



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



TIM CROSS
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

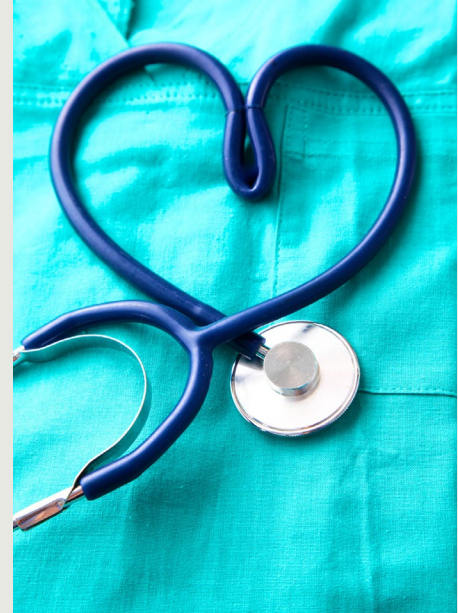
We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Club

American Heart Month

February is American Heart Month, during which various national and local health organizations urge people to learn how to keep their hearts healthy, assess risks for heart problems, and adopt more active lifestyles. Here are some simple ways that you can protect your heart:

- Maintain a healthy weight for your body type.
- Get your cholesterol and blood pressure checked regularly and take measures to control them.
- Drink alcohol in moderation, if at all.
- Reduce saturated fats and sodium in your diet.
- Engage in physical activity for at least 2.5 hours per week.



Why Walk Backward?

While walking normally (forward motion) is something that we do every day without any conscious thought, walking backward improves your leg endurance and aerobic capacity more rapidly because the challenge you are placing on your body is greater. You're forcing your body to adapt to new and unfamiliar demands, which promotes improvements and growth in your physical fitness. Join us in the New Year for an exciting one-hour backward walking clinic on **Wednesday, January 30 at 3:30 pm** in the Health & Fitness Club. Benefits include:

- Enhanced sense of body awareness
- Sharpened thinking skills and enhanced cognitive control
- Increased strength in lesser-used leg muscles
- Increased balance
- Improved postural awareness

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Lydia Terjeson

Position: Executive Associate

How would you describe yourself? I am a die-hard WSU Cougar; I care about my friends and family more than anything in the world; and I love all things Disney.

Share a bit about your family and growing up. I grew up in Pendleton, Oregon, with my mom, dad, and older brother. I moved to Honolulu, Hawaii, in 2001 and then to Beaverton, Oregon, in 2002. In 2007, my brother passed away in a car accident. After high school, I went to Washington State University and studied Hospitality Business Management.

What are some of the most significant events in your life? The death of my brother was a very significant event in my life that has had a lasting impact. Another would be my time as a Portland Rose Festival Princess in 2012, where I was able to travel all around Oregon to bring the spirit of the festival to many people.

How long have you worked at Touchmark? Since November 2018.

What do you enjoy most about your job?

Getting to know all of the residents and learning their life stories. I love coming to work excited for the new challenges of the day and spending time with my new Touchmark family.

What Touchmark value do you most closely relate to and why?

I find satisfaction and purpose in providing genuine hospitality. I find a lot of value in genuine hospitality, and not just because that was my college major! I believe that many things can be solved with a smile and a warm disposition and that a hospitable environment is essential for families to heal.

Outside of work what are your favorite ...

Activities: Board games, traveling to Seattle to visit friends, crafting, and shopping.

Food: Mexican food, especially tacos!

Movie: My all-time favorite movie is *Dirty Dancing*.

Music: I like pop and country music. I also like the soundtracks from musicals.



The Ladies Dining Club enjoyed a nice meal and makeover with a representative from Mary Kay.



Students from FASCA (Formosa Association of Student Cultural Ambassadors) came to teach us about the Taiwanese culture.



Left: Pet Portraits was a doggone good time! Above: At the Tree Lighting Celebration, we enjoyed festive goodies, holiday drinks, and live entertainment.

SAVE THE DATE!

LADIES DINING CLUB

Monday, January 7 at 6:30 pm • Heritage Dining Room

Enjoy dinner from Gustav's German Pub and a presentation by guest speaker Melanie Perko. RSVP by January 3 to Jennifer Prescott at 360-254-2866.

GENEALOGY CLASS WITH SUZANNE

Tuesday, January 8 from 2 - 4 pm • Forum

Learn how to research your family history. No cost. Seating is limited. RSVP by January 4.

MEN'S DINING CLUB

Thursday, January 24 at 6:30 pm • Heritage Dining Room

Discussion will feature guest speaker Don Hibbs, former Clark College Instructor, as we enjoy a Mexican cuisine dinner. RSVP by January 22 to Jennifer Prescott at 360-254-2866.

VIRTUAL TOUR OF FORT VANCOUVER

Thursday, January 31 at 3:30 pm • Forum

Join us for this fascinating presentation by Don Hibbs.

[View our {FULL} Life calendar online for a complete list of events: TouchmarkVancouver.com](http://TouchmarkVancouver.com)

What others are saying ...

"You are giving us joy, fun, and constant activity 365 days a year. The best gift to us, and we embrace it!"

- Pat Kotson, resident



The Pembroke and Devonshire neighborhoods were all smiles at fun events, including left to right; happy hour, pet therapy, and an afternoon scenic drive.

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