



THE {FULL} LIFE

Touchmark in the West Hills Newsletter

2018
ISSUE 1



Discovering new fitness possibilities

“Exercising is critical! If you want to feel good and not be tired, you have to move,” declares Barbara Bruno, adding, “If I can do it, anyone can.” Rather than slow her down, the fact that she has had three knee surgeries for a torn meniscus motivates her to exercise more.

A board-certified internist and cardiologist for 20 years, Barbara was the first female cardiologist in Scottsdale, Arizona, and was the leading expert in pacemaker implantation. She had been a registered nurse before returning to school and obtaining her medical degree.

In addition to creating a sense of well-being, Barbara appreciates how daily exercising gives her a sense of accomplishment and supports her independence. Her favorite exercise? “Pickleball!” Earlier in her life, Barbara was an avid tennis player and had never heard of pickleball, but now she enjoys it more. “It’s a quicker game, and I find it more interesting. By the time we finish playing one-and-a-half to two hours, we’ve had a great workout, and it’s so much fun.” She says it has been rewarding to see how she and other players have improved through practice.

Variety keeps it interesting

In addition to playing pickleball three times a week, Barbara visits the Touchmark Health & Fitness Club daily. “I’m taking tai chi, which actually provides a lot of movement from one side to another, and that’s helpful with balance.” She also does strength training and is going to work with Touchmark’s personal trainer for a few sessions. “Getting strength training is so important to prevent falls. We lose muscle if we don’t work out regularly, and that ups your risk of falling.” She appreciates how Touchmark trainers make sure you’re doing things safely and correctly.

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This is the first issue with our new design and bimonthly schedule!

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Barbara also has a treadmill and hand weights in her home and uses those to limber up before heading out to play pickleball. Hiking with the Touchmark Trekkers is another favorite pastime. “About a dozen of us go on these hikes, which is a comfortable number, and it’s fun being with a group of people and exploring different trails.” She appreciates how Touchmark staff scout the trails in advance and know the distances and whether they are most appropriate for beginning or intermediate hikers.

Exercising offers even more benefits

Both as a doctor and from her own personal experience, Barbara knows exercising’s benefits, and she quickly lists four:

1. “It’s good for your whole body, particularly for your heart and brain.”
2. “It’s a great stress-reducer. Sitting all the time is the worst thing you can do. Sedentary behavior can be just as risky as smoking. You must get up and move every hour.”
3. “It combats fatigue! If you don’t move, your body just starts to freeze.”
4. “You just feel better!”

Added benefits of the Full Life

Before moving to Touchmark, Barbara and her husband were living isolated in the woods, so she especially appreciates having a sense of community. “I love being in a community, being around other people. There are so many things to do here, there’s never a dull moment. You have to pick and choose.”

She’s part of a health book club, where members read books relating to nutrition, stress ... anything relating to health. “We meet twice a month. The next book we’ll be reading is *The Alzheimer’s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*.

“There’s never a boring moment here—and that’s a good thing!”



Steve Ferrarini
Vice President,
Hospitality

“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf

Food is amazing! A meal can impact each of our lives in so many ways. Not only does food feed our bodies, the social aspect of eating a meal with others nourishes our souls. In addition, familiar flavors and foods can harken us back to wonderful

memories and another time and place. In other words, meals and the whole dining experience have the potential to enhance our overall well-being.

At Touchmark, we’re working to make people’s meals delightful every time they dine with us. By detailing, perfecting, and providing supportive tools for every aspect of the dining experience—from how chefs slice onions to when servers clear empty plates—we’re making Touchmark’s dining program one of the best in the business and better than many standalone restaurants.

In fact, we just completed a series of culinary and service manuals for every Touchmark kitchen that thoroughly describes and illustrates cooking techniques and hospitality excellence. We also recently gathered all executive chefs and Dining Services managers for several days of training and discussions about all aspects of food and service. Our talented chefs are taking the information from the training and sharing it with their teams to create a dining experience that will be delicious and memorable, one people will love.

