



## 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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## CONTINUED FROM PG. 1

### **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 Studio

## Stay safe in the summer sun

It's great to be outdoors this time of year, but remember to protect yourself if you are out in the sun. Keeping yourself covered is one of the simplest ways to stay protected. Try to wear a hat, long sleeves, and pants whenever possible.

A good tip to follow is the 30-20-2 rule:

- 30: The minimum SPF you should use.
- 20: The number of minutes before you go out in the sun that you should apply sunscreen.
- 2: The number of hours you can go without reapplying if you're not sweating or in the water.

Tips for preventing dehydration:

- Drink plenty of water before, during, and after you exercise.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or tired.
- Wear one layer of lightweight, light-colored clothing when you are working or exercising outdoors.

While it's nice to get out and enjoy the weather, it's important to keep up with your fitness routines to maintain any progress you've made. For more information about creating a fitness plan, speak with one of our certified fitness professionals.

## Take a ride

Check out the Espresso HD cybercycle at the Health & Fitness Studio! The Espresso HD provides a fun and interactive experience for users and getting started is easy. Simply create an account and start cycling! There are enough options that everyone can find something they enjoy. Ride through one of the many preloaded courses, take part in a cycling exercise class, or get on and ride at your own pace. The Espresso HD is a great way to make exercise fun! See Hannah for any questions or to learn about getting started.



# Fun on the Longest Day





# TEAM MEMBER *Spotlight*

**Name:** Angelie Estuche-Sales

**Position:** Assisted Living Resident Care Manager

**How would you describe yourself?** I am a very loyal and generous friend. I am also very stubborn, which at times hinders my growth, but most of the time I find it helpful.

**Share a bit about your family and growing up.** I was born in the Philippines and moved to California at the age of 20. After I got married and my life priorities changed, my husband and I decided to move to Oklahoma City in 2001. I was raised by my grandparents, who I think prepared me for my job now. I have three children, two of whom—Marc and Roni—are also Touchmark team members.

**What are some of the most significant events in your life?** I just celebrated my 20th wedding anniversary last fall.

**How long have you worked at Touchmark?** I have worked for Touchmark for just over 3 years.

**What do you enjoy most about your job?** My interactions with the residents and actually

knowing about the lives of the residents and staff alike. Getting kind notes from residents and their family.

**What Touchmark value do you most closely relate to and why?** Hospitality and excellence. Hospitality is a trait displayed by every Filipino, characterized by heartwarming generosity and friendliness that we exhibit to foreigners and the locals. We treat our guests with the utmost respect, often going out of our way to make guests feel comfortable. In a way, hospitality is embedded in me. As I mentioned earlier, I was raised by my grandparents, and my grandmother would always say to me, “Always be your best; be a person of excellence and go the extra mile to do what is right.”

**Outside of work what are your favorite ... Activities:** Gardening, it’s very therapeutic. Also, since 2012 I have served as the ministry leader for Feeding the Hungry at Christ the Kind Church in Nichols Hills.

**Food:** Italian and Japanese.

**Movie:** I like movies with strong, female leads. My new favorite is *Lady Bird*.

**Music:** I love the ’70s, ’80s, and ’90s.



*Communitywide events included a visit from the zoo reptiles, drinking a little bubbly at the Royal Wedding social hour, tropical drinks at the annual luau, and a Bow Tie Bash for the men's monthly dinner.*



*In the Prairieview Residences, we enjoyed making flower arrangements for the dining tables and an afternoon magic show by Maneki Magic.*

# Save the date!

## LIBERTYFEST ROCKIN 4TH OF JULY PARADE

Wednesday, July 4 • 8 am • Broadway & Ayers

Over 50,000 spectators line the 1.5-mile tree-lined parade route to watch the most magnificent July 4th Parade in Oklahoma!

## PARKINSON'S SUPPORT GROUP

Thursday, July 19 • 11 am • Private Dining Room

This support group welcomes anyone living with Parkinson's disease and their loved ones.

## MEMORY CARE SUPPORT GROUP

Monday, August 6 • 6 pm • South Activity Room

Join us for an open discussion about dealing with a loved one with Alzheimer's disease and share tips and stories about your experience. Light appetizers served.

## MAD HATTER'S BALL

Tuesday, August 21 • 6 - 7:30 pm • Grand Hall

You won't want to be late for this very important date! Join us in Wonderland for a dance to remember.

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



*Children from Positive Tomorrows, Oklahoma's only elementary school specifically for homeless children, wrote a lovely card to the Knotty Ladies group thanking them for their donation.*

## What others are saying ...

*"I always look forward to the monthly casino trip with my Touchmark friends! We don't have to travel far to have a good time!"*

*-Ann Hodge, resident*

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