Stroll down memory lane at our car show

Touchmark is proud to host our 9th annual car show on **Saturday, June 18 from 10 am - 2 pm.** This popular event showcases more than 100 classic cars, a barbecue lunch, music from a local DJ, and a drawing for prizes. Proceeds from the event again will benefit Meals on Wheels People.

A group of Touchmark Health & Fitness Club members traditionally provide some of the entertainment for the car show, and this year will be no different. Officially known as the Touchmark Tootsies, they have previously engaged participants in a flash dance, taught us how to boogie, and this year will be dancing along to some Beach Boys classics at 11 am. All are welcome to attend the car show. Hope to see you there!
As we age, inevitable changes occur throughout the body, including the brain. In older adults, some areas of mental ability (e.g., vocabulary, analytical skills) actually improve.

Did you know that 50% of cognitive function is determined by our genetics and age, while the other 50% is under our direct control?

The known risk factors for cognitive decline include:
- Lack of mental and physical activity
- Substance use and abuse
- Social isolation
- Poor nutrition and sleep
- Chronic stress
- Medical conditions such as diabetes, depression, hypertension

**How can we maximize our mental ability and reduce the effects of aging?**
Recent research proves we can increase the number of neural connections at any age by challenging our brain. More connections mean improved cognitive function and fewer symptoms caused by dementia or trauma.

This requires a multifaceted approach. Wellness initiatives such as building a social network, continuous learning, improving skills or learning new ones, physical activity, good sleep, and nutrition are proven to have a huge impact and long-lasting effects.

Attend exhibits, plays, musicals, and poetry readings; take a workshop or course; start a new hobby; listen to TED talks; download an app for brain stimulation.

If you are learning something new, changing a pattern or routine, or exercising your mind while you exercise your body, you are focusing on your intellectual wellness. And people who develop their intellectual wellness are more likely to maintain healthy cognitive function with age.
Reducing clutter

Our lives are filled with extraneous stuff that clogs our minds and space. To take back your life, begin by examining which kinds of clutter need to be cleared from your life:

**Physical clutter**—Symptoms: piles, stacks, and layered surfaces. Remedy: Purpose your space. Dig out and create a baseline you can maintain, and then assign a home to each category of items.

**Time clutter**—Symptoms: Out-of-control schedules, over-commitment, and lack of prioritization. Remedy: Discover your life’s purpose and priorities, and then align daily activities around that bigger picture.

**Financial clutter**—Symptoms: Overwhelm, fear, and resistance to tackle a project. Remedies: Invest in organizing your permanent filing system, establish a better flow of incoming paper, and create customized systems for recurrent tasks.

**Relational clutter**—Symptoms: Endless drama, neediness, anger at others, or unhealthy relationships. Remedy: Forgive yourself and others, and surround yourself with those who bring out the best you!


**Spiritual clutter**—Symptoms: racing on the hamster wheel of life, harried days disconnected from our spiritual nature. Remedy: Align your spirit, soul, and body.

Pick one or several areas of life clutter and begin “clearing clogs” today!

Vicki Norris, president of Restoring Order®, is a nationally recognized organizing expert, author, and speaker. Her team of professional organizers serves home and business clients in Washington and Oregon. You can watch her organizing segments on KPTV’s Fox 12 More Good Day Oregon. Visit RestoringOrder.com for more information.
For additional details of an event, including registration, transportation, and participation requirements, contact a Life Enrichment/Wellness team member.

**Tuesdays in June, 10:30 am**
*Lifelong Learners Brain Builders classes.* Keep your brain stimulated with these weekly group activities. Activity Room.

**Thursday, June 2, 3:30 pm**
*Music with Vladimir on violin.* Fireside Room.

**Thursday, June 16, 3 pm**
*Classical Club with Terry Ross.* Enjoy a variety of song selections and gain appreciation through the study and history of the composer and arrangements. Forum.

**Saturday, June 18, 10 am - 2 pm**
*9th annual car show.* Take a trip back in time with this popular event! Check out classic cars, enter prize drawings, and enjoy music from a local DJ. A barbecue lunch will be available by donation. Proceeds benefit Meals on Wheels People! See front cover for more details.

**Monday, June 20, 3 pm**
*All residents meeting.* Get the latest updates from resident committees and staff. Courtside Dining Room.

**Thursday, June 23, 2 pm**
*Fraud prevention talk.* Clark County Sheriff’s Detective Tom Mitchum will share tips for keeping yourself safe from common fraud schemes. Courtside Dining Room.

**Monday, June 27, 10 am**
*Beanbag baseball.* The Touchmark Tigers will be taking on kids from Knowledge Beginnings this month. Come watch and cheer on the team! Fireside Room.

**Tuesday, June 28**
*Summer concert with Westwinds Community Band.* Join us outside to kick off the summer with a performance from one of the oldest Vancouver-based adult wind ensembles. Courtyard.

*View our {FULL} Life calendar online for a complete list of events: TouchmarkVancouver.com*

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**Club members to perform at annual car show**
The Touchmark Tootsies will be gracing us with their annual performance at the Touchmark car show. Jamie Wunderlich and Carol Dodd are the choreographers who work with members throughout the year to prepare for the performance. Tootsies members range in age from 60-80, and many of them have worked with Jamie or Carol for more than 15 years! The cardio dance comes with great social and health benefits.