



THE {FULL} LIFE

Touchmark in the West Hills Newsletter

2019
ISSUE 3



One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

Improved circulation

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

Increased bone density

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

CONTINUED ON PG. 2

CONTINUED FROM PG. 1

loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



"In every walk with nature, one receives far more than he seeks."

– John Muir



MELISSA CONRAD
Vice President,
Wellness &
Marketing

April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.

Health & Fitness Club

This spring we are promoting the following classes and services:

- New! Fridays at 9 am: Qigong (Similar to tai chi with a focus on breath and movement)
- Saturdays at 9 am, April 27 - May 18: Beyond Pilates

One-on-one training with a certified fitness professional can help you develop a specific goal-based plan and ensure a safe progression to avoid injury.

Small-group training (2-4 people) with a certified fitness professional is a cost-effective way to get instruction specific for your goals while having the motivational benefit of being part of a team!



What others are saying ...

"When I first moved to Touchmark, I was concerned I would have nothing to do. Then I found that there were many activities to choose from and everything that happened was so well planned. The residents and staff are wonderful and the buildings are beautiful with well-designed interior homes. What more could you ask for?"

– Edith Sorenson, resident

Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety of activities to bring awareness and raise money for care and research. For example last year, Touchmark teams hosted a

wide range of events, including a 5K fun run culminating in an explosion of color, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.



TEAM MEMBER

Spotlight

Name: Tad Kutzner

Position: Dining Services Manager

How would you describe yourself? I'm an adventure-seeking, fun-loving, quick-witted expatriate.

Share a bit about your family and growing up. I was born and raised in northwest England. Like most British boys, I was a diehard football fan and still am today. (Come on, you red men!) I had a small but close-knit family. Much of my time was spent helping my granddad tend to his garden, growing vegetables. I believe this is where I found my love of food and birds!

What are some of the most significant events in your life? While earning my undergraduate degree in international business, I applied for a foreign exchange to Australia. By the time my application was received, all spots on the program had been filled, and I was told the only option left was in North Carolina. I was up for an adventure, so I went for it! It worked out great because that's where I met my lovely wife almost 13 years ago.

How long have you worked at Touchmark? I celebrated my one-year anniversary in April.

What do you enjoy most about your job?

As a part of the opening team, I've really enjoyed seeing the community come to life and building a community with residents and team members.

What Touchmark value do you most closely relate to and why? "I am a Friend" because the best part of my day is making people happy.

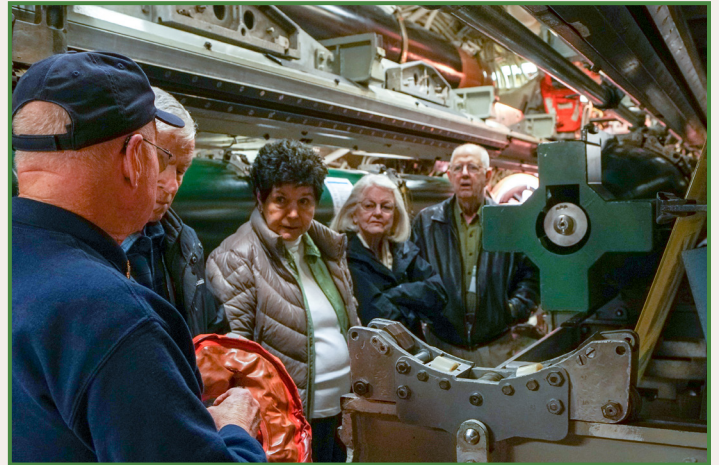
Outside of work what are your favorite ...

Activities: Watching Liverpool Football Club, camping/glamping, collecting stamps on my McMenamin's passport, bird spotting, walking around the city, and taking our dog to Willamette Park, to name a few.

Food: Pizza—thin crust with pepperoni, giant slice folded in half, dripping with grease.

Movie: Recent: *Free Solo*; Classic: *From Russia with Love* (007).

Music: Citizen Cope, The Libertines, The Who, The Rolling Stones, Amy Winehouse. All the tunes that remind me of university.



Left to right: The {FULL} Life calendar is bursting with fun events including ExplOregon trips to the Oregon coast, the Chinese Garden, and Mount Angel. Ken Cummings gave a submarine presentation at the community and then the group went to OMSI for an up-close look at the museum's submarine, the USS Blueback. At the Greenhouse Grand Opening, we participated in the first spring planting and enjoyed a little sunshine outdoors with Touchmark partners, including Eldergrow™ and Cornell Farm.



SAVE THE DATE!

STARS INVISIBLE BY DAY: FASCINATING TRUTHS ABOUT CREATIVITY & THE OLDER BRAIN

Monday, May 6 at 2:30 pm • Patton Room

Don't miss this stimulating and engaging 90-minute presentation with Jeanette Leardi, a Portland-based social gerontologist and community educator. Bring a notebook!

CULINARY PASSPORT: UKRAINE

Friday, May 17 at 11:30 am • Vintage Dining Room

Are you or someone you care about interested in exploring assisted living? Join us as we experience traditional Ukrainian fare and culture. RSVP by May 13.

CASINO NIGHT

Friday, May 17 from 5 - 8 pm • Multnomah Great Room

Feeling lucky? Join us for an evening of fun, complete with casino games, refreshments, and entertainment. RSVP by May 13.

SUMMER LUAU

Wednesday, June 5 at 3:30 pm

Join us for our summer luau complete with Hawaiian-inspired cuisine, hula dancers, and island drinks. Party on the terrace, play lawn games in the amphitheater, or simply enjoy the tropical vibe. RSVP by May 31.

CULINARY PASSPORT: POLYNESIA

Friday, June 21 at 11:30 am • Vintage Dining Room

Learn about Polynesian history and culture while we enjoy delicious food and music from the beautiful region of Polynesia. RSVP by June 16.

THE LONGEST DAY

Friday, June 21 • RSVP by June 16

10 am - 3 pm: Pickleball Tournament

Let's keep the ball bouncing and raise awareness and funds for Alzheimer's research. Cost: \$5/player; spectator good-will donations accepted throughout the day.

3 - 5 pm: Summer Concert Series

Join us in the amphitheater for food and music as we kick off summer.

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



Oak and Maple neighborhood residents enjoyed the change of the season by drawing spring flowers and having a St. Patrick's Day celebration.

**TOUCHMARK IN THE WEST HILLS
FULL-SERVICE RETIREMENT COMMUNITY**
840 SW TOUCHMARK WAY • PORTLAND, OR 97225
503-954-1640 • [TOUCHMARK.COM](https://touchmark.com)

