



For the love of travel!

Since moving to Touchmark seven years ago, Fran and Ralph Brown have traveled by land, air, and sea to spots around the world. In addition to their recent four-month world cruise, they have taken a European river cruise, driven across the U.S. and Canada, and explored Hawaii, Alaska, India, Turkey, Namibia, Iceland, and Chile.

Fran says, “I love seeing this great big world, and what we love most about our trips are the animals and wildlife! We love seeing them in their natural habitat, especially on safari in Africa.”

While the Browns are away, they don’t have to worry about their home. They know Touchmark team members are collecting their mail, watering their plants, and taking care of everything. “Especially being gone for over 30 days, we are

so happy to know we have the staff at Touchmark and wonderful neighbors to help us out,” says Fran. Before their recent trip, one friend at Touchmark, who has traveled around the world four times, offered them helpful advice about excursions—“another Touchmark benefit!”

Once home, the couple always put together a presentation for the residents, who enjoy seeing the photos, artifacts, and keepsakes. Some have been inspired to travel to faraway places, such as Transylvania and Japan, or take a world cruise. “The presentations are stressful to prepare for, but it’s neat to have a full crowd of people who appreciate and can share in our experience,” says Ralph. Fran adds, “We’re working now on an ‘Around the World in 80 Minutes’ presentation, which is going to be challenging!”

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Around the world in 113 days

As the couple searched for their next adventure, Fran saw a cruise itinerary for 29 countries and 39 ports. “I told Ralph, if I knew I only had a year to live, I’d go on a world cruise.” Ralph quickly replied, “Why wait? Let’s do it while we can!”

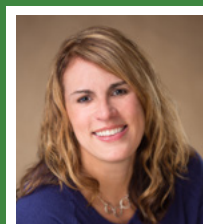
Every day offered a new venture. They swam with stingrays in Bora Bora, snorkeled in Thailand, toured Singapore, visited the Hobbiton in New Zealand, and explored parts of Angola, Gambia, and Cape Verde in Africa.

One of the highlights was Vietnam, where they visited the Cu Chi tunnels under Saigon. The tour focused on the ingenuity and resilience of the Vietnamese fighters, who lived and fought from the underground tunnels. “It was scary and yet fascinating crawling around in the tunnels, which were about 3 feet high,” says Ralph.

Never a dull moment! Next up ...

At the end of this year, they will sail on a Caribbean Disney cruise celebrating the Christmas holiday with their family. In 2019, they will embark on a two-month road trip around the U.S. and Canada to keep in touch with family and friends. Beyond that, they are researching potential safaris to nurture their continuing love of the African wildlife. Eventually, they would love to go to Ireland and Scotland to explore Fran’s cultural heritage and roots.

Both agree that Touchmark is the perfect home base for their worry-free travels!



Melissa Conrad
Vice President, Wellness & Marketing

“All journeys have secret destinations of which the traveler is unaware.”

– Martin Buber

Summer is often a busy time marked by long days and warm evenings, kids home from school, outdoor activities, and trips—whether near or far. This time of year allows us ample opportunities to connect with the natural world and, in turn, ourselves and those we love.

Getting outside not only feels great on our skin but enriches our minds as well. Recent scientific studies have shown that spending time outdoors decreases stress and anxiety, relieves attention fatigue, improves creativity, reduces inflammation, and keeps your memory sharp. In short, being in nature simply makes us happier, better-functioning people.

Even if you don’t have the time, flexibility, or ability to travel to a distant destination this summer, merely taking a day here and there to go to an unknown place will rejuvenate you. Here are some tips for making the most of your upcoming trip or staycation:

- Approach each locale you visit as if you are a tourist, even if you’re in your hometown. Ask questions, stop to take in the sights and smells, and keep an open mind. Buy a local guidebook to research the best places to eat, stay, and visit.
- Stay present by disconnecting from technology as much as possible. Set your cell phone to ‘airplane mode’ if you go for a hike. That way, you have it if you need it but are not tempted to text, check Facebook, etc.
- Pick at least one activity you have planned each week and swap it out for something that takes you outside. For example, take your knitting or crocheting to the park or suggest exploring a farmer’s market with your friends instead of your typical Sunday restaurant brunch.

Treat your body and mind to some deep relaxation this summer; you deserve it!

Health & Fitness Club

“My tai chi journey started about four years before my major medical event. Tai chi was initially a way to stay at least peripherally connected with my martial arts background as I aged, but classes then became a big part of my recovery from sudden onset paralysis due to a brain mass and rare infection. One morning in late October 2012, I simply could not get up out of bed. A head CT at the emergency room revealed a two-centimeter benign tumor in my right frontal lobe. Fortunately, my vitals stabilized and a surgeon removed the mass several days later. Despite the tumor removal, I spent nine long days completely paralyzed on my left side due to inflammation from the infection. It was unclear how much mobility I would regain.

“The gentle slow-moving art of tai chi focuses on balance and body awareness. It is incredibly beneficial to anyone suffering from mobility or balance issues, and can even be learned and practiced while seated. Shifting weight from one leg to the other and stepping forces both sides of the body to work. Simply learning the form also helps with memory, as the 108-move Yang-style (long) form consists of three distinct sections. While tai chi is fundamentally a martial art, it can be practiced by anyone and is not at all aggressive. The best description is ‘a moving meditation.’

