



## “I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

### **The rewards of volunteering**

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

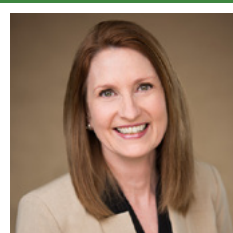
### **Making others “feel good”**

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



**Kim Lehmann**  
Director of Health &  
Fitness Operations

**“Life is like riding a bicycle—to keep your balance, you must keep moving.”**

*– Albert Einstein*

Recently, a good friend posed this question:

*“Do we live to exercise, or do we exercise to live?”*

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

### **Functional fitness improves ...**

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.



# Health & Fitness Club

## Classes to start Monday, June 4

With spring finally here, now is the time to start thinking about what kinds of fitness activities you will take part in this summer. Perfect timing! The Health & Fitness Club will open and classes will begin on June 4 for residents. The Club will open to the public June 18. Classes will include Yoga, Pilates, aqua aerobics, tai chi, strength and conditioning, and function fitness. Coming soon will be Zuma Gold. Start now and see what works best for your lifestyle!

## Join us for the Club Open House

Mark your calendar for Thursday, June 21 from 4 - 6 pm for the Health & Fitness Club Open House. Take a tour, meet other Club members, and find out for yourself how our boutique Club



supports the personal wellness of members by encouraging lifelong health and activity.

## Membership advantages

The Touchmark Health & Fitness Club is open to anyone 50-years and greater. Be one of the first 50 to join the Club and have your initiation fee waived; with a three-month commitment, your rate will be locked in for life! To find out more, contact the Club at 503-542-1999.

# It's move in-time



*Imagine not only living in a community where your health and well-being are our top priority, but where the fine finishes and breathtaking views are the talk of the town! Residents begin moving into their new homes in early June.*





# TEAM MEMBER

## *Spotlight*

**Name:** Dax Erickson

**Position:** Executive Chef

**How would you describe yourself?** I am a man who is as passionate about his hobbies as his profession. I believe that a person should have a full life and truly appreciate the small beauties that life offers.

**Share a bit about your family and growing up.** I grew up in a working class restaurant family. I was instilled with a strong work ethic and belief in taking care of those around you. I am the middle child of three.

**What are some of the most significant events in your life?** By far the most significant event in my life was the birth and raising of my daughter. To date, it is still the most important thing I have ever done.

**How long have you worked at Touchmark?**  
Almost two months now.

**What do you enjoy most about your job?** I am looking forward to building a strong culinary team to bring the simple pleasures of good food to our community.

**What Touchmark value do you most closely relate to and why?** As I am new, there is a great deal to take in. I am greatly looking forward to modeling the value of being an Ally. I believe that as a leader, my own success is based upon the success of the people on my team. We succeed together.

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

**Activities:** I enjoy physical activities as well as artistic. I practice WMA (Western martial arts, such as fencing, boxing, and historical arts), and I write and paint (watercolors mostly).

**Food:** I enjoy many different cuisines. I try to eat seasonally (food in season at the time) and as locally as possible. There is so much good food around; it would be difficult to pick just one.

**Movie:** My favorite classic is *Casablanca*. My more modern choice would be the *Blade Runner* films. (I'm a sci-fi fan.)

**Music:** My tastes are all over the place. I can enjoy opera as easily as some bebop jazz or heavy metal. It just depends on the mood.





*We hosted a Meet and Greet to introduce Executive Chef Dax Erickson. Dax prepared delicious appetizers that he paired with local wines.*



*Local authors Dr. Marian Hodges and Anne Hill talked with us about their book Help is Here.*



*It was a sweet treat to have Susan Lindauer of Lindauer Chocolates & Confections visit.*



*We celebrated Persian New Year with delicious Middle Eastern food and festivities.*

*Peter Frajola, Associate Concertmaster for the Oregon Symphony, performed.*

# Save the date!

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## **LUNCH & LEARN: HISTORY OF THE WEST HILLS**

**Tuesday, May 8, 11:30 am - 1 pm • Touchmark Information Center**

If the Doug firs in the West Hills of Portland could talk, what story would they tell? Would they share the days of logging, the 130-year history of the Oregon Zoo, or how Goose Hollow got its name? Join Tracy J. Prince, PhD, for a presentation on the history of Portland's Goose Hollow neighborhood and the surrounding West Hills. Come for lunch, stay for history.

## **MEET AND GREET: HOME CARE DIRECTOR LINDA HIGGS**

**Thursday, May 10, 4 - 6 pm • Touchmark Information Center**

Touchmark in the West Hills is proud to offer home care services to all residents. Join Home Care Director Linda Higgs for a presentation on home care assistance. Learn how our team can help maintain and enhance lifestyle through a variety of services. Hear about the Best Friends™ Approach and the excellent level of care to enhance independence and quality of life.

## **HAPPY HOUR WITH THE FOUNDERS**

**Thursday, May 17, 4 - 6 pm • Touchmark Information Center**

Invite a friend and join Touchmark Founder Werner G. Nistler, Jr. and Vice Chairperson Colleen Nistler for this very special happy hour. 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. Enjoy drinks and appetizers at this fun event.

*Seating is limited. Call 503-954-1640 to RSVP.*

*Touchmark in the West Hills Information Center: 5150 SW Griffith Drive, Beaverton.*

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## What others are saying ...

*"I'm so excited to be moving to Touchmark in the West Hills. I'm a recently retired RN, and you'll likely see me volunteering in the assisted living and memory care residences. I want to give back to my community. What could be better than my Touchmark in the West Hills community!"*

*- Toni Propotnik, resident*

**TOUCHMARK IN THE WEST HILLS**

*Full-service Retirement Community*

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