



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!”

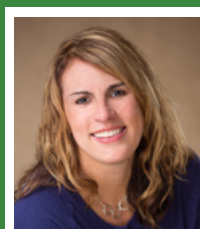
Every day offered a new venture. They swam with stingrays in Bora Bora, snorkeled in Thailand, toured Singapore, visited the Hobbiton in New Zealand, and explored parts of Angola, Gambia, and Cape Verde in Africa.

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

What are your fitness practices?

Optimal health and wellness are essential to everyone. We can all be healthier and happier. With a well-balanced diet, exercise, and lifelong learning, we can all live with a healthy mind, body, and spirit.

Everyone can benefit from participating in these programs and services regardless of age and current health conditions:

Massage therapy: Ongoing massage therapy can enhance your overall health by increasing circulation and relieving muscle fatigue and soreness.

One-on-one training: A certified fitness professional can be your coach to ensure you continue to reap the benefits of exercise.

TRX: This class focuses primarily on building muscle strength and flexibility.

Zumba®/Aqua Zumba®: These fun, high energy classes focus on cardiovascular endurance.

Family Swim

On Friday, July 27 and August 17 from 7 - 8:30 pm, we'll be hosting family swims. Club members are welcome to invite their children, grandchildren, and great-grandchildren. Snacks and refreshments will be provided. RSVP by July 25 and August 15 at the Club member services desk.

Schedule updates

The Club will be closed Wednesday, July 4 in observance of Independence Day and from August 29 - September 3 for routine maintenance.

High-intensity interval training and fall recovery in the exercise studio are coming soon!



What others are saying ...

"The friendly, helpful staff, clean and well-kept amenities, and warm-water pool are perfect for my arthritis and fibromyalgia."

- Faith Marie S., resident

Color{FULL} Charlie

We gathered for an insightful and inspirational gallery-style tour through Touchmark and four Touchmark homes featuring original artwork by Charles Beck. In total, about 30 pieces spanning the length of Beck's career were on display. Inspired by the way residents were moved by this artwork, staff invested in several prints by the artist, which were unveiled during the event and will be hung throughout the main building. Katherine Murphy met Charlie 50 years ago, and opened her home for the event displaying several paintings as well as some of Charlie's woodcarvings, which demonstrate his versatility as an artist.



Richard Olafson stands next to one of his pieces that will be open for viewing during the walk.

"He's nationally recognized, and his work beautifully represents the region we live in. ... He vividly captured the fields!"

- Katherine Murphy, resident



TEAM MEMBER

Spotlight

Name: Travis Pack

Position: Certified Fitness Professional, Health & Fitness Club

How would you describe yourself?

Very outgoing, like to listen to others, energetic, athletic, determined, dedicated, motivator, and very down to earth.

Share a bit about your family and growing up.

At an early age my parents divorced, so I had to travel back and forth between houses because it was a 50/50 custody agreement, but I stayed very active in sports.

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

My parents' divorce, making it to state the year I played on my school's varsity basketball team, and proposing to my girlfriend, Jackie, last October.

How long have you worked at Touchmark?

I have worked at Touchmark for 11 months.

What do you enjoy most about your job?

All of the friendly faces and personalities. The members are always keeping me smiling all day every day!

What Touchmark value do you most closely relate to?

Compassion, because I feel like I am always looking out for other people and putting them before myself. I make sure everyone is happy and nothing is bothering them.

Outside of work what are your favorite ...

Activities: Sports—softball, volleyball, bowling, basketball, and rugby.

Food: Sickies Garage Burgers & Brews, Red Lobster, and walleye sandwiches.

Movie: Very open to anything ... action, horror, drama, or '90s Disney movies.

Music: I like a little bit of everything!



We excited our taste buds and got our creative juices flowing at our taco in a bag party, Chef's Table Dinner, Touchmark Choir performance downtown on the big stage, dinner out to Deep Blue Seafood, and a night with Creativity Uncorked.



In the Pembroke and Devonshire neighborhoods, we enjoyed a trip to Dairy Queen for ice cream and reading with students from Eagles Elementary.

Save the date!

ANNUAL INDEPENDENCE DAY BARBECUE

Tuesday, July 3 • Waterford Heritage Garden

Beanbag tournament at 4 pm • Dinner from 5 - 7 pm • Live music from 5:30 - 7:30 pm

We'll start the afternoon with a two-player beanbag tournament and work up an appetite for a barbecue dinner of pulled pork sandwiches, chips, beans, coleslaw, s'more bars, beer, and root beer. We'll wrap up the night with music by Tucker'd Out! Invite family to join the fun. The cost to participate in the tournament is \$5 per team and the winning team gets total amount collected! Resident meal plans will be charged for the barbecue. Cost for family and friends is \$12 and can be charged to the resident account or paid at the front desk. Sign up for dinner and the beanbag tournament at the Life Enrichment/Wellness office.

UNITED WAY SCHOOL SUPPLY DRIVE AND PACKING PARTY

Monday, July 16 through Wednesday, July 25

From July 16 - 24 we will be collecting school supplies for Fargo kids in need of everything from glue to backpacks. Supplies can be dropped off outside the chapel or at the front desk. Then join us on July 25 at 2 pm for a sorting and packing party.

RED RIVER TRIVIA WEEK

August 20 - 24 • Various locations

Let's help fight Alzheimer's with a week of partnership and competition! We are excited to work with Red River Trivia and paint their evening trivia groups purple. We ask each player to donate \$5 to the Walk to End Alzheimer's® to participate in trivia for the evening. Join us!

Monday:

- 7 pm Bingo at Herd and Horns
- 7:30 pm Trivia at The Alibi Lounge (in the Baymont Inn)

Tuesday:

- 8 pm Trivia at Vic's Lounge in the Moorhead Center Mall
- 8 pm Trivia at Fargo Brewing Ale House

Wednesday:

- 4 pm Trivia at Touchmark with root beer floats and hot-dogs, suggested donation
- 7 pm Trivia at Drumconrath Brewing in Mapleton
- 7:30 pm Bingo at The Alibi Lounge (in the Baymont Inn)
- 8 pm Trivia at Pepper's Sports Cafe

Thursday:

- 7 pm Bingo at Herd and Horns
- 7:30 pm Trivia at O'Kelly's

Friday:

- 6 pm Trivia at Dempsey's Public House

LETTERS FROM HOME: VOICES OF VICTORY

Friday, August 24 • 3 pm • Foyer

This musical and tap dancing duet will touch your hearts and fill them with patriotism and nostalgia. Together, we will honor our veterans, active military heroes, and their families. Join us!

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

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