

NEWS RELEASE



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Touchmark on South Hill named winner of international excellence award

Award salutes senior organizations transforming lives with whole-person wellness

SPOKANE, Wash. — Touchmark on South Hill announced today it is a recipient of the 2017 NuStep Pinnacle Award®. The Spokane retirement community was selected from 30 applicants to receive the Bronze Award in the Senior Living Division. It is the first time the award has been given to a recipient in the Northwest.

The NuStep Pinnacle Award, now in its 18th year, is awarded to senior living communities and senior centers that have successfully integrated the whole-person wellness model into their settings and created a culture of wellness. Touchmark's Full Life Wellness and Life Enrichment Program™ incorporates all seven dimensions of wellness: environmental, emotional, intellectual, occupational, social, physical and spiritual.

The application and review process for NuStep Pinnacle Award consideration is comprehensive and includes a five-page application and supportive documents addressing a program's breadth, how residents are motivated to be involved, participation measures, supportive services, outcomes, program enhancements, ongoing education about the seven dimensions of wellness and more. After reviewing all applications, NuStep selects finalists and does on-site visits.

“To receive this level of recognition for our community is an honor and wonderful tribute to all of the residents and team members of Touchmark,” says Jeff Bair. Bair is currently Touchmark regional vice president and served for 16 years as Touchmark on South Hill's executive director.

When asked what makes Touchmark's program unique, he explains, “We meet people where they are in terms of their health and well-being. Our program identifies residents' individual strengths, skills, needs, interests and goals to help them lead a happy, healthy, and full life. When team members are hired, we identify their interests and talents, which can be drawn upon and shared with the broader community.”

Partnering with residents to identify their desires and dreams and working together to bring those needs, passions and abilities to life is the core of Touchmark's program, both in philosophy and practice. “We encourage and support residents and team members to live happier, healthier lifestyles by becoming involved and engaged,” Bair says.

The retirement community provides many noteworthy activities for involvement that include the

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TOUCHMARK ON SOUTH HILL
Full-service Retirement Community
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A-MAY-Zing Race, Touchmark's version of the popular TV show that incorporates the seven dimensions of wellness; vibrant monthly Men's Club and Ladies Night; nature hikes with Touchmark Trekkers throughout Spokane; a multifaceted Brain Builders program; Wellness Lecture Series; Gonzaga University Game Night and happy hour; weeklong Ping-Pong® tournaments; an elaborate Mardi Gras celebration and well-attended Harvest Festival. Additionally, throughout the week, residents participate in spiritual pursuits and volunteer opportunities.

Touchmark's Health & Fitness Center provides robust programming led by certified personnel. Classes include everything from Line Dancing, Ballroom Dancing, Functional Fitness Boot Camp and Stay Active & Independent for Life to Posture & Balance, PWR! Moves for PD (Parkinson's disease) and personal training.

The 2017 NuStep Pinnacle Award winners are:

Senior Living Division:

Gold – Carroll Lutheran Village, Westminster, Maryland

Silver – Friendship Village of Schaumburg, Schaumburg, Illinois

Bronze – Touchmark on South Hill, Spokane, Washington

Senior Center Division:

Gold – VINE Adult Community Center, Mankato, Minnesota

Silver – Peter B. Lewis Aquatic & Therapy Center, Beachwood, Ohio

Bronze – Milan Seniors for Healthy Living, Milan, Michigan

“Each of the 2017 Pinnacle Award winning organizations are notable in their dedication to helping individuals achieve optimum wellness,” said Steve Sarns, vice president of sales and marketing for NuStep. “Through their remarkable efforts, the quality of life of older adults – whether frail or active, in assisted living or aging in place – is being enriched and enhanced in untold ways.”

About the NuStep Pinnacle Award®

The NuStep Pinnacle Award® was established in 1998 with a dual purpose in mind: to recognize senior organizations with outstanding whole-person wellness programming and to advance and promote the concept of successful aging.

About Touchmark

A full-service retirement community, Touchmark on South Hill is located on 19 acres in Spokane's stately South Hill area, not far from Manito Park. Residents can select a cottage or apartment home. Services include independent and assisted living, memory care, skilled nursing and rehabilitation services, home health and home care. Earlier this year, Touchmark celebrated its 25th anniversary. Approximately 370 residents live in the community, which employs 275 people. More information is available at Touchmark.com.

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