



THE {FULL} LIFE

Touchmark at The Ranch Newsletter

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AGING THROUGH AN ACTIVE LENS

Active Aging Week, celebrated this year from October 3 – 9, is a special opportunity for older adults everywhere to celebrate aging. The week serves to highlight how older adults can participate in life to the fullest extent and engage with the seven dimensions of wellness that guide Touchmark's philosophy on aging. For some, this may take the form of a daily walk around the community (check in with the front desk for a map of walking paths); for others, it may be attending Health & Fitness classes or joining other residents on an outing with the Touchmark Trekkers. It may also be as simple as morning stretches in one's own home.

The bottom line: Active Aging is practiced daily at Touchmark, and actively aging can be accomplished individually and with others. All pursuits are worth celebrating.

One inspiring and humble individual is nonagenarian Pat Fujii, a Touchmark at Meadow Lake Village resident. This spring, at age 90, she joined 12,000 people from around the country, competed in the National Senior Games, and brought home not one but seven gold medals. An avid gardener and florist, Pat didn't begin racing until she was 70. She says, "I was really surprised to do so well, and I mean *really* surprised."

In August, she competed in the Idaho Senior Games and finished with seven gold medals, again earning her a spot in the 2023 National Senior Games. (Pat and her son Dave, who also serves as her coach, are pictured during the Idaho games.)

She understands how impressive her achievements are and is sensitive to the fact that others may not be as interested in track and field pursuits. Whatever your interests are, follow your passions and remember: The only progress you need to track is your own. Indeed, in every community, Active Aging Week—and active aging as an overarching lifestyle—is observed each day in the fitness classes people take and the friends who inspire others to join them for walks, hikes, art classes, book clubs, and more.

RESIDENT SPOTLIGHT

Joy Best, *Touchmark at The Ranch* resident

What is your background, and why did you move to Touchmark? I was an elementary school teacher for 31 years. My career was meaningful, rewarding, and often humorous. That said, I spend no time looking back at what I did or where we lived. I'm only interested in shaping each new day to be pleasurable and fun, which is how my husband and I chose Touchmark at The Ranch. It has stunning views and is close to all of the outdoor activities associated with this part of Arizona. Additionally, Prescott is a Goldilocks city: It's not too big and not too small. We felt it would be satisfying to live in a well-managed community with abundant activities, friendly residents, helpful staff, and an overall feeling of safety.

What are some of your favorite aspects of the community? I play pickleball three times a week. I also hike with the Touchmark Trekkers once a week. When we go trekking with Mike, our trek leader, we are in highly capable hands. Mike shares information with us about the flora, fauna, geology, and history of the natural world that surrounds us.

How do the classes you take at the Health & Fitness Club contribute to your well-being? The best thing about the Club's exercise classes is that each person can move at their own pace. I look forward

to every exercise class because I want to be fit as I age, and I need to be heart-

healthy. I think exercising is easier when one is part of a group. I always feel good about what I've done when I walk home from an exercise class. I don't like to miss them! Albert Einstein said it well: "Life is like riding a bicycle. To keep your balance, you must keep moving." The Touchmark campus is a beautiful place to keep yourself moving.

How has your sense of community changed or grown at Touchmark? In addition to the Trekker hikes, there are less strenuous nature walks. Mike's weekly nature walks also offer the physical well-being and stress-reducing benefits of being outside. While communing with nature is often a quiet activity, there is still ample time to have interesting conversations along the way, and I've gotten to know many residents better that way. I wouldn't be doing any of these activities by myself, but I'm not by myself at Touchmark. I participate because there's a whole community of friendly people around here.



COMMUNITY HIGHLIGHTS

Enriching lives through fun and vibrant community events!



TAKE A TREK AND ADOPT THE PACE OF NATURE



MICHELLE SUE
Director of Wellness
Operations

“Just put one foot in front of the other and don’t worry about the length of the path. Once you get on that path, and the longer you stay on it, there eventually will come a time when you will not turn back.”

- Author Martina Navratilova,
former professional tennis player and author

Starting a fitness regimen—or any new thing—can be a daunting endeavor. We often think about what life would be like after our goals are met and therefore struggle to take the steps necessary to achieve the goal. Poet and naturalist Ralph Waldo Emerson shares insight on why the steps between starting something—like a hike outdoors—and finishing it are not only essential but are, in fact, the very point of the hike itself. His advice: “Adopt the pace of nature: Her secret is patience.”

This is one reason the Touchmark Trekkers walking group is so popular throughout Touchmark communities. The walking club shares varying routes and outings appropriate for different seasons and abilities. Simply by putting one foot in front of the other and going for a walk in the woods or desert, Trekkers are tapping into the larger community of the natural world. The Touchmark Trekkers group checks off many components of the seven dimensions of wellness, including social, emotional, spiritual, and environmental.

To ensure this valuable activity is as accessible as possible, Touchmark has created walking paths and maps for residents to move at their own pace and on their own time. As fall and winter settle in, walking outside provides more opportunities to engage with nature and the wildlife near your community. It may also serve as a time to self-reflect or simply enjoy nature in solitude.

When cold weather keeps us inside, indoor walking paths can get your blood flowing—and you are also likely to run into a few of the community’s many friendly faces as you follow one of the Trekkers’ indoor walking paths. The important thing is to keep active and keep moving each day!



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