TOUCHMARK

THE {FULL} LIFE

Touchmark at Coffee Creek Newsletter

2022 ISSUE 3



VIBRANT CHOICES

As those familiar with Touchmark will know, personalization is prioritized in our communities. That's why team members learn resident names the moment someone new moves in, why we offer small-group fitness classes tailored to the needs of participants as well as personal training, and numerous Life Enrichment/Wellness events for every interest. It's also why Touchmark has made the transition to Choice Dining. The new Choice Dining program is designed to give residents maximum choice and flexibility when it comes to dining, features that residents from each community have shared are essential components to experiencing The {FULL} Life.

Choice Dining benefits not just residents but the community as a whole. Meals made to order help eliminate the guesswork of preparing a large number of meals in advance, some of which may not be consumed. This creates food waste, which is costly to the environment and community members alike. Already, Choice Dining has allowed communities to reallocate funds to procuring a greater amount of food sourced locally.

Not only are plates looking more vibrant, but dining rooms are too. Instead of heading to the dining room during a certain window of time for a set meal, residents are taking advantage of the freedom they have to gather when they please for the meals—or

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cocktails—they choose.

Enjoying a good meal is a universal human pleasure, but what that meal looks like varies from person to person. From vegetarian to gluten-free, Choice Dining enables residents to eat the right food for their lifestyle while also giving them the opportunity to broaden their palate and explore new local flavors.

RESIDENT SPOTLIGHT



Marlene Eash
Touchmark at Harwood Groves resident

How long have you lived at Touchmark, and why did you choose to move here? It will be five years in July! When my husband passed away, I thought I would live in my house forever. But one night, I woke up in the middle of the night, and I thought to myself, I need to move out. I was eating my breakfast in the morning, and the same thought came back to me. I thought, where do my little dog Mickey and I go? Touchmark suddenly came into my mind, so I went to visit. I saw a couple of available places on the second floor, which weren't ideal for my dog, and then finally a cottage. I walked in the front door, and I said, 'This is it!' After a couple of days, the staff knew my name. (I wondered, how do they do that!)

What do you find enriching about life at Touchmark or retirement in general? The staff is awesome! We've gone through so much construction, not to mention COVID-19, but you're never shut out of the community. If I have a problem, they take care of it. The older I get, the less responsibilities and more community I have, and the more secure I feel.

You serve on the Resident Council and are a part of the dining focus group. How long have you been involved with this, and what inspired you to join? I've been on the Council for a year. I joined after talking to someone who was leaving a position on the Council. Since I don't live in the main building, it is a good way to get to know more about Touchmark and the people.

What are your thoughts on the newly implemented Choice Dining Program? The new system is awesome. I think more people are eating in the dining rooms, and there are definitely more options. I have to watch my salt and carbs, and I have plenty of choices. If I was eating off a regular menu, there wouldn't be as many choices. Now I have so many choices! I used to make a lot of my own food, but with all the options and the way groceries are going up in prices, why would I not go over to the dining room to eat?

How can new residents find a sense of community when they move in? Invite someone down to the coffee shop, to play a game, or put a puzzle together. The other day I invited a new resident to share some pizza. Her face lit up like a Christmas tree! It's easy for me because my dog is very friendly and will always give people kisses! At Touchmark, you can expect to be a part of a family and enjoy plenty of activities. I've seen people draw other people out so they aren't alone all the time. Some people don't like to do certain activities, but there's always something you can do that the other person will like.

COMMUNITY HIGHLIGHTS

Enriching lives through fun and vibrant community events!











TAKE A BITE OUT OF THE SEASON



MICHELLE SUE
Director of Wellness Operations

The summer season brings warm weather and garden goodies in abundance. Whether you have a green thumb and love to cook or you simply enjoy the fruits of these labors, you can take advantage of this season of growth and stay healthy and hydrated with these tips:

- **Align yourself with the season.** Even with the blessing of air conditioning, summer can be a taxing time for the body—it requires work to stay cool! This is why you may notice that your level of hunger decreases during the warmer months. Thankfully, our bodies and nature work in harmony: There is an abundance of refreshing fruits and vegetables ripening during this time that can help keep you cool as a cucumber all season long. In addition to cucumbers, eating watermelons, berries, and stone fruit are all excellent ways to hydrate and enjoy the flavors of summer. Read on for a recipe that incorporates these fruits in a delicious and easy-to-prepare smoothie.
- **A hot day can sap your motivation to get moving.** Depending on the situation, it is sometimes best not to fight it. Heat stroke is a serious illness that can be caused by overexertion in hot weather. Try switching up your routine instead. Pool workouts are cooling and challenge muscles that other exercises may not flex. Taking a walk outside in the early morning or evening is a cool alternative to a midday promenade on sizzling sidewalks.
- **Head to the farmers market.** Farmers markets offer the convenience of traditional grocery store shopping and the freshness of a farm stand. You'll get to connect with the folks who grow your food, and you are sure to notice your purchases taste more vibrant. A great way to test this for yourself is to purchase a locally grown tomato at the farmers market and a conventionally grown one at the grocery store. There's really no comparison!

SIMPLE SUMMER SMOOTHIE



- 1 quart strawberries, hulled
- 2 fresh peaches, pitted and sliced (peeling is optional)
- 1 banana, cut into chunks
- 2 cups ice
- 1 cup fruit juice (apple or mango are great options)

Combine strawberries, peaches, and banana in a blender and blend until smooth. Add ice and pour in the juice, then blend again to desired consistency. Instead of strawberries, you can substitute blueberries, blackberries, or your other favorite berry. A nutritious way to start your morning, this smoothie also makes an excellent afternoon pick-me-up or cooling dessert.

Recipe source: Allrecipes.com

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