



THE {FULL} LIFE

Touchmark in the West Hills Newsletter

2022
ISSUE 3



COMING TOGETHER FOR A CAUSE

Each year, Touchmark commemorates The Longest Day on June 21, an annual awareness and fundraising effort for the Alzheimer's Association. We do this on the summer solstice to shed the most light on the darkness of Alzheimer's and other dementia illnesses. We are so pleased to report that Touchmark in the West Hills residents, team members, families, and friends raised \$5,500 for this important cause and organization this year.

To reach our fundraising goal, residents enjoyed a series of events and activities, beginning with a Casino Night earlier in the week. Day-of activities included an outdoor concert and barbecue, a sip-and-paint event, the ice bucket challenge, bus tours to mystery destinations, and a wine prize drawing. We also held a virtual silent auction with items such as beautiful bouquets to be delivered to residents, bundled packages with candles and vases made by residents paired with assorted teas, Cornell Farms Cafe gift certificates and accessories, wine packages, a coffee lover's

assortment, and more.

To further expand awareness, Dave Salesky from KATU delivered his weather reports from the Touchmark campus, allowing us to highlight our efforts over several segments with resident and team member spokespeople. Life Enrichment/Wellness Director Heidi Judge says, “Thank you, all! It truly was a full team effort of all who live and work here, and we are so grateful for everyone’s contributions.”

RESIDENT SPOTLIGHT

Marlene Eash

Touchmark at Harwood Groves resident

How long have you lived at Touchmark, and why did you choose to move here?

It will be five years in July! When my husband passed away, I thought I would live in my house forever. But one night, I woke up in the middle of the night, and I thought to myself, I need to move out. I was eating my breakfast in the morning, and the same thought came back to me. I thought, where do my little dog Mickey and I go? Touchmark suddenly came into my mind, so I went to visit. I saw a couple of available places on the second floor, which weren’t ideal for my dog, and then finally a cottage. I walked in the front door, and I said, ‘This is it!’ After a couple of days, the staff knew my name. (I wondered, how do they do that!)

What do you find enriching about life at Touchmark or retirement in general?

The staff is awesome! We’ve gone through so much construction, not to mention COVID-19, but you’re never shut out of the community. If I have a problem, they take care of it. The older I get, the less responsibilities and more community I have, and the more secure I feel.

You serve on the Resident Council and are a part of the dining focus group. How long have you been involved with this, and what inspired you to join? I’ve been on the Council for a year. I joined after talking to someone who was leaving a position on the Council. Since I don’t live in the main building, it is a good way to

get to know more about Touchmark and the people.

What are your thoughts on the newly implemented Choice Dining Program? The new system is awesome. I think more people are eating in the dining rooms, and there are definitely more options. I have to watch my salt and carbs, and I have plenty of choices. If I was eating off a regular menu, there wouldn’t be as many choices. Now I have so many choices! I used to make a lot of my own food, but with all the options and the way groceries are going up in prices, why would I not go over to the dining room to eat?

How can new residents find a sense of community when they move in? Invite someone down to the coffee shop, to play a game, or put a puzzle together. The other day I invited a new resident to share some pizza. Her face lit up like a Christmas tree! It’s easy for me because my dog is very friendly and will always give people kisses! At Touchmark, you can expect to be a part of a family and enjoy plenty of activities. I’ve seen people draw other people out so they aren’t alone all the time. Some people don’t like to do certain activities, but there’s always something you can do that the other person will like.



COMMUNITY HIGHLIGHTS

Enriching lives through fun and vibrant community events! Note: The photos below show The {FULL} Life at varying stages of state and local mask mandates.



TAKE A BITE OUT OF THE SEASON



MICHELLE SUE
Director of Wellness
Operations

The summer season brings warm weather and garden goodies in abundance. Whether you have a green thumb and love to cook or you simply enjoy the fruits of these labors, you can take advantage of this season of growth and stay healthy and hydrated with these tips:

- **Align yourself with the season.** Even with the blessing of air conditioning, summer can be a taxing time for the body—it requires work to stay cool! This is why you may notice that your level of hunger decreases during the warmer months. Thankfully, our bodies and nature work in harmony: There is an abundance of refreshing fruits and vegetables ripening during this time that can help keep you cool as a cucumber all season long. In addition to cucumbers, eating watermelons, berries, and stone fruit are all excellent ways to hydrate and enjoy the flavors of summer. Read on for a recipe that incorporates these fruits in a delicious and easy-to-prepare smoothie.
- **A hot day can sap your motivation to get moving.** Depending on the situation, it is sometimes best not to fight it. Heat stroke is a serious illness that can be caused by overexertion in hot weather. Try switching up your routine instead. Pool workouts are cooling and challenge muscles that other exercises may not flex. Taking a walk outside in the early morning or evening is a cool alternative to a midday promenade on sizzling sidewalks.
- **Head to the farmers market.** Farmers markets offer the convenience of traditional grocery store shopping and the freshness of a farm stand. You'll get to connect with the folks who grow your food, and you are sure to notice your purchases taste more vibrant. A great way to test this for yourself is to purchase a locally grown tomato at the farmers market and a conventionally grown one at the grocery store. There's really no comparison!

SIMPLE SUMMER SMOOTHIE

- 1 quart strawberries, hulled
- 2 fresh peaches, pitted and sliced (peeling is optional)
- 1 banana, cut into chunks
- 2 cups ice
- 1 cup fruit juice (apple or mango are great options)

Combine strawberries, peaches, and banana in a blender and blend until smooth. Add ice and pour in the juice, then blend again to desired consistency.

Instead of strawberries, you can substitute

blueberries, blackberries, or your other favorite berry. A nutritious way to start your morning, this smoothie also makes an excellent afternoon pick-me-up or cooling dessert.

Recipe source: Allrecipes.com



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