

NEWS RELEASE



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Touchmark announces expansion New health and fitness club will be among offerings

SIOUX FALLS, S.D. –Adults looking to improve their energy and overall fitness will have a new option next year. Touchmark at All Saints is breaking ground this month for a new health and fitness club designed specifically for adults 40-plus. The club is part of a four-story expansion that will also include underground parking and additional homes for adults 55-plus, expanding the retirement community’s independent living and memory care services.

The \$23 million project will provide work for 150 people during construction and is expected to open by fall 2017. The expansion is the final phase of a master plan begun many years ago when Touchmark acquired and began redeveloping the abandoned, rundown property.

“We are looking forward to this next chapter in our community,” said Touchmark Executive Director Angie Rabon. “I have worked here since we opened, and we are proud of our 20-year history of providing excellent care and services, jobs to local families, and improved livability in the All Saints neighborhood.”

Noting the research that demonstrates the importance of regular fitness activities for improved health and wellness, Rabon said she is particularly excited to add a full-service club as well as the additional services needed to support the growing community.

Full-featured health and fitness club

The new 14,000-square-foot club will include:

- 25- by 50-foot indoor heated pool for group classes
- Spa pool with whirlpool jets and seating for eight people
- Fitness equipment such as ellipticals, treadmills, recumbent bikes and more
- Group exercise room
- Fitness programs and group classes, such as Zumba® and Aqua Zumba®
- Certified exercise specialists for one-on-one and group support
- Massage therapy
- Bistro/juice bar offering healthy meals/snacks

A unique offering will be functional fitness training. Certified personal trainers/exercise specialists will work with people using a variety of equipment (jungle gym training
-more-

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system, universal training systems and other supportive gear) to engage multiple muscle groups at once. This approach improves strength as well as enhances balance and flexibility all of which increase people's ability to function better in their daily activities.

The club will also offer the NeuroCom® Balance Master®, advanced equipment that applies interactive computer technology to identify and evaluate a person's unique balance and movement patterns. Trainers will use the information to develop individualized programs to improve a variety of balance and performance issues.

Additional homes/services

The new building will also offer 60 homes for people living independently. The homes will range from one-bedroom, one-bath to two-bedroom, two-bath options.

Rabon said the homes will offer many desirable features, such as quartz countertops, built-in office nooks, walk-in closets, fireplaces, water/dryer in every home and 24-hour emergency call system.

Additionally, the expansion will provide more memory care services. Thirty-two private studios with full bathrooms will be divided between two neighborhoods.

Creating neighborhoods provides a homelike setting for people living with Alzheimer's disease and other dementia. Each neighborhood will have its own kitchen, living room and areas for dining, activities, music and art. A hair salon, spa bath and family meeting room will be shared by the two neighborhoods.

The design for memory care services draws on the latest research for providing a comfortable and secure environment for people experiencing memory loss. In addition, there will be a secure outdoor courtyard as well as a commercial laundry.

More than half of the property will continue to be open space after the construction is completed.

"Once the new building is finished, we will open our property to our neighbors — as we have done for many years — for such celebrations as the annual Easter egg hunt, concerts and more," said Rabon.

Architects are LRS Architects and Joseph Billig, AIA, senior vice president of Touchmark Development & Construction. Rick Wessell, senior vice president and director of construction for Touchmark Development & Construction, will oversee the expansion.

An award-winning retirement community, Touchmark offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. For more information, visit Touchmark.com.

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