

NEWS RELEASE

Touchmark



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INTERNATIONAL WELLNESS EXPERT SPEAKS LOCALLY TO TOUCHMARK STAFF

BEAVERTON, Ore. — “We can have many diseases and conditions — and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Currently Vice President, Wellness Initiatives at Lakeview Village in Lenexa Kansas, Montague has owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke recently to Beaverton-based Touchmark’s Life Enrichment/Wellness staff, who gathered here from around the nation and Alberta, Canada, for their annual training session.

Montague shared, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explained, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model — fix the problem but ignore the whole person. In contrast, Montague says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Montague, “Wellness will not just happen on its own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build — or discourage — intentional, healthy communities. Some specific steps people can take to build community include:

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- Surrounding yourself with a positive support system;
- Maximizing individual capacity — doing as much as you can;
- Making sure your “whole person” shows up every day;
- Taking on self-responsibility;
- Recognizing that “life happens” — and making a decision to be positive.

“Wellness is a strength-based approach to life,” says Montague, encouraging people to “Think well. Act well. Be well.”

Ten years ago, Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Touchmark was truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current Life Enrichment/Wellness program, developed by Vice President of Wellness & Programs Marge Coalman, EdD.

Montague holds a master's degree in Gerontological Studies and a Bachelor of Science in Applied Sociology. She has conducted research at several universities/colleges and is currently developing a Wellness Community Center in Kansas.

Touchmark was established in 1980 and is a leader in planning, building and operating communities for those ages 55-plus. Located in eight states and a Canadian province, Touchmark communities provide a broad range of homes and lifestyle options. Touchmark Health & Fitness clubs are open to the public and serve people ages 40-plus. The company’s Life Enrichment/Wellness program encompasses many aspects, including daily exercise and physical activities; mind, body and spirit classes; lifelong learning; connecting with community partners and volunteerism; intergenerational opportunities; nurturing plants and pets and marking celebrations.