



*Shawn Paul Dziub*

## One at a time, dreams are coming true

We kicked off the new year asking residents and team members, "What comes next?" What are you itching to do in 2019? If you've yet to set some goals, we have inspiration from Touchmark on West Century residents Dorothy Krogen and Eunice Balzer. Last year, both women were able to complete a final bucket list item they happened to share: to see North Dakota's beautiful landscape from up high in a hot air balloon.

The event came together with the proactive help of Life Enrichment/Wellness Director Destiny Sisk. "When I first started, some of the staff told me about Dorothy's bucket list item. And then, I met Dorothy and I was like, we've

got to make this happen. Yep, we're going to do it this year," Destiny says.

Tickets to the Medora Hot Air Balloon Rally are by invitation only and it took Destiny a string of phone calls and some investigative skills to contact the right person, but when she explained the situation, organizers were more than happy to help. "I got connected with this guy who said he would love to have Dorothy and a guest, so that was luck," she says.

Fortunately, the weather also held up its end of the bargain on the day of the ride, and Dorothy and Eunice got the experience for which they had waited so long. They proved that

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while patience is sometimes necessary, good things come to those who reach out to others for help achieving their goals. Furthermore, neither let anything get in the way once the plans were in motion. "It's tough getting in the basket, anyway, when you have an artificial knee," Eunice laughs.

Since their ride, Dorothy and Eunice have both committed to making new bucket lists. There's simply so much more to do! What bucket list items will you complete this year?



Photos by Shawn Dziuk

***"To eat is necessary, but to eat intelligently is an art."***

**– François de La Rochefoucauld**



**STEVE FERRARINI**  
Vice President,  
Hospitality

March is National Nutrition Month, which inspires us to consider the critical role nutrition plays in our overall health and well-being.

While healthy eating is important

for everyone, it is especially vital in contributing to our health as we get older. Recent scientific studies show that maintaining a well-balanced, nutritional diet is one of the most effective strategies for living a vibrant life and preventing illness.

Eating nutritious, healthy meals can also provide a powerful emotional boost. When you eat something that you know is good for your body, you feel happy knowing you've made a solid choice that will propel you through your day. The prospect of exercising or engaging in a fulfilling activity will seem much more appealing after you've eaten a satisfying, nourishing meal.

At Touchmark, we take pride in helping people reach optimal health, and we understand how nutritious eating fits into whole-person wellness. We also realize that dining is a complete sensory experience, which is why we focus on providing a balanced menu with options for all tastes. Tell us your preferences and needs, and we'll do our best to accommodate them while providing a delicious, enjoyable dining experience.

Resident Juanita Ryan says, "I have never eaten so many vegetables as I have since I came here! I talk with the chef at least once a week. He's very good. He listens. Our servers are really good, too."

# Health & Fitness Club

## Congratulations and welcome

The Health & Fitness Club is pleased to welcome Sam Holzman (right) as the new Health & Fitness Director. Before joining Touchmark in 2018 as one of the Club's fitness professionals, Sam worked for eight years as an Exercise Specialist/Group Fitness Instructor at the OHSU march wellness & fitness center. His fitness philosophy is Get **SET**: **S**leep well. **E**at nutritiously, and **T**rain for life. He also advises people start where they are today. Away from work, Sam enjoys being active with family and friends, traveling to the Caribbean (especially Puerto Rico), and cooking.



Aaron Cooper is our newest certified fitness professional and also brings extensive experience from OHSU at march wellness & fitness center. With his many years of experience and knowledge he strives to help people gain a sense of control and independence.

## What others are saying ...

*"Touchmark is a nice and friendly environment with an exquisite dining room. Our exercise room and pool are better than other retirement communities, and the staff is helpful and friendly. My dog, Daisy, and I love living at Touchmark."* - Phil Bomar, resident

## Exercise—and Support—is Medicine



April is Parkinson's Awareness Month and this year's theme is #StartAConversation. So let's talk about the support and programming available for those living with Parkinson's disease (PD) as well as their caregivers who are often their spouse or another family member. It is normal for caregivers to experience challenging symptoms of their own, such as exhaustion and isolation. All those affected by this condition can benefit from additional support.

Though Parkinson's often impairs mobility, regular exercise is vital to maintaining health and quality of life. At Touchmark on South Hill, Director of Health & Fitness Lori McCormick has worked to build robust fitness offerings for residents and community members. She leads PWR! Moves, PWR! Challenge, and PWR! Agility, all of which are certified PD classes.

Judi Sloane has been attending PD exercise classes at Touchmark for several years. "Parkinson's is a moving target," she says. "It changes day to day. You have good days and you have

not-as-good days. Having the opportunity to come to a class like this gives you balance." Judi says the group helps participants mentally, too. "We're always really supportive of each other and we always try to make each other laugh. We just have a good time."

Tending to the emotional challenges that often accompany PD is equally as important as managing the physical symptoms. Many Touchmark communities offer support groups for those with PD and those close to them that are also open to the public. If you or someone you know could benefit from PD programming or support, help them seek it out at Touchmark or the greater community.



