



Curiosity—and continued learning

Genealogy and astronomy are just two examples of educational classes Stanley and Carolyn Mitchell have participated in since moving to Touchmark three years ago. “Touchmark brings to us the opportunity to learn new things,” explains Stanley. “With classes held right here, attending is easy and accessible.”

“The astronomy class was one I was excited about, as I always wanted to learn more about it,” adds Carolyn.

Touchmark’s Life Enrichment/Wellness staff regularly schedule educational forums and classes for residents along with the many social and other activities reflecting seven dimensions of wellness.

Twice a year, Touchmark hosts a series of classes dedicated to guest speakers offering more in-depth classes on specific topics. Class offerings have included new media literacy, geology, and habits for healthy living. Often the presenters are professors or professors emeritus from the local university.

“There are lots of learning opportunities for a variety of interests,” says Stanley. “One of the classes we attended was on Alzheimer’s and mental health, which was very helpful.”

New experiences create memories

The couple admit they like to try new things and continually learn. “New experiences we share together create a ‘remember when’ of shared

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history,” says Carolyn. Recently the Mitchells attended a concert at the Meridian Symphony, saw a play at the Idaho Shakespeare Festival, and have plans to visit the Starlight Mountain Theatre in a mountain community outside of Boise.

“The music of the area symphonies is a joy,” exclaims Carolyn. “It’s so uplifting and enriching. Now it’s so easy. The prearranged transportation to the concerts is much more enjoyable, because we don’t have to drive, and when we arrive at the venue, we are warmly greeted as ‘the group from Touchmark’ and led to our reserved seating.”

The surrounding area has no shortage of interesting activities for the Mitchells, whose key interests include art, human rights, geology, travel, and food. Exercise is another area of keen interest, and the couple work out nearly every day in the Touchmark Health & Fitness Club. “This has been vital to our health,” says Carolyn.

Like-minded people find each other

“We’re very social people, and we like to be with our friends,” says Stanley. “That’s what’s happened here at Touchmark. We’ve become real fast friends with people who are like-minded and enjoy new experiences.”

Carolyn adds, “We became involved in the Touchmark Thespians group. It’s fun, a lot of work, and quite impressive: The sound, lighting, and staging are amazing.” Both Carolyn and Stanley have served as stage managers, and Carolyn has performed in the show.

Married 57 years, Stanley and Carolyn moved to Touchmark from another state. The two agree they have found a new group of friends with whom they can enjoy learning new things, sharing a glass of good wine, and savoring a fine meal.

“It’s about having fun, laughing, and sharing,” says Carolyn. “It’s just what we do.”



Melissa Conrad
Vice President, Wellness & Marketing

“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.”

– Henry Ford

Because it’s back to school season, we’ve been thinking about the role learning plays in life, whether during our formative or later years. Learning can happen at any age as long as one has the curiosity and commitment to open his or her mind.

Not only does learning new things add more definition and enjoyment to your life, studies also show that it is particularly useful in keeping the aging mind sharp. Researchers from the University of Texas at Dallas recently experimented with adults ages 60-90 to gain insight into how learning new skills affects memory and mental cognition.

The results of the study showed that people who engaged in challenging new activities—such as digital photography and quilting—exhibited improvements in memory and problem-solving, whereas those who participated in activities with which they were already familiar—such as crossword puzzles and listening to classical music—did not.

Furthermore, the researchers observed that a hobby most improved individual brain function when it tapped the working memory, long-term memory, and other high-level cognitive processes at the same time. “The findings suggest that engagement alone is not enough,” says lead researcher Denise Park. “The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only the groups that were confronted with continuous and prolonged mental challenge improved.”

With that in mind, give yourself the gift of learning a new skill this autumn. There’s no better way to improve brain health while having fun at the same time!

Health & Fitness Club

Active Aging Week is September 24 - 28!

In coordination with the International Council on Active Aging (ICAA), we have planned another week of exciting events and life-enriching activities to promote the theme *Inspiring Wellness*. As in the past, we will promote all seven dimensions of wellness: spiritual, physical, emotional, occupational, social, environmental, and intellectual. Incorporating all of these dimensions helps promote whole-person wellness for optimal health!



Monday, 10:30 am: *Inspiring Wellness by Using Aromatherapy*, presented by Massage Therapist Brenda Nelson. Auditorium. **3 pm:** *Seven Dimensions of Wellness* with Mark Minette and Anne-Marie Fitz. Auditorium.

Tuesday, 1:30 pm: Outing to Steep Me A Cup Of Tea shop for a presentation titled *Inspiring Wellness Through Tea* followed by tea tasting and shopping and a walk in Rendezvous Park.

Wednesday, 9 - 11 am: Senior Fitness Testing. Auditorium. **1 pm:** Wellness Wednesdays with Eagles Students kick-off event. Foyer.

