



Curiosity—and continued learning

Genealogy and astronomy are just two examples of educational classes Stanley and Carolyn Mitchell have participated in since moving to Touchmark three years ago. “Touchmark brings to us the opportunity to learn new things,” explains Stanley. “With classes held right here, attending is easy and accessible.”

“The astronomy class was one I was excited about, as I always wanted to learn more about it,” adds Carolyn.

Touchmark’s Life Enrichment/Wellness staff regularly schedule educational forums and classes for residents along with the many social and other activities reflecting seven dimensions of wellness.

Twice a year, Touchmark hosts a series of classes dedicated to guest speakers offering more in-depth classes on specific topics. Class offerings have included new media literacy, geology, and habits for healthy living. Often the presenters are professors or professors emeritus from the local university.

“There are lots of learning opportunities for a variety of interests,” says Stanley. “One of the classes we attended was on Alzheimer’s and mental health, which was very helpful.”

New experiences create memories

The couple admit they like to try new things and continually learn. “New experiences we share together create a ‘remember when’ of shared

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history,” says Carolyn. Recently the Mitchells attended a concert at the Meridian Symphony, saw a play at the Idaho Shakespeare Festival, and have plans to visit the Starlight Mountain Theatre in a mountain community outside of Boise.

“The music of the area symphonies is a joy,” exclaims Carolyn. “It’s so uplifting and enriching. Now it’s so easy. The prearranged transportation to the concerts is much more enjoyable, because we don’t have to drive, and when we arrive at the venue, we are warmly greeted as ‘the group from Touchmark’ and led to our reserved seating.”

The surrounding area has no shortage of interesting activities for the Mitchells, whose key interests include art, human rights, geology, travel, and food. Exercise is another area of keen interest, and the couple work out nearly every day in the Touchmark Health & Fitness Club. “This has been vital to our health,” says Carolyn.

Like-minded people find each other

“We’re very social people, and we like to be with our friends,” says Stanley. “That’s what’s happened here at Touchmark. We’ve become real fast friends with people who are like-minded and enjoy new experiences.”

Carolyn adds, “We became involved in the Touchmark Thespians group. It’s fun, a lot of work, and quite impressive: The sound, lighting, and staging are amazing.” Both Carolyn and Stanley have served as stage managers, and Carolyn has performed in the show.

Married 57 years, Stanley and Carolyn moved to Touchmark from another state. The two agree they have found a new group of friends with whom they can enjoy learning new things, sharing a glass of good wine, and savoring a fine meal.

“It’s about having fun, laughing, and sharing,” says Carolyn. “It’s just what we do.”



Melissa Conrad
Vice President, Wellness & Marketing

“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.”

– Henry Ford

Because it’s back to school season, we’ve been thinking about the role learning plays in life, whether during our formative or later years. Learning can happen at any age as long as one has the curiosity and commitment to open his or her mind.

Not only does learning new things add more definition and enjoyment to your life, studies also show that it is particularly useful in keeping the aging mind sharp. Researchers from the University of Texas at Dallas recently experimented with adults ages 60-90 to gain insight into how learning new skills affects memory and mental cognition.

The results of the study showed that people who engaged in challenging new activities—such as digital photography and quilting—exhibited improvements in memory and problem-solving, whereas those who participated in activities with which they were already familiar—such as crossword puzzles and listening to classical music—did not.

Furthermore, the researchers observed that a hobby most improved individual brain function when it tapped the working memory, long-term memory, and other high-level cognitive processes at the same time. “The findings suggest that engagement alone is not enough,” says lead researcher Denise Park. “The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only the groups that were confronted with continuous and prolonged mental challenge improved.”

With that in mind, give yourself the gift of learning a new skill this autumn. There’s no better way to improve brain health while having fun at the same time!

Health & Fitness Club

Did you know that the Club offers a weekly family swim every Saturday from 2:30 - 4:45 pm? Bring your kids or grandkids and enjoy a refreshing and fun afternoon. Call Member Services or read the posted flier for preswim requirements. We hope to see you there!

Beginning Friday, September 14, we will add a Tai Chi for Better Balance class to Friday's schedule at 11:15 am in the Fairmont activities room in the Clubhouse Lodge. This low-impact exercise class helps increase stamina, lessen anxiety, and build your mind-body connection. Come practice together with other community members to enhance flexibility, agility, and balance. Let's grow stronger together.

If you're interested in taking your health to the next level, sign up for personal training! The Club is offering a 15% discount on the purchase of your



first one-on-one training package. Packages range from 30- to 60-minute sessions with your choice of four to 12 sessions per package. The training can take place in your home or one of our fitness spaces across the campus. Sessions are tailored by our certified fitness professionals to meet you where you are in your fitness journey. Stop by the Health & Fitness Club or call 503-542-1999 to schedule your training sessions today.

