



# THE {FULL} LIFE

*Touchmark in the West Hills Newsletter*

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## MEANINGFUL MEALS

One of Touchmark's guiding principles is friendship. Friendship underscores everything that happens in each community, which is why our values include being a friend and prioritizing laughter, shared memories, and building community one relationship at a time. By starting with the basic ingredients of friendship, care, and respect, we can create a quality experience for those who work and live at Touchmark communities.

Touchmark residents and staff strengthen the bonds of their friendships in many ways. Eating together is a crucial component of this. As anyone who has ever been inside a Touchmark community will know, the dining rooms are always well-appointed, and the thoughtfully implemented layout is conducive to building relationships.

During this time of harvest and with the holiday season approaching, good food and good friends play a more central role than ever. It's the perfect opportunity to gather together and share meals, memories, and recipes that can help create new ones.

The focus on friendship through shared experiences such as food is not limited to the holiday season. The Dining Committee at each community is composed of residents

interested in creating meaningful culinary experiences. They help guide mealtime decisions based on community feedback. For many of us, our most memorable and satisfying experiences coincide with a remarkable meal shared with others. On



occasion, Touchmark chefs hold cooking demonstrations so residents can sample and provide feedback to the chefs, who then can adapt the seasonal recipes coming to the menu.

By giving residents these opportunities to contribute to such decisions, we can be sure that Touchmark continues to be a wonderful place for residents, by residents.

## RESIDENT SPOTLIGHT

Ellie Lottinville

*Touchmark at Coffee Creek resident*

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

I moved from Oklahoma City to Touchmark nine years ago because my husband was diagnosed with Lewy Body dementia. I visited the memory care neighborhood three different times to see how they ran it and to get a feel for the place. I have been here ever since!



**Why do you stay here, and what are some of your favorite aspects of living here?**

After being here for a year and seeing the support I got from my neighbors and staff, I thought, "Why would I want to leave?" It fit me. People watch out for each other. If you are more of an introvert and prefer alone time, people respect that, but there are many opportunities to volunteer and be social. There's a lot of support here for everyone.

**How has living here enriched your life?**

There is no question: It's the people! I've met so many wonderful friends here. Even if you live alone, there is always someone to visit. I never thought it would be like this because I've never lived in a place like this before. I wouldn't leave for any reason! I have everything here that I could possibly hope for.

**What advice would you give to someone who is considering a move to Touchmark?**

I'd give the same advice I'd give anyone considering a move: go and visit! Come during different times and have a meal or participate in an activity. Earlier this year, I talked to a couple from Texas via Zoom about what it is like to live at Touchmark, and I ended up seeing them in the dining room after they moved in! It's a true community here. We also have a great Resident Council. We go over activities, plan future events, and more. The Executive Director is always there to hear what residents have to say, and if someone has a concern, he's on it!



# 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.





# COMPREHENSIVE HEALTH



WENDY SCHRAG,  
RN-BC  
Vice President,  
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When considering a move to a senior-living community, health care is often a priority. It's important to know that you'll have options for convenient and quality services that allow you to age in place surrounded by people who know and care about you. But that's just one aspect of Touchmark's philosophy when it comes to healthy living. This is why programming is based on the seven dimensions of wellness: emotional, environmental, intellectual, physical, social, occupational, and spiritual. Using these seven dimensions as a guide, Touchmark offers services and amenities that enhance comprehensive well-being.

Here's a quick look at how:

- Health and fitness programming that is tailored to the needs of older adults makes it easy for residents to find routines and certified fitness professionals who work with them and provide personalized support and feedback.
- Touchmark's leadership teams stay up to date on science findings so that we are always implementing proven benefits that keep us all healthy. Whether that's having the coronavirus testing capabilities on-site or keeping in close contact with local and national authorities to determine best practices for keeping residents and staff healthy, decisions are always made with the good of the community in mind.
- The Life Enrichment/Wellness team creates events and activities that nurture the soul and uplift the heart. Incorporating resident feedback into the decision-making process gives residents numerous opportunities to pursue their interests and hobbies, making it easier to discover new passions and fulfill aspirations.

True wellness is dynamic and connects the body, mind, and spirit. By focusing on a person as a whole, the many factors that contribute to comprehensive health can work with and build off each other to create a MEANING{FULL} life.

## ROASTED APPLES

4 Granny Smith or any variety of apple  
2 tablespoons melted butter  
¼ cup brown sugar  
½ teaspoon cinnamon

Cut the apples into eight pieces and remove the seeds. Melt the butter and add the brown sugar and cinnamon to make a glaze. Toss the fruit with the melted butter mixture. Place the apple slices on a baking sheet and pour any remaining butter mixture over slices. Bake at 400 degrees until the fruit is soft, approximately 40 minutes.



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