



# THE {FULL} LIFE

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## Drawing on Decades of Experience

The Touchmark story began over 40 years ago in 1980 with a vision and dream—to create vibrant, supportive retirement communities where older adults could thrive and stay together as their needs evolved. This environment did not exist for Touchmark Founder and Chairman Werner G. Nistler, Jr. when his parents needed more care, so he set out to create it for countless other families and generations to come.

Since then, Touchmark has grown into the values-driven company we know today. Unlike most other senior living providers, Touchmark independently owns, operates, and maintains our communities so families always know to whom they are entrusting their legacies. Furthermore, our company owners are all real Touchmark team members.

Whenever we open a new community, we have the opportunity to reach even more families and add chapters to our collective Touchmark story. Touchmark at Emerald Lake in McKinney, Texas, recently opened, and it is exciting to see our values unfolding yet again in a new location. Part of the welcoming process was bringing residents and team members from Touchmark at Coffee Creek (Edmond, Oklahoma) to the new campus to share their experiences. We heard from numerous Touchmark at Emerald Lake

residents that this joint effort made them feel as though they were truly coming into a larger, extended family.

This sentiment and overall culture are what sets Touchmark apart from others in the industry. As we enter the new year, we encourage you to continue connecting with others in your community. Is there someone who is going through a tough time that could use a friend? Invite them to go on a walk or join you for a meal. Are you looking for more purpose? Consider joining or starting a resident volunteer group that dedicates its time and/or resources to worthy causes either within or outside campus. Do you have a skill others would enjoy learning? Talk with your Life Enrichment/Wellness team about leading a new class or activity. What genuinely makes Touchmark great is the people who choose to live and work here. Thank you for being one of them!

## Resident Spotlight

*Helen Belcher, Touchmark at Emerald Lake*

At Touchmark, we take pride in welcoming residents into our Touchmark family. For new residents Helen and Charlie Belcher, that rings even more true, as they are the parents of Touchmark's President of Development and Construction, Kendra Lackey.

**You obviously had heard of Touchmark, but what was it that made Touchmark at Emerald Lake the right place for you?** I went to many communities in the Dallas area. The number of people who are here and will be here is a big, big part of why I chose Touchmark: you become part of a larger family, but it's not a place you get lost in. We did a lot of soul-searching before finding the best, and this is the best for us.

**How does Touchmark differ from other communities you toured?** There are so many wonderful, positive people here. Everything is very enlightening; the people are really compassionate. You don't find this in other communities where residents cycle out every three years. Here, the people are part of your home, your nest.

**What are you looking forward to doing this year?** I'm looking forward to the upcoming book club and some spiritual opportunities. We'll go on some trips to other communities. I'll do a lot within the community, but I also have lots to do with my

friends outside. We have invited many friends to visit, have lunch, and view our forever home at Touchmark. The word they come away with is "Wow!" We've got the best chef in the city. I've started attending a morning yoga class, and it's much better than other places I've gone before. It's a lot of individual attention. I've been encouraging some more people to join us because we're all building a family here.

**What are your favorite parts of community living thus far?** Our favorite parts so far are meeting new people and the flexibility we have each day with the events they organize. There's no way anybody can sit in their home and be lonely. There are such beautiful common spaces with fireplaces, you just want to be there. They're so much better and above what I ever expected. My husband says the same thing.

Most importantly, we feel blessed to be here before our health gives out. Being at Touchmark, we are thankful for showing the gold in our golden years. We tell people to come while they can still enjoy it. If you wait too long, you're missing out on the gold.



# Community Highlights

Enriching lives through fun and vibrant community events!





**Michelle Sue**

Director of Wellness  
Operations

# Be Good To Yourself

*“Almost everything will work again if you unplug it for a few minutes, including you.” – Anne Lamott*

As you know, Touchmark uses the seven dimensions of wellness—emotional, environmental, intellectual, occupational, physical, social, and spiritual—to ensure our programming, amenities, and services hit all the marks vital to whole-person wellness. This year and going forth, we’re implementing the additional dimension of self-care, which can often be overlooked.

Contrary to the modern pop culture definition of self-care that conjures images of bubble baths and beauty treatments, self-care at Touchmark means providing space and grace for residents and team members to thrive under all circumstances. When we refill our own emotional cups, our positivity can overflow to everyone around us.

So, how do we do it? The first step to practicing self-care is identifying what motivates us to feel like our best selves. For some people, this may mean setting aside time to quietly recharge by yourself. For others, it is important to increase socialization or get out more. Which is it for you? Boost your health and ease your stress this year with any of these fun activities:

- Spend time in nature on long walks with your favorite music playing through your headphones.
- Read a poetry book.
- Learn a new skill! Active learning exercises your brain—and you may meet new friends.
- Be inspired by #SelfcareSunday on social media; yes, it is a real thing.
- Create a “Yay!” list: Every night, write down anything that made you say “Yay!” during the day.
- Throw open your shades and let the sun in first thing.
- Donate your time—volunteering gives people purpose.
- Make a mantra: Consider your goals for the next day, week, month, or even year, and come up with a phrase that will help you get in the right mindset.
- Bask in essential oils with a meditation app for twice the benefits.

Whether it’s the solace found in quiet moments, the joy derived from social interactions, the rejuvenation experienced in nature, or the fulfillment derived from learning new skills, engaging in self-care ensures that everyone can tap into what makes them feel their best. As we embark on this journey, we recognize that self-care is not just a luxury but a vital aspect of maintaining positive emotional well-being, fostering resilience, and ultimately enhancing the quality of life for our community. By consciously addressing each dimension, you can attain a well-rounded and resilient sense of balance, fostering overall well-being in your life.