We continue to grow

Work has begun on the six cottage homes designed and created by NW Natural Street of Dreams architect Rick White of White Custom Home Design. The builder, Chad Esslinger, and his team are creating homes that masterfully reflect the idyllic natural setting with superb views and include access to all of Touchmark's amenities. The 2,428-square-foot Carlisle cottage home was the first one started. This home is sold, and its roof deck is nearly in place. The foundation for the Silvanus (left photo) is underway, and the 3,261-square-foot Tremain home has also been started and sold. The plan is to begin a new foundation each month until the remaining three are underway. The current schedule anticipates having the first cottage completed by April 2019 and all of the cottages completed by autumn 2019.

Additionally, plans continue for the Vineyard Homes (right photo), which are slated to begin construction this fall. The two four-plex (North and South) buildings designed by LRS Architects will be located at the base of the hillside vineyard. Perlo Construction will be the builder for this part of the project, working with The Whitehouse Collection for interior design. The Vineyard Homes are anticipated to be completed by the end of 2019.





TEAM MEMBER

Spotlight

Name: Aaron Kidder

Position: Dining Services Director

How would you describe yourself? I would describe myself as dedicated, motivated, kind, and relaxed.

Share a bit about your family and growing up. I was born in Houston, Texas. My family relocated to Boise, Idaho, when I was one, and I lived there until March of 2018. I have three older sisters. I married my lovely wife in July of 2017 after five years together. Daisy and I relocated to Portland, Oregon, with our Great Dane in March of 2018.

What are some of the most significant events in your life? The most significant event in my life was spring of 2017. Daisy and I decided to build a custom home in Boise. We closed on it in August. The entire building/construction process was the most stressful time of our lives. So many decisions go into designing a house. When we relocated to Oregon, we sold it. So yes, we lived in our brand new, custom-built home for six months!

How long have you worked at Touchmark? I have worked for Touchmark for over eight years. I started with Touchmark when I was 16

years old in April of 2010 as a dishwasher for the community in Meridian, Idaho.

What do you enjoy most about your job? I enjoy the relationships that I have with every single resident. I return to work each day looking forward to getting to build and grow those relationships with the people around me.

What Touchmark value do you most closely relate to and why? *I wear a positive attitude and maintain a sense of joy.* Being the director of a department, and one of the largest departments, gets to be overwhelming and stressful at times. It's important for me as a leader to live up to this value.

Outside of work what are your favorite ...

Activities: Hanging out on the beach with my lovely wife and Great Dane.

Food: Fried chicken, mashed potatoes and gravy, and a scone, all from Chuck-A-Rama.

Movie: *The Dark Knight.*

Music: Kolohe Kai, Maoli; I am a big fan of music that makes you feel good.



It was the perfect day for the Landmarks of the Columbia River Gorge afternoon cruise.



We had a nice turnout for our outdoor End of Summer Market Party. Vendors from around the greater community brought beautiful botanicals and sweet treats.



Terrace Lodge residents enjoyed a presentation by Eldergrow™, which offers a therapeutic connection to nature. The mobile sensory garden brings nature inside 12 months a year.

Save the date!

DAVID TROXEL PRESENTATIONS

Alzheimer's Disease and Dementia Care: The Year Ahead

Monday, September 17 • 11:30 am, Luncheon presentation • 6 pm, Happy Hour presentation

Join us for a presentation by David Troxel, an internationally recognized author and expert in Alzheimer's and memory care. Attendees will receive a complimentary copy of *A Dignified Life*. Call to RSVP by September 13.

ACTIVE AGING WEEK

Monday, September 24 - Friday, September 28

Every September, Touchmark joins with the International Council on Active Aging and celebrates Active Aging Week. This year the theme is *Inspiring Wellness*, which encourages older adults to get excited about discovering new and engaging activities. By focusing on the seven dimensions of wellness—emotional, environmental, intellectual, occupational, physical, social, and spiritual—everything we do benefits residents' overall health and well-being. Join Touchmark in the West Hills to celebrate Active Aging Week with enhanced activities and events.



- **September 24, 4 pm:** *The Impact of Aging on Your Eyes*, presented by ophthalmologist Kelly Chung, MD.
- **September 25, 1 pm:** *Columbia Gorge—Beyond the Hiking Trails*, a Lunch & Learn presentation by Laura Foster, author of *Columbia Gorge Getaways*. **3:30 pm:** *Walking Tall*, a presentation by certified fitness professional Sam Holzman. Learn about posture, walking mechanics, common injuries and pain, and the importance of stretching and exercise.
- **September 26, Noon:** *Balance Strategies for Fall Reduction*. This one-hour class will work to identify factors and circumstances that heighten one's risk of a fall. Learn new exercises and develop strategies to improve your posture and alignment and increase your confidence.
- **September 28, 5 pm:** Fall Festival. We will have a western-inspired dinner and dancing.

HALLOWEEN-INSPIRED WINE DOWN WEDNESDAY

Wednesday, October 31 • 4 - 6 pm

Wear your favorite costume (optional) and celebrate the holiday with us! This festive Wine Down Wednesday features scary specialty cocktails and ghoulish delectables.

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

What others are saying ...

"What do you want your life to look like? You'll find it at Touchmark."

- Sheila Lederer, resident

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