

NEWS RELEASE



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Touchmark in the West Hills is changing the way people think about retirement living

Combining hospitality, attention to detail, nature and professional services

PORTLAND, Ore. — Head west three miles from downtown Portland, and you arrive at Touchmark in the West Hills. Turning into the entrance, you feel like you have arrived at a mountain lodge for vacation. Water spills over individually laid stones. You are further inspired when seeing the vineyards right next to the lodge. Driving up the hill, you notice the greenhouse, pickleball and bocce ball courts and outdoor amphitheater.

Two stone and stucco lodges set against the backdrop of evergreens look as if they've been part of the natural setting for years. Yet, everything is new. Inside, attentive staff attend to people's needs and provide Gold Standard service.

Welcome to the future of retirement living.

Touchmark has been creating innovative ways to serve older adults since 1980. What sets Touchmark apart is its unwavering commitment to offer the highest standards of comfort, services and amenities combined with its extraordinary attention to detail and a mission to enrich people's lives.

Scenic forest setting and dramatic views

The new Touchmark community is situated on forested terrain northeast of Barnes and Leahy. The location merges a remarkable, natural setting, an adjacent private vineyard and commanding views of the Coast Range and valley with convenient access to the area cultural activities, shopping, restaurants, health providers and mass transit.

Touchmark Founder and Chairman Werner G. Nistler, Jr. — recently named Entrepreneur Of The Year® 2018 Award winner in the Lifetime Entrepreneurship category in the Pacific Northwest — eyed this site 20 years ago, visualized the potential it offered and began acquiring property as it became available. “Over the past two decades, I have walked the site countless times, each time envisioning how Touchmark could take retirement living to a whole new level,” he says. “It has taken the dedicated work of Touchmark's staff, various specialists, such as LRS Architects, Andersen Construction and many other consultants to create and build this landmark community.”

Two lodges are the community's core

The Clubhouse Lodge includes 126 condo-style homes with one and two bedrooms and options such as fireplaces, balconies and sunrooms. The boutique Health & Fitness Club is also located here as are four guest rooms, a range of dining options (public house, bistro and full-service restaurant), high-tech theater, hair salons, library and other services.

The Terrace Lodge, which connects to the Clubhouse Lodge via a skybridge, houses 139 homes for
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residents requiring health services and support for their daily activities. This person-centered continuum of services includes assisted living, memory care and home care. Two additional Touchmark options are available that offer the benefits of a smaller, homelike environment and higher resident-to-staff ratio. This neighborhood setting provides the necessary support so people can live successfully:

- Cedar (for those living with physical challenges, like Parkinson's disease or multiple sclerosis, or who may have neuropathy and are at greater risk for falling)
- Elm (for people experiencing early cognitive impairment but who don't need a secured environment)

Additional home options available

Six premier, custom cottage homes are being offered, created by NW Natural Street of Dreams® award-winning architect Rick White. The stunning homes offer a variety of sophisticated finishes and functional features and are designed for comfortable single-level living and entertaining. Two-level homes come with both stairs and an elevator.

Touchmark's vineyard homes are two-story structures over parking garages with a common outdoor area. Each floor has two homes, with an elevator serving all four homes. All eight homes offer unique style and comfort and are designed for comfortable single-level living and entertaining. Front and back covered terraces offer year-round enjoyment of the natural setting and views.

Both the vineyard and cottage homes are designed for comfortable single-level living and entertaining and include universal-design features for ease of use with everyday living. On-site amenities include:

- Several water features
- Extensive walking trails
- Access to the private vineyards
- Community garden
- Valet parking
- Concierge services

Boutique-style Club

Membership in the Touchmark Health & Fitness Club is open to anyone 50 years and up. Specifically designed for active, older adults, it offers equipment and programming typically not found in other clubs.

For example, an exclusive offering is Touchmark's Functional Fitness program. In functional fitness training, members use a variety of movement patterns and equipment to engage multiple muscle groups simultaneously. In addition to improving strength, this training enhances balance and flexibility, resulting in increased functioning in daily activities.

Club amenities include an indoor pool and spa bathed in light from expansive windows, state-of-the-art equipment, certified fitness professionals and the Neurocom® Balance Master® (specialized equipment staff use to evaluate balance and provide information for fitness regimens).

Full Life Program

A central element of Touchmark's offerings is its *Full Life Wellness & Life Enrichment Program*™. The program has won national and international awards for the ways it enriches people's lives. Based on seven dimensions of wellness (emotional, environmental, intellectual, occupational, physical, social and spiritual), the program is centered on partnering with residents to identify their needs, passions and unique abilities — and then working together to bring those to life, helping residents lead happy, healthy, fulfilling lives.

This results in a calendar that is always evolving as new residents move in and share their interests.

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Among the classes, events, activities and excursions already planned are winetastings, demonstration kitchen gatherings, farm-to-table dinners, the Touchmark Trekkers walking program, pickleball tournaments, a trip to the Panama Canal, wine/art/book clubs and more.

Making a difference for people living with dementia

Another distinctive feature is Touchmark's memory care services, which are certified as a Best Friends™ Environment. This is an industry-leading approach to care for people with Alzheimer's disease and other dementia. Using the Best Friends Approach, staff focus on building relationships with an emphasis on respect, empathy, support and trust. Supported by research, the Best Friends Approach has proven highly effective in creating a comfortable, meaningful life for people living with memory loss.

Because it can be challenging for people with dementia to maintain interest in activities and have a sense of accomplishment, Touchmark includes a variety of therapeutic activities to stimulate the brain and creativity. In addition to its Best Friends certification, Touchmark is a Music & Memory™ Certified Care Community and regularly uses the power of personalized music to enhance residents' lives. Staff also are certified as TimeSlips™ facilitators. TimeSlips is a therapeutic storytelling tool designed to open imagination and spark creativity. Additionally, Life Enrichment/Wellness staff are Certified Cognitive Stimulation instructors.

Last year, Touchmark was named a recipient of a 2017 Innovators Achievement Award from the International Council on Active Aging. The prestigious award recognized Touchmark for its new memory care program called Fragrance in Frames, which combines essential oils with paints, providing natural health and mood benefits to those living with dementia. Agitation and behaviors decrease. Attention span increases and social engagement expands. Even residents' handwriting improves.

Touchmark in the West Hills was designed by LRS Architects and Senior Vice President of Architecture with Touchmark Development & Construction Joseph Billig, AIA. Andersen Construction was the general contractor, overseeing more than 1,000 workers. Overall project management was provided by Touchmark Development & Construction: President Kendra Lackey, Senior Vice President and Director of Construction Rick Wessell and Development Manager Michelle Platter.

Currently, more than 75 Touchmark team members work at the site. When fully occupied, over 200 people will be employed.

About Touchmark in the West Hills

Located on a wooded hillside in the West Hills near Forest Heights at Barnes and Leahy, Touchmark is just three miles from downtown Portland. Touchmark in the West Hills offers a range of active-adult living and award-winning wellness offerings. Unlike any other retirement community in the Northwest, the unique campus offers unparalleled services and commanding views. More information is available at TouchmarkPortland.com.

About Touchmark

Based in Beaverton, Oregon, since 1980, Touchmark is an award-winning company that develops, builds and operates full-service retirement communities providing Gold Standard hospitality in the U.S. and Canada. Recognized for its entrepreneurial spirit and compelling values, Touchmark's 13 communities are located in nine states and Alberta, Canada. The latest community — Touchmark in the West Hills — just opened in Portland, Oregon. Touchmark at The Ranch in Prescott, Arizona, will be completed later this year. More information is available at Touchmark.com.

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