contact a Full Life™ team member for additional details, including registration and transportation information.

Monday, Feb. 13, 11 am

Valentine's Day Bake Sale with Touchmark's Sanity Squad. Come purchase goodies for your valentine or a snack for yourself. Lobby.

Tuesday, Feb. 14, 2 pm

Not-So-Newlywed Game.

Thursday, Feb. 16, 11 am to 1 pm

Mardi Gras Buffet. Four Seasons Dining Room.

Friday, Feb. 17, 2 pm

Armchair Traveler visits New Orleans.

Tuesday, Feb. 21, 3 pm

Mardi Gras-themed cocktail hour.

Wednesday, Feb. 29, 3 pm

New resident meet and greet. Lobby.

Recent happenings



Pool, pinochle, pretzels, and beer make for a fun afternoon in the Hoyle Room.



Celebrating the King's birthday, Maintenance Assistant Kendrick Becker played the part, taking photos with fans and belting out a little bit of the hit, Blue Suede Shoes. People snacked on peanut butter and banana sandwiches, pork rinds, and Elvis's favorite drink, Pepsi!



BRAIN BUILDERS



Think of as many possible uses for old cereal boxes.



CLUB NEWS



Silver Sneakers potluck

The Silver Sneakers group gathers for a potluck meal on the third Tuesday of each month. Please call the club at 701-355-1280 to sign up for a potluck item.

Aqua-Logix

Aqua-Logix is an aquatic-fitness class that incorporates special equipment to enhance strength training as well as cardiovascular fitness in the water. Offered Tuesdays and Thursdays at 5 pm. You do not need to buy the equipment to benefit from this class.

Aqua Boot Camp

Members of Touchmark Health & Fitness Club in Bismarck, North Dakota, are shedding pounds and having a blast exercising in this challenging workout. Watch the KXNews video: <http://www.kxnet.com/video?clipId=6565951&autostart=true>

Exercise does a body—and the brain—good

A recent AARP article, *Exercising the Body, Using the Brain May Ward Off Alzheimer's Disease*, highlights two new studies that confirm that exercise contributes to brain health. The article states that "Lifelong habits of exercising regularly and staying mentally active may protect the brain from Alzheimer's disease, two new studies suggest." Read the whole article here: <http://www.aarp.org/health/brain-health/info-02-2012/exercising-may-prevent-alzheimers-health-discovery.html?intcmp=HP-JFY1>.

You can also check out this WebMD article *Train Your Brain With Exercise* online: <http://www.webmd.com/fitness-exercise/guide/train-your-brain-with-exercise>



Marge Coalman, EdD
Vice President
of Wellness &
Programs

Heart health—up close and personal

We all have moments of insight that clarify and define our perspective and concerns. A defining moment for me was when I was on my way to the office and stopped at a warning light to allow pedestrians to cross in the fog and rain.

I realized the four people crossing the street represented a broad spectrum of individuals at risk for heart disease that may require intervention and support to be able to enjoy tomorrow:

- **Pedestrian 1** was a teenage girl lighting her cigarette in weather that was challenging, at best. Her head was down, and she seemed oblivious to traffic.
- **Pedestrian 2** was a woman overweight by at least 100 pounds who was focused on her cell phone and would not make it across the intersection in the allotted time.
- **Pedestrian 3** was a young man—about 16—smoking,

eating a hamburger, and talking on his phone.

• **Pedestrian 4** was an older man who pushed his walker, paused, rested, and moved forward as best he could. Everyone waited for him to cross the intersection before proceeding.

This particular moment defined many of the major concerns regarding the risks for heart disease:

- Young people (or people of any age) who smoke are apparently unaffected by all the warnings and research about the consequences of that habit.
- Obesity affects one in three American adults and is a primary risk factor for heart disease.
- Physical limitations can contribute to a number of risk factors associated with heart health, including not being able to get the recommended 30 minutes of aerobic exercise most days of the week.

The prevention and intervention information to maintain a healthy heart is well known:

- Do not smoke.
- Maintain a healthy weight.
- Have 30 minutes of aerobic activity most days of the week.

- Pay attention to your diet.
- See your physician for regular checkups.
- Manage high blood pressure.
- Maintain healthy relationships with family and friends.

All of that advice—well intentioned and not personalized—is available to most of us. To access information that deals with individual concerns and recommendations requires input from your personal physician and follow-up habits for lifestyle choices.

At Touchmark, the Full Life™ program is available to help people personalize the heart-healthy principles and practices needed to achieve one's goals. Contact Life Enrichment/Wellness Director Amy Miller or Health & Fitness Club Director Steve Metzger to support a positive lifestyle that will lead to enhanced heart health.

Learn more at American Heart Association (www.heart.org), Canadian Heart and Stroke Association (www.heartandstroke.ca), and American Stroke Association (www.strokeassociation.org).

TOUCHMARK ON WEST CENTURY
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