



# THE {FULL} LIFE

*Touchmark in the West Hills Newsletter*

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## RESIDENT-DRIVEN PROGRAMMING

Touchmark's core philosophy focuses on enabling every community member to live The {FULL} Life. While that may look different from person to person, we provide as many opportunities as possible for residents to have engaging and exciting experiences. The result? Passionate residents ensure that unique events are always on deck. Many residents participate in or lead activities inspired by their interests and a desire to connect with their neighbors.

Many resident-driven events come from the varied life experiences people bring to Touchmark. Recently, several residents have presented on subjects they're knowledgeable about, ranging from training dogs to find people buried in avalanches to explaining the mechanics of hot air balloons. One resident author shared the experience of writing a sequel to his novel—and sold about 50 books at the signing that followed!

In addition to intellectual pursuits, residents also get physically involved with tap-dancing classes led by a resident's daughter. And early in the pandemic, a group of women decided to teach themselves how to play the ukulele. The Uke-ladies are still strumming strong! A love of bridge inspired a husband and wife to share the fun by

bringing a bridge game to their community's long-term care neighborhood every Sunday morning.

Empowering individuals to pursue activities that interest them—and having a full calendar of events that includes the seven dimensions of wellness—are aspects that set Touchmark apart. As residents often repeat, “It’s like a cruise ship: There are so many fun options with events and activities to suit many different interests!”

## RESIDENT SPOTLIGHT

**Paul White**

*Touchmark at Mount Bachelor Village resident*

Paul White is a physicist and retired national security expert who leads on-campus discussions about racial equity and inclusion. These discussions began in 2020 and have grown in participation and scope. Learn how Paul enjoys life at Touchmark and how he views the engagement resulting from these discussions.

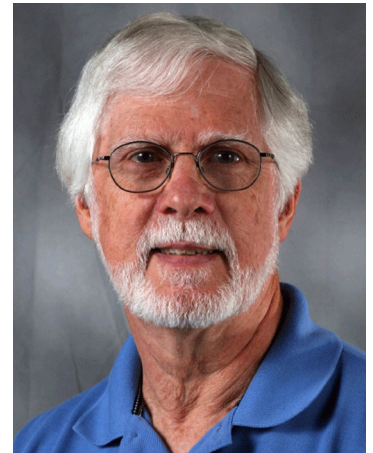
### What brought you to Touchmark?

My wife and I moved to Touchmark four years ago. We wanted to be in an active retirement community, and with my wife’s mobility challenges, we couldn’t see ourselves living on our own much longer. We wanted to move while we could still make connections and participate in activities. Touchmark was a happy Goldilocks solution: We are halfway between our children in California and Washington, and they enjoy coming to Bend.

### How did these discussions start?

I, along with some other residents, started these conversations after the murder of George Floyd. Wanting to be more proactive, we joined an online seminar from Central Oregon Community College, and this inspired us. With lots of support from college staff, including Zoom and face-to-face meetings, we expanded our understanding and developed resources we’ve used for programs we’ve put on at Touchmark. These include small-group

conversations and group interactions based on books and videos. In 2022, we’ll discuss a video account of the 1921 Tulsa Race Massacre and a video series on Africa’s great civilizations.



### These conversations address challenging topics but seem to draw the community closer together. How does that work?

There are many viewpoints and backgrounds within the Touchmark community, but we find common ground and learn by talking and sharing. We’re neighbors, so we meet each other during activities, over meals in the dining room, and elsewhere in the community. I think everyone appreciates that we can all talk and learn from our varied experiences and not allow minor differences to get in the way of our life together.

### How has living here enriched your life?

For one thing, it allows me to be more proactive. These discussions, both within Touchmark and with the community, have created a way to share ideas and opportunities for additional action. For example, we were invited to lead a workshop for staff on how to encourage more workplace diversity, and that was very well received. It’s fulfilling to engage in these ways with the community.



# 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.





# WHOLE-PERSON WELLNESS: ENGAGING EVERY DIMENSION



**MICHELLE SUE**  
Director of Wellness  
Operations

Wellness is multidimensional and nurturing. It depends on accessing all the aspects that contribute to the whole. In addition to physical fitness and proper nutrition, mental health is a significant component of whole-person wellness.

At the heart of mental health are the feelings of being engaged with a community or involved in a meaningful pursuit and being able to make changes. Countless studies have shown that when people engage with each other and their community, their overall wellness improves. Engagement may seem like a straightforward goal, but achieving it is more complex. What makes someone likely to be engaged? The key is offering up an activity that creates a spark of enthusiasm. At Touchmark, we help create these sparks by incorporating residents' feedback and interests into our programming. If you've ever taken a resident-led class or even spoken with a neighbor about one of their hobbies, you know what it is like when people get to share their passions—it's exciting for everyone! Because wellness starts with individuals and extends outward, we always welcome feedback and suggestions. Share yours in 2022 to strengthen the vibrancy of your community and inspire whole-person wellness among friends and neighbors.

## BODY SCAN MEDITATION

Body scans can be performed in almost any posture. The steps below will guide you through a seated meditation designed for every level of experience. You can also visit [www.uclahealth.org/marc](http://www.uclahealth.org/marc) to find other recorded meditations to try.

1. Begin by sitting, bringing your attention to your body, and closing your eyes.
2. Feel the weight of your body on the chair and take a few deep breaths. Envision the oxygen revitalizing your body. As you exhale, have a sense of relaxing more deeply.
3. Now, bring your attention to your feet and how they are touching the floor. Next, focus on your legs and how they feel (heavy? light? pulsing?).
4. Bring your attention to your back and how it feels on the back of your chair.
5. From there, move your awareness to your stomach. If your stomach is tense or tight, let it soften. Take a deep breath.
6. Mentally trace your mind to the tip of each finger on the right side, then left, and then up to your arms.
7. Soften your shoulders and enjoy the feeling of your body relaxing. Notice how your neck and throat respond to your awareness of soft shoulders.
8. Visualize your ears, then move on to your face: consciously relax your facial muscles and soften your jaw.
9. Take a breath or two, then open your eyes.

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