



## **Michelle Avdienko**

### **Life Enrichment/Wellness Director Touchmark at Fairway Village**

Michelle has experience working in a variety of communities providing independent living, assisted living, and memory care. She joined the Touchmark family in April 2013 after spending three-and-a-half years as a life enrichment director in the Vancouver area. In 2009, she graduated from California State University, Sacramento, earning a Bachelor of Science in Recreation Administration and graduating with honors. It was there that she learned to plan, evaluate, and implement wellness and activity programs.

Prior to attending college, Michelle worked in an adult day care center for people living with advanced dementia, Alzheimer's, and Parkinson's—and discovered her deep love for working with seniors. This led to her returning to college after working as a business manager for many years.

In 2014, Michelle completed a comprehensive series of eight courses and requisite testing and earned the designation of Certified Cognitive Stimulation Instructor.

One of her greatest joys is encouraging residents to try new things they never thought they would do and then seeing their joy after they have tried it. She feels it goes to show that it's never too late.

Michelle was born and raised in Southern California, where she met her husband. They moved north to attend college and enjoy the Northwest's natural beauty, diversity, and culture. Michelle is a professional singer who also enjoys photography, videography, songwriting, crafts, and just about anything outdoors.