



“I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

The rewards of volunteering

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

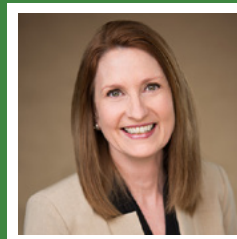
Making others “feel good”

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



Kim Lehmann
Director of Health &
Fitness Operations

“Life is like riding a bicycle—to keep your balance, you must keep moving.”

– Albert Einstein

Recently, a good friend posed this question:

“Do we live to exercise, or do we exercise to live?”

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

Functional fitness improves ...

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.

Health & Fitness Club

Let's dance!

Get ready for something exciting, and fresh—it's Wellness Wednesdays! On the last Wednesday of every month, we offer a unique and uplifting Health & Fitness class, designed to bring fun to your workout. Previous classes have included Puppy Pilates, Rocking Foam Rolling, and Drum it LOUD.

Classes start at 3:30 pm and are located in the Health & Fitness Club. Upcoming classes include Splish to the Splash, Plank-A-Palooza, and Mindful Meditation for Beginners.

For more information, call Member Services at 360-433-6400. We look forward to seeing you!



This is going to be A-MAY-Zing!



The A-MAY-Zing Race is a month-long adventure race, much like the CBS hit show, but for residents living the Full Life at Touchmark. We don't travel the world, but we do hit a lot of the nooks, crannies, and hidden gems of Vancouver! We even have our own version of host Phil Keoghan at the end of the competition to greet the racers!

All locations are "top secret," and the residents won't know until they follow their clues where they're headed.

Here is a breakdown of what happens during the race: There are three clues for each location, and then a task at each location. The clues are arranged in such a way that each team is headed to a different location, so they cannot

follow one another. Touchmark has a "location attendant" at each place to hand out the clue to the next place. Each team has a staff person for a driver, who cannot assist with clues. (The drivers don't know where they are going either.) All teams are timed from start to finish and may be penalized in minutes if they open up additional clue envelopes or do not complete a task correctly. Contact the front desk for more information. This is one series you won't want to miss!

What others are saying ...

"Dear Touchmark,

Thanks to all of you for taking such good care of all of us. Daily, the staff greets us with smiles and concern for our well-being. It is definitely a great place to live. I hear more laughter than grouching from my fellow residents."

- Nancy Murphy, resident



Name: Katrina Kleiber, LPN

Position: Memory Care Manager

How would you describe yourself? I'm energetic, full of life, funny, sensitive, and compassionate.

Share a bit about your family and growing up. I grew up in Vancouver, Washington, with my brother Sam. When I was 7, we moved to my grandma's house, and she helped raise me and my brother. My dad lived on the next street up, so I saw him often, too. I have an older half sister, Amber, who was raised in California and would visit in the summer. She moved here when I was 12, and we became very close. I moved out when I was 16 years old.

What are some of the most significant events in your life? Having my son Robbie in 2012! He starts kindergarten this year. And starting my career as a LPN in 2010.

How long have you worked at Touchmark?
Three years.

What do you enjoy most about your job?

The feeling I get when I come to work—it's a second home to me. I care about the residents as if they are my own family, and I enjoy the relationships I have with the residents' family members. I also love my amazing coworkers!

What Touchmark value do you most closely relate to and why? Compassion: I consider myself a very compassionate person. I really like to take that time to listen to residents' needs and concerns, and if they are unable to tell me, sometimes just being there and holding their hand is all they need.

What are your favorite ...

Activities: Hiking—I climbed to the summit of Mount St. Helens in 2015.

Food: Sushi, pho, pad thai, and burritos!

Movie: *Titanic*.

Music: I enjoy all genres of music, but my favorite artist is Sam Smith.



It's pretty easy to smile with all the fun events we have. We enjoyed Wine & Paint Night, Beanbag Baseball featuring the Touchmark Tigers vs. Glenwood, a Billiards Club Social, a trip to the Wooden Shoe Tulip Farm, the Oldywed Game Show, and Easter fun!



At the Put Your Hat on and Dance event in support of Parkinson's Awareness Month, we raised \$1,000. Proceeds benefitted Parkinson's Resources of Oregon and the Sole Support walk in September.

Save the date!

CINCO DE MAYO HAPPY HOUR

Friday, May 4, 4 - 5 pm • Le Petit Café and Fireside Room

Join us as we celebrate Mexican culture with delicious tacos and all the fixings! This not-to-be-missed fiesta will tantalize your taste buds while you enjoy one another's company.



11TH ANNUAL CAR SHOW & BARBECUE

Saturday, June 16 • 10 am - 2 pm

Peruse over 150 classic cars, enjoy a live DJ, and play a variety of games. Trophies will be given for best and most popular cars, and we'll have a drawing with great prizes. Proceeds will support the Alzheimer's Association, Meals on Wheels People, and Parkinson's Resources of Oregon.

LONGEST DAY

Thursday, June 21, all day

Join us from sunrise to sunset for the all-day NuStep® challenge. Gift items made by residents living with dementia will be available for purchase. If you want to become involved in this special day, please contact Michelle Avdienko at 360-254-2866. We are seeking volunteers to join teams for riding the NuStep for any length of time and also cheering on the NuSteppers. All donations will support Alzheimer's disease awareness and research.

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

Color{FULL} fun



In the Pembroke and Devonshire neighborhoods, residents worked with nursing students to make scarves and handbags, and Bea enjoyed the Indoor Summer Barbecue!

TOUCHMARK AT FAIRWAY VILLAGE

Full-service Retirement Community

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