



THE {FULL} LIFE

Touchmark at Fairway Village Newsletter

2019
ISSUE 3



One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

Improved circulation

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

Increased bone density

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

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loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

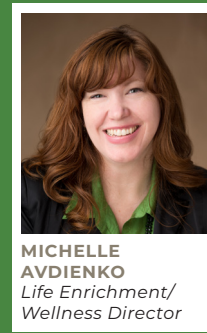
Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



"In every walk with nature, one receives far more than he seeks."

– John Muir



MICHELLE
AVDIENKO
Life Enrichment/
Wellness Director

April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.

Health & Fitness Club

UPSIDE DOWN & BACKWARDS LUNCH Wednesday, May 15 from 1:30 - 3:30 pm Courtside Dining Room

Help us raise funds for Parkinson's research while getting goofy. We plan to be silly with our attire, dancing, and live entertainment. Put your clothes on inside out, have dessert before your entree, and hang onto your party hats—because everything's out of whack at this zany lunch. All proceeds will be donated to local Parkinson's resource providers. Cost: \$20/person; \$35/couple. RSVP by May 10.



What others are saying ...

"Dear Tim and all of your staff, I'm so lucky to have a home {FULL} of friends like you here at Touchmark. I just pretend I'm on a big cruise ship."

- Dorothy Smith, resident

Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety of activities to bring awareness

and raise money for care and research. For example last year, Touchmark teams hosted a wide range of events, including a 5K fun run culminating in an explosion of color, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.

**TOGETHER, THE STRENGTH OF OUR LIGHT
WILL OUTSHINE THE DARKNESS OF ALZHEIMER'S.**



TEAM MEMBER *Spotlight*

Name: Shannon Creech

Position: Housekeeping Manager

How would you describe yourself?

I believe I am patient and understanding. I am definitely a planner in all aspects of my life.

Share a bit about your family and growing up.

I was born in Vancouver, Washington, and have lived here most of my life. In middle school, I met my husband, Barry, and we have been happily married for 25 years. We have two daughters, Nichole and Alyssa, and a son named Blayde. We also have a grandson named Kash who just turned 5.

What are some of the most significant events in your life? My marriage to Barry, and having our three children and grandson.

How long have you worked at Touchmark?

Thirteen years.

What do you enjoy most about your job?

I enjoy helping the residents and working with my fellow team members. Every day gives me a new challenge. I feel like I am always growing as a person.

What Touchmark value do you most closely relate to and why? "I attend to details and anticipate needs" because I believe every person and situation is unique.

Outside of work what are your favorite ...

Activities: Traveling with my husband on our touring bike. Our son joins us on many rides. We have a long bike trip planned this summer to Paris, Illinois.

Food: Steak and tacos.

Movie: *Grease*.

Music: '70s and '80s, but Fleetwood Mac is my favorite.



We had a great time at the Mardi Gras Party!



We dyed silk to make scarves, and after a wash and dry, they were ready to wear.

A local Girl Scout troop came to visit and plant spring flowers with us.



The A-MAY-Zing Race is back. We had a team mixer where we practiced some of the games and met all the team members.

SAVE THE DATE!

MEMORIAL DAY PROGRAM

Monday, May 27 at 11 am • Main entrance by flag poles

The event will feature guest speakers, live music, a release of biodegradable balloons, and more. RSVP to Jennifer at 360-433-6321.

ANNUAL CLASSIC CAR SHOW & BARBECUE

Saturday, June 15 from 10 am - 2 pm

Featuring over 150 classic cars, a lively DJ with games for the crowd throughout the event, a delicious barbecue lunch, trophies, and prize drawing. Donations benefiting local nonprofits are gladly accepted.

ALZHEIMER'S ASSOCIATION THE LONGEST DAY EVENTS

Friday, June 21 from sunrise to sunset • Lobby

This is a special fundraising event with the Alzheimer's Association. Staff, residents, Health & Fitness Club members, and the public will participate in an all-day relay on the NuStep machine: stepping for dollars! Throughout the day, there will be a variety of events, including live music, a craft and bake sale, prize drawing, and more! Call Michelle Avdienko at 360-254-2866 for further details.

WINE & CANVAS PAINTING

Monday, June 24 from 3 - 5:30 pm • Activity Room

Patti Langille comes from Roseburg, Oregon and has returned several times to Touchmark to lead classes like these. This time she will lead us in a patriotic group painting class where absolutely no skill is required. She will give step-by-step instructions, which will result in an impressive finished painting you will be proud to display. Wine and hors d'oeuvres will be served. Complimentary for residents; \$30/guest.

View our {FULL} Life calendar online for a complete list of events: TouchmarkVancouver.com



The Pembroke and Devonshire neighborhoods enjoyed an afternoon of personalizing their own container for spring planting!

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