

EVENT{FULL}

Monthly updates from your full life community

TOUCHMARK[®]
SINCE 1980

Christmas tree aglow

Every year, residents and team members eagerly await Touchmark's annual tree-lighting ceremony. Executive Director Jeff Bair led the countdown to the lighting of the 20-foot tall Christmas tree in the lobby, accompanied by elves and the big man himself—Santa Claus. Ahead of Santa, nine residents pranced into the lobby as reindeers with antlers. Santa brought with him Christmas cookies, candy canes, and holiday cheer for all to enjoy. The Double Eight Choir provided musical entertainment for the festive gathering, singing all the Christmas favorites.



FallProof returns

Reduce your risk of losing your balance by attending Touchmark's FallProof™ Balance and Mobility Training. Starting Jan. 10, the class will run Tuesdays and Fridays from 2 to 3 pm until March 16. The FallProof Training is an intensive, individualized 20-hour program in which participants work with activities

and exercises that challenge the systems that coordinate balance. The training is limited to 10 participants. The cost is \$100 for residents and \$150 for others. The training is taught by Health and Fitness Director Lori McCormick, PT, who is a Certified FallProof™ Balance and Mobility specialist. Pre- and post-balance assessments are included. To register, call 509-536-2929.

Gonzaga University nursing students at Touchmark

Touchmark on South Hill is pleased to announce that Gonzaga University nursing students are now visiting Touchmark as part of their clinical training. Each semester, a new set of students will serve residents in the assisted living and memory care neighborhoods.

Each student is assigned to a resident to assist and learn nursing care management. In addition, students take monthly vital signs, check blood sugars, and practice many other nursing skills they have learned.

“This program is a great opportunity for both residents and students,” says Executive Director Jeff Bair. “Welcome Gonzaga!”



Recycling with a bit of sparkle



Last February, the dining room formerly known as the Crystal Dining Room was updated, and the crystal chandelier came down. As Life Enrichment/Wellness Director Betty Doerschlag (above, in yellow jacket) looked at the beautiful crystals from the chandelier, she just knew there had to be a way to allow their shimmering sparkle to continue to enhance Touchmark. She asked for the crystals and tucked them away for safekeeping. After running the crystals through the dishwasher twice, they came out looking like sparkling diamonds. Residents Bette and Tom Gates (top photo, left and center) and Touchmark team member Dean Doerschlag worked for hours turning the ropes of crystals into Christmas tree ornaments. They now adorn the 20-foot lobby Christmas tree and the garland bedecking the railing above the lobby. “This added a real sparkle to our holiday season, and residents are very happy that we recycled the crystals,” says Betty.



HUMOR



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

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 Touchmark Health and Fitness Center 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.** Center 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 center 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.

Call up, come in, or send an email to the Touchmark Health and Fitness Center 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

You said it!

"Here at Touchmark, you are greeted with warm and friendly people. I have made new lifetime friendships here."

– Almeda Campbell

Resident



CALENDAR OF EVENTS

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

Saturday, Dec. 17, 7:15 pm

SuperPops 3: Holiday Pops.

Tuesday, Dec. 20 and 21, 6:30 pm

Bus leaves for Spokane City Christmas Light Tours.

Thursday, Dec. 22, 11 am

Shopping at the Spokane Valley Mall.

Wednesday, Dec. 28, 2 pm

Hot Cocoa and Peppermint Schnapps Fireside Social. Lobby.

Wednesday, Dec. 28 and 29

Overnight trip to The Coeur d'Alene Resort and the Light Cruise on the lake.

Saturday, Dec. 31, 4 pm

Champagne Social. Lobby.

Saturday, Dec. 31, 5 pm

New Year's Eve Candlelight Dinner. One seating. Four Seasons Dining Room.



BRAIN BUILDERS



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

Example: cries

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

Wrap up your retirement dreams



Tour this single-family home, located at 3104 Waterford Crest Lane. The home offers a master bedroom, den, and access to Touchmark's award-winning services and amenities. Stop by today and learn more.

Giving tigers, elephants, and bears



Resident Virginia Thomson and her late husband Joe were active volunteers with the Salvation Army in California before moving to Touchmark. For the holidays, Virginia suggested to the Life Enrichment/Wellness team that Touchmark set up a donation location for stuffed animals that would go to children living at Sally's House, which provides shelter for children in transition. Virginia helped organize the holiday stuffed animal drive, and residents donated over 45 tigers, elephants, and bears.

Theatre comes to the community



Actress and theatre supporter Ellen Travolta, who also is the sister of actor John Travolta, recently visited Touchmark with a vocalist from the Coeur d'Alene Summer Theatre, who entertained residents with a selection of music. Ellen talked about the upcoming holiday performance at the theatre. The GI Holiday Jukebox is a tribute to the USO tours of World War II and will feature tunes of the 1940s. Ellen had seen the Touchmark bus at several plays throughout the summer and felt this upcoming holiday show would be something Touchmark residents would enjoy. Residents recently filled two buses and enjoyed dinner and the show in Coeur d'Alene. Pictured from left: Mary Starkey (daughter of resident Esther Starkey), Roger Welch, Esther, Ellen Travolta, and Mark Cotter.



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.

TOUCHMARK ON SOUTH HILL
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(located at 29th and Pittsburg)

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The {FULL} Life™ ~ surprisingly affordable