Another aspect of Touchmark Dining Services that we are very proud of is the way our servers and staff interact with residents and guests. Our mission at Touchmark is *to enrich people’s lives*, and Touchmark team members take this to heart. Our values—Hospitality, Compassion, Excellence, Teamwork, and Integrity—support this mission, and team members work every day enriching the lives of everyone they meet and have the opportunity to serve.

For many of our servers, working at Touchmark is their first job. By instilling the fine points of service excellence and etiquette into these young workers, we are able to help them gain a solid foundation of skills that will serve them well in their future endeavors.

Leading Health & Fitness

As the new Health & Fitness Director, Michelle will oversee all health and fitness activities at Touchmark in the West Hills. For the past 11 years, she has served as the Fitness Manager for Oregon Health & Science University's March Wellness & Fitness Center.



Michelle's passion for fitness and wellness started in 1994 when she taught classic step aerobics at the local athletic club in Pendleton, Oregon, where she grew up.

From there, she continued working in fitness positions and participating in team sports until receiving her Bachelor of Science from Eastern Washington University, graduating with high honors in Exercise Science & Health Promotion, with a minor in Business.

She then was hired by Boeing in its Life & Wellness Services department, serving for over 10 years in health promotion and employee wellness and fitness programs, and eventually overseeing operations for satellite fitness facilities throughout Puget Sound.

Michelle currently holds a certification with the American College of Sports Medicine as a Certified Exercise Physiologist, and she loves promoting "exercise is medicine." She is also a CPR/AED instructor for the American Red Cross. When she's not working, she enjoys being outside with her husband, daughter (8), and twin boys (6). "I am very excited to be part of the Touchmark team!"

Meet the new Executive Director



Ed Stoner, EdD, has joined Touchmark as the new Executive Director. "I am excited to join the Touchmark team! It is an honor having the opportunity to apply my varied occupational background to help build such a unique new community in the West Hills that will support everyone there to live the Full Life."

In all of his previous positions, Ed has a proven track record of excelling in hospitality and building people, places, and programs. For the past nine years, those strengths benefited members and staff at the Multnomah Athletic Club. As Athletic Director, he provided strategic vision, leadership, and fiscal management for the 300,000 square feet of athletic and wellness space and worked with more than 30 member committees as well as the Board of Trustees. Prior to that, Ed worked at two universities—Northeastern University in Boston, Massachusetts, and University of Massachusetts Lowell. At

Northeastern, he helped lead the 19-sport NCAA Division I athletic program and oversaw several areas. At Lowell, he directed all external relations and revenue generation for the 23-sport NCAA Division II program. He also has experience in advertising, marketing, and event management.

Ed earned his Doctor of Education at the University of Delaware, and he enjoys teaching graduate-level, online courses. He also holds a Master of Sports Administration from Ohio University and a Bachelor of Science degree in Management from Georgia Tech.

Community involvement is important to Ed, and he currently chairs the Finance and Governance Committee for Smile Oregon, a nonprofit supporting families affected by cleft and craniofacial conditions. Married 23 years, Ed and his wife Elyse have two sons, a junior in high school and an eighth-grader. When not working, he enjoys spending time with his family, traveling and experiencing different cultures and food, reading, and (of course) exercising and playing competitive sports.



Excited about new home

Don and Elaine Willingham's new home at Touchmark in the West Hills is situated on the corner of the fifth floor of the Clubhouse Lodge, overlooking the vineyard. "We enjoy Portland and are looking forward to living at Touchmark," says Elaine.

"Everywhere we have lived, we have hiked and traveled near and far." The busy and active couple have lived in several countries and states, and their daughter, who is a family medicine physician at OHSU, hoped they would move to Portland. "And here we are!"

Crisscrossing continents

Don was born in Columbus, Ohio, and grew up in Grosse Pointe, Michigan. Elaine hails from Victoria, British Columbia, and grew up there as well as in Santa Barbara, California.

She received her bachelor's degree from the University of California at Santa Barbara and her master's degree from Portland State University in Oregon.

"We met at The Iron Horse, a single's bar in San Francisco, in 1967, and four years later, we married and moved to Vermont," says Elaine. She goes to say they both enjoyed full and fascinating careers.

