



## 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!”



**ED STONER**  
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.



## What others are saying ...

*"My friends enjoyed our time at Touchmark in the West Hills over the Thanksgiving holiday. As my guests were leaving, they were in amazement of the beauty of our community and especially the stellar work by the Dining Services team on our behalf. It was a very special time and I will be forever grateful."*

- Toni Propotnik, resident

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## 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."







**Name:** Daisy Jane Cochran  
**Position:** Memory Care Administrator

**How would you describe yourself?** I am very driven and goal-oriented. I'm curious, and I love to learn new things. I'm passionate about providing quality person-centered care.

**Share a bit about your family and growing up.** I was born and raised in Newport, Oregon. My family still lives on the coast. I have three sisters and one brother. I currently live in Hillsboro with my husband and our three hairless cats.

**What are some of the most significant events in your life?** I attended Western Oregon University for five years and obtained Bachelor of Science degrees in psychology and gerontology. Joe and I got married in March of 2015. In the beginning of 2018, I finished a course through Leading Age to become an administrator. My goal is to go back to school to get a master's in gerontology or social work.

**How long have you worked at Touchmark?** I joined the team in April 2018.

**What do you enjoy most about your job?** I love helping others and having the opportunity to teach others about dementia. I love facilitating the monthly support group.

**What Touchmark value do you most closely relate to and why?** Compassion. You need it to be successful in this industry. It's truly at the heart of what we do.

**Outside of work what are your favorite ... Activities:** I love being outdoors—hiking, kayaking, rock collecting, visiting natural hot springs, glamour camping, going on road trips, etc.

**Food:** I have really enjoyed all of the delicious Indian food options in Portland.

**Movie:** I can't pick a favorite. *A Star Is Born* and *Bohemian Rhapsody* are the last two movies that I saw in the theater.

**Music:** My first concert, at age 16, was the Dixie Chicks. I also really love Norah Jones.





*Communitywide fun included a watercolor class, an afternoon with Teddy Roosevelt by master impersonator Joe Wiegand, community exposure at the NW Food & Wine Festival, an evening with the founders, ladies holiday tea, holiday performance by the Westside Singers, and holiday wreath-making.*



# SAVE THE DATE!

## LUNCH & LEARN: DOWNSIZING WITH ORGANIZERS NORTHWEST

**Tuesday, January 15 at 11 am • The Patton Room**

Are you ready to downsize but not sure how to tackle that messy storage closet? Is getting organized your New Year's resolution? Maybe you've downsized but are having trouble staying organized. Learn how to rightsize with Organizers Northwest at this fun event. Hear stories of what these professionals have organized and how best to approach it in your life.

## CULINARY PASSPORT: GREECE

**Friday, January 18 at 11 am • The Vintage Dining Room**

Are you or a loved one interested in exploring assisted living? Once a month, with our Culinary Passport program, we use our taste buds to travel and sample a different country's local cuisine. Join us in January as we kick off our Culinary Passport program with a trip to Greece!

## HEALTH & FITNESS CLUB OPEN HOUSE

**Tuesday, January 22 at 4 pm**

Ready to start the New Year off right? Join us at the Health & Fitness Club for this fun open house. Meet the new Health & Fitness Club Director, hear from Titan Physical Therapy, and learn from Club trainers about the best ways to tackle those fitness goals. Healthy snacks and drinks provided.

## BLOOD DRIVE WITH AMERICAN RED CROSS

**Wednesday, February 13 from 10 am - 3 pm • Patton Room**

Love others this Valentine's season by giving the gift of life to someone. Please sign up for an appointment by calling 503-954-1640.

## CULINARY PASSPORT: BRAZIL

**Friday, February 15 at 11 am • The Vintage Dining Room**

Take a trip this month to Brazil to celebrate Carnival! Bright colors, tasty foods, and fantastic music mark the cultural last hurrah before the beginning of Lent.

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



*Oak and Maple neighborhood residents enjoyed caroling and crafts with local Girl Scouts.*

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