Local history on the big screen

When Alick Dvirnak, 95, was approached to be a part of the documentary *Hardship to Freedom: Ukrainian Immigrant Life in North Dakota*, he was excited to share his family’s story.

The documentary by Ken Howie is about the first Ukrainian immigrants to North Dakota—how they lived and thrived. The documentary is in cooperation with the Ukrainian Cultural Institute, and the narrative is taken directly from documents and recordings of the first immigrants themselves and their descendants.

Alick is a descendant of first-generation Ukrainian immigrants (his parents); he was asked to share their story.

“I’m proud to share my North Dakota Ukrainian heritage,” says Alick. “I speak much about my parents in the film, how they came to North Dakota, how they met and then settled on a ranch near Killdeer, North Dakota. It was a neat experience to be a part of a film and to share my and my family’s story. I hope people enjoy it.”

Alick also speaks fondly about his wife and kids, who are also Ukrainian. “After I came back from serving in WWII, I came back to my parent’s ranch to recover and then eventually took over the ranch. My wife and I got married in 1949 and had six children. She was an excellent cook, and she would make some of my favorite Ukrainian foods. She knew that I especially loved her breads and pies. My son is still on the ranch farming it with his wife and kids, and I hope to see it stay in the family.”

Producer Ken Howie presented a special screening of the documentary at Touchmark, and also talked about another upcoming documentary that includes Alick again. Both Ken and Alick answered questions from the audience at the event. The screening was covered by local media, including the *Bismarck Tribune*, KX News, and KFYR.

“This was an especially meaningful screening of this documentary, since both the producer (Ken Howie) and one of the people featured in the film (Alick Dvirnak) were present,” says Life
Welcome Taylor!
We’re excited to welcome Taylor Allard, licensed massage therapist, to our team! Taylor comes all the way from Wisconsin, where she was a massage therapist for the last two years. If you’re in need of a massage to help manage the stress of the holidays, call us today at 701-355-1280 to schedule an appointment.

Give the gift of health and fitness
The perfect gift for your loved one is easier than you think! Consider a Touchmark Health & Fitness Club gift certificate. We offer gift certificates for massage, personal training, and health club membership. For more information, or to purchase a gift certificate, stop by the Health & Fitness Club or call 701-355-1280.

Staying healthy this holiday season
Finding time for exercise can be especially difficult in this busy time of the year, but it shouldn’t slip from your to-do list! During the colder months, make sure your exercise program includes aerobic, strength, and flexibility training.

“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”
– Eleanor Roosevelt

Do your brain a favor and volunteer.
Volunteering is a meaningful way to stay socially connected to others, and the do-good experience has many healthy brain benefits. Helping others boosts endorphins, the feel-good hormones, and decreases cortisol, the stress hormone. The satisfaction of helping others increases self-confidence, self-worth, and general life satisfaction as well as engages the mind to learn new things and develop new brain connections.

Not sure where to start? Many opportunities exist for volunteering in your own community. There is also reading to students, serving meals to the homebound or homeless, and mentoring/teaching English as a second language. The opportunities are endless. Let the Life Enrichment/Wellness director know if you would like to volunteer. This professional will work with you to identify areas of interest and get you connected with a volunteer opportunity.

The new year is just a few weeks away. Resolve to volunteer—you will help others as well as reap benefits for yourself.
To celebrate the fall season, residents visited Papa’s Pumpkin Patch with family and friends to purchase pumpkins and other seasonal goodies as well as take a tractor train ride.

Residents and staff got in the Halloween spirit and dressed up to welcome young trick-or-treaters.

Mandan resident and Touchmark volunteer Bill Techser brought his 1954 John Deere tractor to Touchmark. Bill received the tractor from his family as a gift for his 50th birthday. Thanks to Bill for sharing with us!

Local brewery Buffalo Commons hosted a beer tasting event. Residents enjoyed a relaxing afternoon sipping beer, nibbling snacks, and playing cards. The brews are carried at restaurants across the state.
Contact a Life Enrichment/Wellness team member for additional details, including registration, transportation information, and participation requirements.

**Friday, Dec. 5, 3:30 pm**
**Outing to the annual Pride of Dakota Showcase.** Bus leaves at 3:30 pm for the Bismarck Civic Center, where you can browse booths of local vendors and find a gift for everyone on your list. Choose from gourmet food, wine, art, books, jewelry, and more. Cost: $2 admission.

**Thursday, Dec. 11, 11 am**
**Lunch 'n Learn: Changing the Way We Age** presented by Melanie Carvell. Lunch will be provided. No charge to attend, but seating is limited.

**Friday, Dec. 12, 2 pm**
**Gingerbread Junction**, our impressive collection of gingerbread houses, will be on display all month, with a social on Dec. 12 to award prizes to the top houses. Stop by and enjoy gingerbread treats and musical entertainment.

**Wednesday, Dec. 31**
**Tom and Jerry New Year’s Social.** Celebrate the end of 2014 and ring in the New Year with a fun evening of Tom and Jerry cocktails, hors d’oeuvres, and musical entertainment from Jim Geiger.

**View our {FULL} Life calendar online:**
TouchmarkBismarck.com

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**Peace of mind at home.**

Picture a life with more quality time to spend on family, friends, and hobbies, even during the holidays! Touchmark can take care of cleaning, cooking, maintenance, and more. Call or stop by today for a tour.

*Apartment 138 is a studio with 419 square feet. You’ll love this location with Touchmark amenities conveniently located just outside your front door. Come see how affordable The {FULL} Life can be.*