“I am thankful I was able to call upon my tai chi skills during physical therapy. Balance, awareness of my center, and being able to funnel chi (energy) into my paralyzed left side helped tremendously. I recovered my ability to walk, work, and play guitar. At Touchmark, we are very lucky to have Jeffrey Vik—one of the best instructors that I’ve ever encountered anywhere. Join us for the next tai chi class and feel stress melt away!” - *Earl Mullins, Health & Fitness Club member*



What an honor

The Meridian Chamber of Commerce recognized Touchmark at Meadow Lake Village as the 2018 Small Business of the Year. We were recognized for our commitment to and involvement in the wider community through a number of efforts. For example, every month, residents of Touchmark gather and deliver food for the Meridian Food Bank for distribution to families in need. This is

in addition to the Holiday Food Drive. Throughout the year, we host numerous other events, including Project Linus, The Longest Day celebration, annual Classic Car Show held on Father’s Day weekend, Arbor Day celebrations, the annual Varsity vs Seniors sports competition, American Heart Association Expresso HD Bike Challenge, and an annual Art Show. A number of organizations (e.g., Rotary) also use Touchmark. In addition, Touchmark hosts numerous intergenerational and educational programs throughout the year.





TEAM MEMBER

Spotlight

Name: Allyson Marsh, RN

Position: Health Services Supervisor

How would you describe yourself? I grew up as a military kid, so we moved quite a bit. I think this is why I love to travel and be active. It is nothing for me to pack up the car with my husband (and now baby) and drive to California or Utah for the weekend. I am so thankful for the opportunities we have to hike and camp and be outdoors.

Share a bit about your family and growing up. My dad served in the Air Force, so I was constantly moving and experiencing many different cultures. I was born in Pittsburgh and have lived in Alaska, Idaho, Guam, California, and Ohio. I love the beaches and miss them, but am thankful I have landed here in the Boise area near my mom.

What are some of the most significant events in your life? I got married to Lucas Marsh in 2014 and graduated nursing school later that year. My most recent significant event was the birth of our daughter Oakleigh last year. She is now 9 months, and I am loving every minute of being a mother!

How long have you worked at Touchmark? Since 2011 when I was a CNA.

What do you enjoy most about your job? I love my job because everyone is dedicated to the same mission—enriching the lives of residents. It's the best feeling when I know I have helped a resident or family through a difficult situation and I hear from them that I really made a difference.

What Touchmark value do you most closely relate to? I insist upon excellence as my standard approach. I understand the weight of the responsibility given to me, and I take my job very seriously. Residents deserve the best of me, and I intend to give it.

Outside of work what are your favorite ...

Activities: Traveling, hiking, going to the Boise market, shopping, and being a mommy.

Food: Junk food!

Movie: Anything Disney, but truly I enjoy almost anything except horror films.

Music: I'm a Need to Breathe groupie, and I like country music, as well.



The Annual Art Gala was a huge success!



We celebrated Peggy McGee's 100th birthday party with entertainment, a friendship parade, and a flower presentation by her great-grandchildren.



Outdoor fun included a concert by the Capital City Mulligan Band, a Health & Fitness Club member hike to Camel's Back Park, and a trip to the State Penitentiary for a tour.

Save the date!

2018 MEADOW LAKE VILLAGE LUAU **Wednesday, July 11 • 6 pm • Meadows** **Courtyard**

Enjoy the tastes, music, and dances of the Polynesian Islands. Entertainment begins at 6 pm with the Boise Ukulele Group, followed by the Hawaiian Dancers at 7 pm, and concluding with the Fire Poi Dancers at 7:30 pm.

UMLV PRESENTS: WINEMAKER MATTHEW VUYLSTEKE

Thursday, July 26 • 2 pm • Coeur d'Alene Room

Winetasting is a challenging yet rewarding activity. With years of study, discourse, and tasting, it is possible to develop an ability to appreciate and describe the flavor of wines. But how can you learn the basics of winetasting? How can you recognize that distinctive bell pepper note in your Cabernet Sauvignon? This special UMLV two-hour class hosted by vintner Matthew Vuylsteke will cover the pairing process of wine and cheese and how our sense of smell plays a pivotal role. RSVP.

MERIDIAN FIREFIGHTERS ANNUAL SALMON BARBECUE

Friday, August 3 • Bus loads at 4:30 pm or meet at Kleiner Park

Join us for this annual fundraising event. Dinner includes applewood smoked salmon, French fries, coleslaw, rolls, soda, water, or milk. All proceeds go to the Meridian Firefighters Association and the Meridian Burnout Fund. Seniors are served at 5 pm, others at 6 pm. Cost: \$10. Pay at the door. Expect some walking, a buffet line to negotiate, and crowds.

NATIONAL MORNING OUT

Tuesday, August 7 • 8 am • Elkhorn Park

In honor of National Night Out, Touchmark is hosting National Morning Out, a celebration that offers local communities around the nation a chance to build relationships and take a stand against crime and drugs. Elected officials and representatives from the fire and police departments will join us for breakfast and fun activities, including a staff pie-eating contest; car, golf cart, and bicycle parade; and much more!

[View our {FULL} Life calendar online for a complete list of events: TouchmarkMeridian.com](http://TouchmarkMeridian.com)

Another successful show-and-shine



At the annual Car Show, we celebrated with classic cars and a beef brisket barbecue lunch with lots of sides!

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