Thursday, 9 am - 7 pm: Inspiring Wellness Mystery Trip. **2 pm:** Katie Carlson and her brother, Danny Luecke, present *Inspiring Spiritual Wellness*. Silver Maple Room. **7 - 9 pm:** Active Aging Week Block Party.

Friday, 2:30 pm: *Impacting the Community Impacts You*, presented by Larissa Driscoll. Auditorium.

New Club class coming soon!

High-Intensity Interval Training (HIIT) water exercise class.

Club Maintenance

The Club will be closed Saturday, September 1 - Monday, September 3 for maintenance.

September and October Family Swim

Mark your calendar! On Friday, September 21 and October 19, from 7 - 8:30 pm, we'll be hosting family swims. Club members are welcome to invite their children, grandchildren, and/or great-grandchildren. Snacks and refreshments will be provided. RSVP by September 19 and October 17 at the Member Services desk.

What others are saying ...

"I moved to a new home in a new neighborhood, but I live at Touchmark. I mean it. I really have a home and live in a neighborhood all within the Touchmark apartment building! It is my home not only because I have family pictures on the wall, but because the Touchmark employees treat me with a respect and love like I get from my children and grandchildren. Love is not too strong a word to describe what we get from those who work here. The Touchmark staff don't do this because it is policy, but because love is a part of their nature and the culture of this community. A skeptic could insist that we residents are only getting what we are paying for, but it is more than that. The same love and concern the staff show to us has grown beyond just them. It is also evident in the relationships among residents. We really do care for one another and show concern when someone is troubled, ill, or alone. That's a neighborhood!"

-Clark Tufte, resident



Name: Rita Adam

Position: Housekeeper

How would you describe yourself?

Hard working, and I love helping others.

Share a bit about your family and growing up.

I was born in Iraq and lived there for 35 years. My husband was a farmer there and now is a manager at a church. We have four beautiful daughters. Three have already graduated from college, and my youngest, Martyna, is still in college and works in the dining room at Touchmark!

What are some of the most significant events in your life?

When we came to America and my daughters' graduations.

How long have you worked at Touchmark?

Almost five years. I started in December of 2013.

What do you enjoy most about your job?

The residents and my coworkers; they are my second family.

What Touchmark value do you most closely relate to?

Compassion: Loving what you do, which I do. I love my job!

Teamwork: One of the most important values every department should follow.

Outside of work what are your favorite ...

Activities: Shopping, visiting friends, going for walks with my family.

Food: Middle Eastern cuisine.

Movie: Arabic movies.

Music: Assyrian songs.



Summer fun included a trip to Silver Lining Creamery, the Taco in a Bag Party, the Cottage Block Party, a hot dog roast with cold beer, and a trip to Park Rapids for shopping, lunch, and a performance at Jasper's Theater!



In the Pembroke and Devonshire neighborhoods, we enjoyed the great outdoors with visits to Crooked Lane Farm and lunch out at Olive Garden.

Save the date!

BAKE SALE FOR THE ALZHEIMER'S ASSOCIATION

Tuesday, September 4 • 3:30 - 7:30 pm • Foyer

Our last fundraiser before the Walk to End Alzheimer's will be hosted by the teachers of Eagles Elementary School. They will be bringing in a variety of yummy homemade baked goods. Everything will be a free-will donation with all proceeds going to our fundraising effort. Help support this great cause!

WALK TO END ALZHEIMER'S

Saturday, September 8 • 9:30 am • Civic Center

Join us as team Touchmark takes part in the Walk to End Alzheimer's. Our team will meet before the walk starts at 10 am. Wear purple and help support those living with dementia.

SOCIAL GERONTOLOGY CLASS AT MOORHEAD STATE

Tuesday, September 11 • 4:30 pm • Bus to MSUM

For the second year in a row, students and residents will be getting together for one class a month during September, October, and November to discuss topics about aging. They will dine together and share thoughts and opinions on themes covering everything from dating to health care. Please sign up for this course at the Life Enrichment/Wellness office. Next meeting will be Tuesday, October 9 at 5 pm.

OKTOBERFEST AT TOUCHMARK

Wednesday, October 3 • 7 pm • Foyer

We've done the rowdy beer and sausage Oktoberfest parties in the past, but this year we are changing it up. We hope you will join us for an evening of desserts and dancing! We will be featuring authentic desserts, German wines, and live polka music by the Brian Britebart Trio.

CHEF'S DINNER

Wednesday, October 24 • 5:30 pm • Private Dining Room

Autumn is upon us, and Chef Joe Volske is creating an incredible meal featuring items from the fall harvest. This dinner is a great time to celebrate a special milestone or invite friends and family to experience all that Chef Joe can do! Cost is \$35/person, and space is limited so sign up at the Life Enrichment/Wellness office to reserve your spot today!

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

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