



For the love of travel!

Since moving to Touchmark seven years ago, Fran and Ralph Brown have traveled by land, air, and sea to spots around the world. In addition to their recent four-month world cruise, they have taken a European river cruise, driven across the U.S. and Canada, and explored Hawaii, Alaska, India, Turkey, Namibia, Iceland, and Chile.

Fran says, “I love seeing this great big world, and what we love most about our trips are the animals and wildlife! We love seeing them in their natural habitat, especially on safari in Africa.”

While the Browns are away, they don’t have to worry about their home. They know Touchmark team members are collecting their mail, watering their plants, and taking care of everything. “Especially being gone for over 30 days, we are

so happy to know we have the staff at Touchmark and wonderful neighbors to help us out,” says Fran. Before their recent trip, one friend at Touchmark, who has traveled around the world four times, offered them helpful advice about excursions—“another Touchmark benefit!”

Once home, the couple always put together a presentation for the residents, who enjoy seeing the photos, artifacts, and keepsakes. Some have been inspired to travel to faraway places, such as Transylvania and Japan, or take a world cruise. “The presentations are stressful to prepare for, but it’s neat to have a full crowd of people who appreciate and can share in our experience,” says Ralph. Fran adds, “We’re working now on an ‘Around the World in 80 Minutes’ presentation, which is going to be challenging!”

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Around the world in 113 days

As the couple searched for their next adventure, Fran saw a cruise itinerary for 29 countries and 39 ports. “I told Ralph, if I knew I only had a year to live, I’d go on a world cruise.” Ralph quickly replied, “Why wait? Let’s do it while we can!”

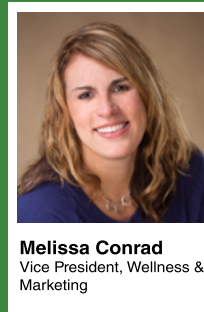
Every day offered a new venture. They swam with stingrays in Bora Bora, snorkeled in Thailand, toured Singapore, visited the Hobbiton in New Zealand, and explored parts of Angola, Gambia, and Cape Verde in Africa.

One of the highlights was Vietnam, where they visited the Cu Chi tunnels under Saigon. The tour focused on the ingenuity and resilience of the Vietnamese fighters, who lived and fought from the underground tunnels. “It was scary and yet fascinating crawling around in the tunnels, which were about 3 feet high,” says Ralph.

Never a dull moment! Next up ...

At the end of this year, they will sail on a Caribbean Disney cruise celebrating the Christmas holiday with their family. In 2019, they will embark on a two-month road trip around the U.S. and Canada to keep in touch with family and friends. Beyond that, they are researching potential safaris to nurture their continuing love of the African wildlife. Eventually, they would love to go to Ireland and Scotland to explore Fran’s cultural heritage and roots.

Both agree that Touchmark is the perfect home base for their worry-free travels!



“All journeys have secret destinations of which the traveler is unaware.”

– Martin Buber

Summer is often a busy time marked by long days and warm evenings, kids home from school, outdoor activities, and trips—whether near or far. This time of year allows us ample opportunities to connect with the natural world and, in turn, ourselves and those we love.

Getting outside not only feels great on our skin but enriches our minds as well. Recent scientific studies have shown that spending time outdoors decreases stress and anxiety, relieves attention fatigue, improves creativity, reduces inflammation, and keeps your memory sharp. In short, being in nature simply makes us happier, better-functioning people.

Even if you don’t have the time, flexibility, or ability to travel to a distant destination this summer, merely taking a day here and there to go to an unknown place will rejuvenate you. Here are some tips for making the most of your upcoming trip or staycation:

- Approach each locale you visit as if you are a tourist, even if you’re in your hometown. Ask questions, stop to take in the sights and smells, and keep an open mind. Buy a local guidebook to research the best places to eat, stay, and visit.
- Stay present by disconnecting from technology as much as possible. Set your cell phone to ‘airplane mode’ if you go for a hike. That way, you have it if you need it but are not tempted to text, check Facebook, etc.
- Pick at least one activity you have planned each week and swap it out for something that takes you outside. For example, take your knitting or crocheting to the park or suggest exploring a farmer’s market with your friends instead of your typical Sunday restaurant brunch.

Treat your body and mind to some deep relaxation this summer; you deserve it!

Health & Fitness Club

The Club is excited to welcome Becky Dallum and Sam Holzman as certified fitness professionals. They each hold a bachelor's degree in Exercise Science, personal training certification, and multiple certifications aimed at meeting the needs of those trying to improve posture, strength, balance, and overall functional movement in day-to-day life. They are here to meet with residents and Club members to assess each person's current level of fitness and function and provide a catered program to meet people where they are today in their wellness and fitness journeys. We are excited to provide health and fitness offerings across the West Hills campus for all levels of fitness.