"I was employed as a social worker for the state of California, a social work supervisor and manager for the state of Vermont, and was in private practice as a psychotherapist and clinical supervisor in Portland." She also worked as a psychotherapist and supervisor in Dallas, Texas.

Don worked many years for Boise Cascade Office Supply, holding positions in sales, management, and as an executive in both the U.S. and Great Britain. "We moved to York, England, in 1996 with Boise Cascade and remained there until I retired, explains Don, "and then we moved to Santa Fe, New Mexico. The city was interesting and fun, but the climate did not work out for us." Their move to Carlsbad, California, suited them, and they spent the next 15 years enjoying life near the ocean.

Wide-ranging, fulfilling pursuits

Don and Elaine's interests are many and varied. They both enjoy symphonic music and

opera. Don likes to play tennis, and Elaine enjoys playing cards (canasta, hand and foot, and Shanghai) and mahjong. She also paints in watercolor, acrylic, and oils. "I think it would be fun to have a group at Touchmark that meets to paint, learn, and share ideas on a regular basis." Gardening is another interest. "I have been a gardener, and I keep my hands in it with patio projects."

The two belonged to a movie group for years, where members would discuss movies they'd all agreed to see.

Supporting nonprofits and giving back to the community is also important to the Willinghams. Elaine has volunteered at schools and for the Leukemia Society and Assistance League. Don has done fundraising for the United Way, The Hockaday School, and the Portland Symphony. Both support National Public Radio and have been members of public radio and public TV in the various cities in which they've lived.

"And we still love traveling both near and far," smiles Elaine.

Once they move into their new home at Touchmark, they will be able to travel without worrying about leaving their home—just one of the many benefits they will enjoy when Touchmark in the West Hills opens.



Oregon College of Art and Craft is located across the street from the community. We enjoyed an afternoon tour, refreshments, and a book-binding class.



Gerriann Fox makes her home selection.



At the holiday party we enjoyed live music, hors d'oeuvres, and holiday cocktails.

Construction Update

With the weather cooperating, workers are taking in the stunning views as they complete the tile work on the Vista Terrace fireplace and seating area. Throughout the community, progress has been made with the concrete sidewalks continuing to be poured, top soil is being blown in for landscaping, and plumbing and electrical inspections are underway. Resident tours as well as private tours are taking place. Call 503-954-1640 for more information.



Save the date!

PITCH TOURNAMENT

Thursday, January 18, 1 - 3 pm

We will provide cards, snacks, and some fun prizes for the winners!

CULINARY PASSPORT: GREECE

Thursday, January 25, 3 - 5 pm

Enjoy traditional Greek food, wine, and entertainment!

LUNCH & LEARN

Tuesday, January 30, 11:30 am - 1 pm

Join us for *New Year's Resolution, Why Not?*

Health & Fitness Director Michelle Sue will lead us through the pros and cons of having a resolution.

LUNCH & LEARN

Tuesday, February 6, 11:30 am - 1 pm

Appropriately titled *Love on the Brain*, this class will share how love affects our health. Can falling in love actually improve our health? What chemical effects does love have on the brain?

CULINARY PASSPORT: CHINA

Thursday, February 15, 3 - 5 pm

We're celebrating Chinese New Year and the Year of the Dog for our next culinary adventure! Traditional Chinese treats, drinks, and festivities will be served at this event!

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

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

Care available in your home

Meet Linda Higgs, Home Care Director. A graduate of Portland State University with a Bachelor of Science in Health Studies, Linda completed her internship with Oregon Health Sciences University and worked briefly in the nursing field when she decided she wanted to pursue a career in law enforcement. She spent 14 years as a paralegal for the District Attorney's Prosecutor Office helping to prosecute cases of senior abuse.

Realizing her sincere interest in senior care, Linda worked two years in the evenings supervising staff at Homestead. She became an Executive Director for a company providing independent living and then transitioned to a Home Care Administrator position with The Springs. Linda enjoys traveling with her husband and deeply loves dogs and spending time with them. Other interests include watching and participating in mixed martial arts, Zumba®, and outdoor activities. Her background in martial arts won her a first-place title in a women's sparring championship.



Meet more new team members in next month's newsletter!

TOUCHMARK IN THE WEST HILLS

Full-service Retirement Community

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