



# THE {FULL} LIFE

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## Active Aging: An Essential Aspect of The Full Life

This year marks the 20th anniversary of the International Council on Active Aging's annual Active Aging Week, and Touchmark residents and team members are involved in a multitude of creative events and activities to celebrate this important aspect of living well in retirement. The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, regardless of age or health status.

Each Touchmark community plans its own unique events and activities for the week. Highlights this year include:

Touchmark at Meadow Lake Village is holding daily mini fitness challenges featuring chair sit/stands and drum fitness, a scavenger hunt, and "Name That Equipment!" game in the Health & Fitness Club with chances to win prize drawings. A paintball tournament and farm-to-table dinner are also on the schedule.

At Touchmark at The Ranch, residents are enjoying Brain Activity Day with trivia, brain, and memory games; Dance Day; Musical Instrument Day with resident jam sessions; Meditation Day with chair massages and essential oil painting; Physical Fitness Day; Pool Party Day; and Outdoor Game Day with a treasure hunt.

Touchmark on West Century is participating in pickleball demos at the YMCA; a day trip to Cows and Creamery in Carrington, North Dakota; line dancing in the lobby; a Health Fair; and microbrew tour throughout Bismarck.

In Spokane, Washington, the energy is high with outdoor games, a Yoga Flow in the Park class at Finch Arboretum, pickleball in the Health & Fitness Studio, and more at Touchmark on South Hill.

Residents at Touchmark at Harwood Groves are participating in horse-drawn carriage rides; a visit to the planetarium; Oktoberfest with authentic food, German heritage speakers, and polka dancing; and an outing to Suite Shots golf range.

What does active aging look like to you? We encourage you to switch up your routine and get involved in something new before the year is over. As they say, variety is the spice of life!

## Resident Spotlight

*Jim Etzkorn, Touchmark at Fairway Village*

As we celebrate 20 years of Active Aging Week, Touchmark at Fairway Village is also celebrating its 25th anniversary this year. Jim has lived at Touchmark for 10 years and was also one of the first team members on staff when the community opened.

**Tell us about your experience as a Touchmark team member.** The first day on campus, I was only in orientation for a few minutes because, all of a sudden, I was volunteered not to be a part-time receptionist as I thought I would be but to be a full-time housekeeper. The building was brand new, and many of the homes needed to be prepared for the people moving in, so for several months, I was busy helping to get the building ready. It was an interesting time! Eventually, I did resume my position at the front desk.

**It sounds like you immediately embodied being an Ally, Friend, and Giver.** Indeed, though I felt I was just doing what I needed to help out! Later, my wife was a resident before she passed away. After she passed, I moved in as a resident, largely because of the wonderful care she received in memory care. It was so obvious that this was a good place to be that I decided I needed to be here myself. I recently moved from independent living to assisted living, which is a different way of life, but I still maintain all my friends from my previous area of the building.

They continue to be very supportive of me, and we meet for dinner frequently.



**What did you enjoy as a team member, and what keeps you happy here as a resident?** You develop an extended family made up of residents and staff. That's the most important thing—this blending of residents and team members creates true friendships. When my wife was here, we always knew that she would get hugs and chocolate in the beauty salon. The people who work there remember her and speak kindly of her to this day. That kind of thing builds real support, and you feel very welcome.

At this point, I'm restricted in the things I can do, but I continue to walk the building daily. I was previously very active in the Health & Fitness Club, and that made a substantial difference in terms of getting my weight down. I got myself built up, improved my balance, and became conscious of how the nutrition here is so much better than it is when you're by yourself. Socialization, fitness, activities, good nutrition—it all goes together. I'm thoroughly convinced that these cohesive aspects are a life-stretcher.



# Community Highlights

Enriching lives through fun and vibrant community events!







**Chris Thompson**  
Director of Food  
and Beverage  
Operations

# Happy & Healthy for the Holidays

*“The more you know, the more you can create. There’s no end to imagination in the kitchen.” – Julia Child*

The holidays are almost upon us, and with them brings lots of good (and sometimes overindulgent) food. In honor of Active Aging Week and the holidays right around the corner, consider implementing the following delicious but still healthy recipe below into your upcoming celebrations.

## Cucumber Bites

These cucumber bites are a Touchmark favorite due to their look and lightness among heavier appetizers. We suggest a smoky salmon cream cheese filling below, but this can easily be made vegetarian and/or vegan by modifying the filling.

### Ingredients:

2 cucumbers  
1 pound smoked salmon  
1 eight-ounce package of cream cheese  
¼ cup sour cream  
¼ cup mayonnaise  
¼ cup fresh dill  
½ clove garlic, minced  
1½ teaspoons lemon zest  
2 tablespoons lemon juice  
Pinch of salt  
Pinch of pepper



### Directions:

1. Peel the cucumbers and slice them into 1-inch circles. Plate on serving platter as desired, then place in fridge for cooling while prepping cream cheese.
2. Place cream cheese, sour cream, mayonnaise, fresh dill, garlic, lemon zest, lemon juice, salt, and pepper into a mixing bowl.
3. Mix until creamy and smooth.
4. Spread 1 teaspoon of the cream cheese topping onto each cucumber slice then top with smoked salmon.
5. Add toothpicks for serving. Serve at once or refrigerate until ready for guests.