In addition to our group exercise classes, we will be offering multiple specialized class series, such as Yoga for Chronic Pain; Functional Fitness; and Balance, Strength, and Movement Training for Golfers; the M.E.L.T Method to reduce pain, stress, and tension ... and many more!

If you are interested in meeting with a certified fitness professional, please call 503-542-1999 to schedule an appointment.

It's move-in time



Walt and Sylvi Larsen are welcomed home by Executive Director Ed Stoner and team.



TEAM MEMBER

Spotlight

Name: Elizabeth Moore

Position: Health Services Director

How would you describe yourself? I would describe myself as easygoing yet driven. Laughter is my therapy, and I am drawn to people who can laugh at themselves, at me, and with me. Although people might not describe me as an introvert, I definitely am one. I recharge by spending time alone.

Share a bit about your family and growing up. I grew up in Lake Oswego, Oregon. My mother was a teacher and my father an attorney. I am an only child and have a very small family. Many of my best memories are times spent at our family beach house in Manzanita, running with our Labrador retrievers, and playing with friends.

What are some of the most significant events in your life? I have many but my top three are attending a Whitney Houston concert in 6th grade, when one of my family members was diagnosed with dementia, and when I realized I couldn't always make everyone and myself happy at the same time, and that's ok!

How long have you worked at Touchmark? Three months. My first day was April 2.

What do you enjoy most about your job?

I love the opportunity to serve and work with a group of different people: residents, families, my team, and colleagues. I learn something new almost every day. The people living in the community have so much wisdom to share. I find it fulfilling to know I am giving back.

What Touchmark value do you most closely relate to and why? Being an ally rings truest to me. I try to lead and serve with integrity. Sometimes my voice is the only voice a resident has. I take that very seriously as well as feel honored to do so.

Outside of work what are your favorite ... Activities: Traveling; I am trying to visit all the U.S. states before I turn 50.

Food: Chinese food, chocolate, or a good steak. Salad, too: I grew up eating one every night for dinner and still do.

Movie: *RAD*, *Shawshank Redemption*, *Gone with the Wind*, and *Dirty Dancing*.

Music: All kinds! Most recently, a traditional French radio station on Pandora.



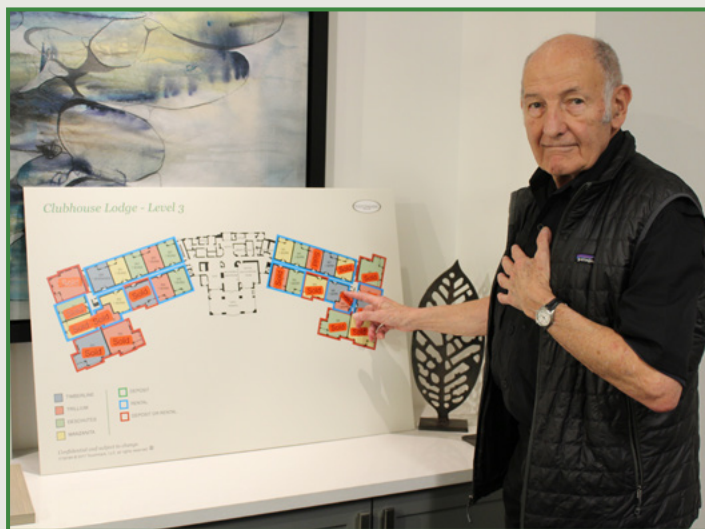
Gordon Hoffman, Forth Mobility board member, gave a great presentation on the background, evolution, and current status of autonomous vehicles.



Executive Chef Dax Erickson appeared on KATU for a cooking demonstration in June, Fresh Fruit and Vegetable Month.



At the Happy Hour with the Founders event, residents and friends joined Touchmark Founder and Chairman Werner G. Nistler, Jr. and Vice Chairperson Colleen Nistler to learn how the Nistlers started Touchmark, why the West Hills are an ideal location for a community, and what it means to be a member of the Touchmark family.



Bob and Marge Finch and Ted Lehman recently selected their Lodge homes.

Save the date!

LUAU AND POOL PARTY

Wednesday, July 18 • 4 - 6 pm

Dive into summer for this luau, complete with Hawaiian-inspired cuisine, hula dancers, and island drinks. Party on the terrace, play lawn games in the amphitheater, or take a float in the Health & Fitness Club pool. No sign-up required.

WINE DOWN WEDNESDAY

Wednesday, July 25 • 4 - 6 pm

Enjoy wine and lawn games at the amphitheater. Come out for the beautiful weather, meet your Touchmark in the West Hills staff, and make new friends!

END OF SUMMER MARKET

Tuesday, August 14 • 10 am - noon

Join us for this end of summer market. Soak up a beautiful morning in the West Hills, take in some live music, and enjoy mingling among vendors. Stalls include Blue Moon Bakery, Rose City Pepperheads, and jewelry from the Oregon College of Art and Craft, among others.

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

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