



People experience wellness

Touchmark’s recent Experience Wellness campaign kicked off a month of fitness activities, starting with an open gym event. People learned about proper, safe equipment usage and how to improve their fitness training. Staff gave a sneak preview of new, upcoming fitness classes. The event also included a mini health fair.

Later in the month, guest speakers talked about diet, exercise, and wellness, and the Dining Services staff introduced the freshly revised menu that includes a rotating selection of healthy menu choices.

The campaign finished with the start of Touchmark’s new fitness classes, Balance & Posture and tai chi.

“People are really enjoying the classes, which are quickly gaining popularity and filling,” says Life Enrichment/Wellness Director Michelle Swantek. “The events were a great success, and we’re excited to continue moving forward.” ■



Residents Eleanor Adamson, Miriam Burns, and Lexie Reichel and Touchmark Executive Director Barbara Romano (left to right) use exercise balls to execute controlled muscle movements.



Life Enrichment/Wellness Director Michelle Swantek (foreground) leads a demo Posture & Balance class. From left: Joan Garey, Jim Pease, Jo McGill, and Curt Faytol focus on correct posture.



During the recent Experience Wellness events, people took part in a demo Posture & Balance class.

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People focus on leg strength.

Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Touchmark reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Touchmark Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at winetasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you’re looking for an engaging retirement lifestyle that offers interesting social opportunities, call Nathan Wyatt to learn more about Touchmark’s lifestyle and the following available homes. ■



The Cottonwood cottage offers 2,281 square feet of living space, two bedrooms, and two-and-a-half bathrooms. The home includes a den and office. Call today for a personal presentation.



The three-bedroom, two-bathroom Madison cottage offers 1,788 square feet of living space. Upgrades include a dramatic dining room; slate entryway and hallway; hardwood floors in kitchen, dining room, and breakfast nook; gas stove; cherry wood fireplace mantle; and humidifier.

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Call for your personal presentation of the Madison cottage.

It is never too late



Marge Coalman, EdD
Vice President of Wellness & Programs,
Touchmark

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

“When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body’s ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don’t practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center (www.sciencedaily.com/releases/2007/12/071213152540.htm) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Touchmark, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Life Enrichment/Wellness Director Michelle Swantek. ■

What's so important about balance?

The Centers for Disease Control and Prevention lists falls as “the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma” for people 65-plus. To address this issue, Touchmark is now offering a new Posture & Balance class, aimed at helping people reduce their risk of falls and improve their balance.

The class started with fitness assessments that measured agility and balance. Participants filled out personal goal sheets and are evaluating their progress as the class goes through this term. At the conclusion of the class, people will do a final assessment to gauge improvement.

To learn more about Touchmark's Posture & Balance class, talk with a member of the Life Enrichment/Wellness team. ■

Coming Events

Wednesday, Feb. 20, 5:30 pm

Chef's choice buffet dinner with Italian theme. Listen to musical entertainment while enjoying tasty Italian food.

Friday, Feb. 22, 7:15 pm

The Barrage. This energetic musical group combines fiddling and dancing. Cost: \$42 per person. Visit www.barrage.ca to learn more.