# TEAM MEMBER

## *Spotlight*

**Name:** Adrien Goucher

**Position:** Move-In Coordinator

**How would you describe yourself?** I'm constantly striving to be the most positive energy I can be, both for myself and to brighten everyone's day in any way that I can!

**Share a bit about your family and growing up.** I have very young parents and we grew up in a trailer park and were homeless for a few years when we first moved here from Michigan. I got my first job when I was 12 years old to help support my family, and as a team, we rose together to live the comfortable life we lead today. We are all very close because of everything we have gone through; I place my family before anything else.

**What are some of the most significant events in your life?** I have had some substantially significant events that have happened that have shaped who I am today. But with pride, I try to focus on the future, and the significant events that I can create for myself and others.

**How long have you worked at Touchmark?** I just celebrated my two-year anniversary on January 26!

**What do you enjoy most about your job?**

The people. Not just residents, but the staff, as well. We are all such beautifully, complex creatures and I absolutely love to get to know everyone's stories.

**What Touchmark value do you most closely relate to and why?** I am a Friend, and everything that falls underneath that value: laughter, shared memories, positive attitude, joy, adventure, and fun. That is everything that I am and strive to be every day.

**Outside of work what are your favorite ...**

**Activities:** I've been focusing on my health a lot lately and it's been going quite well! Outside of that, I'm remodeling my bedroom and so the weekends are full of home improvement projects.

**Food:** Healthy options, but I have been known to not put up much of a fight against my sweet tooth. I like to bake cakes for family and friends.

**Movie:** *The Fifth Element* and *The Lord of the Rings* trilogy! I'm a bit of a closet nerd.

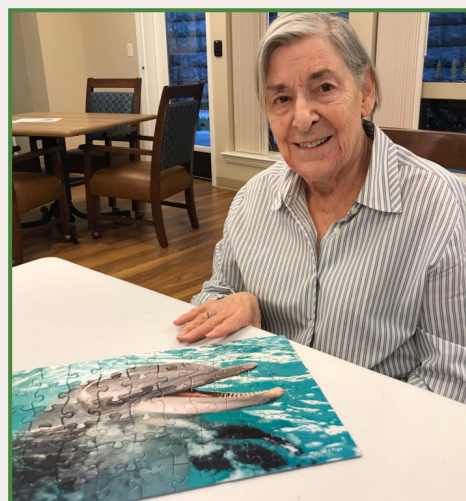
**Music:** I have played a variety of instruments and musical styles, which has taught me to appreciate music in all forms.



*We toured local artist Robert Schlegel's studio. His work, which includes drawing, painting, and sculpture, has led to numerous solo and group exhibits throughout the West Coast, and he has also been featured on OPB- Oregon Art Beat!*



*Resident Bob Finch, a retired professional photo journalist, shoots about 1,200 photos each week. Recently, Life Enrichment/Wellness Director Keri Donovan presented Bob with his own Touchmark Press vest as a thank you for capturing The {FULL} Life!*



*Oak and Maple neighborhood residents enjoyed making valentines, watercolor painting, and making puzzles of sea animals.*

# SAVE THE DATE!

CALL 503-954-1640 TO RSVP FOR ALL EVENTS

## MARDI GRAS PARTY

**Tuesday, March 5 at 3 pm • Multnomah Great Room**

Celebrate Fat Tuesday with a Mardi Gras parade fit for Bourbon Street plus live music and New Orleans-inspired food and drink. Costumes are encouraged.

## TOUCHMARK PARTNERS WITH GREENFIELD HEALTH

**Tuesday, March 12 at 11 am • Multnomah Great Room**

We are excited to announce an exclusive partnership with GreenField Health. Listen to GreenField's experts talk on the latest medical research regarding sleep, sleep issues, and methods for improvement. Lunch is provided.

## CULINARY PASSPORT: IRELAND

**Friday, March 15 at 11:30 am • Vintage Dining Room**

Are you or someone you care about interested in exploring assisted living? Join us as we enjoy traditional Irish fare and lively music during our travels to Ireland this month for our Culinary Passport program.

## LUNCH & LEARN: DON'T JUST RETIRE, REFORMAT!

**Thursday, March 21 at 11 am • Patton Room**

If you want your retirement to be focused, purposeful, and fulfilling, join us for a presentation by Dr. Lynda Falkenstein, author of *Don't Just Retire: Reformat!* Participants will receive a copy of her book following the presentation.

## STRESS AWAY YOUR TAX DAY

**Monday, April 15 at 3 pm • Health & Fitness Club**

Stop by for a 20-minute cardio workout and a 20-minute yoga class to work out that tax-day stress. Stay for happy hour afterward and learn more about the services we offer.

## CULINARY PASSPORT: JAPAN

**Friday, April 19 at 11:30 am • Vintage Dining Room**

Learn about Japanese history and culture while we enjoy delicious food and traditional music from the beautiful country of Japan.

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

## Highest Honor award



We are very happy to announce that this year Touchmark received the highest honor for this year's Environments for Aging Showcase. The Environments for Aging (EFA) award is our industry's top award for design. There hasn't been a single winner in a long time, and this year, Touchmark in the West Hills received this distinction over 43 other submissions.



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