



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

The Health & Fitness Club has a mission this summer: to transform summer wellness activities by renewing and increasing the vitality of everybody through fitness, education, and living a balanced lifestyle.

The Club strives to foster a community of people, both for members and residents, cooperatively pulling together to encourage and support one another along each individual personal wellness journey. Those journeys may involve physical, spiritual, emotional, social, intellectual, and occupational wellness themes. The goal of the new summer class schedule is Let's Thrive Together!

New summer offerings

Fitness: Small Group Training, SLIM-Lose Weight Sensibly, Advanced Pole Walking, FallProof™ and Recovery, Summer Cardio JAMS



Education: Energize Your Summer Through Education, Diabetes and Exercise, The Metabolic Factor

Lifestyle: Summer walking group, Mindful Meditation, One-on-one training, A Walk in the Park

Whatever your goals, the eight-week Let's Thrive Together experience will get you there! New classes begin July 9. Call 360-433-6400 for more information and to sign up.

It was A-MAY-Zing!



Residents took a break from their everyday lives and embarked on a race around Clark County. After four weeks of racing around completing challenging clues, it was unanimous that this year's A-MAY-Zing Race was a huge success!



TEAM MEMBER *Spotlight*

Name: Kellie Wagnild

Position: Resident Relations Manager

How would you describe yourself? Fun-loving and young at heart. I just love to have fun—especially with my family and the residents.

Share a bit about your family and growing up. I grew up in Vancouver, Washington. My husband and I are high school sweethearts, and we have two daughters. I graduated from Columbia River High School and Western Washington University.

What are some of the most significant events in your life? Definitely graduating from college, marrying my husband, and having my children. Friends and family are very important to me. Also, my career—working in the senior industry since 1991 has been very fulfilling.

How long have you worked at Touchmark? June 16, 2018 was my 20-year anniversary here at Touchmark.

What do you enjoy most about your job? I love the relationships I have developed with the residents over the years and what they have

taught me. I love helping others. Working at Touchmark is like family to me—residents and staff; it's like coming home each day when I come to work.

What Touchmark value do you most closely relate to and why? I am a friend. I value laughter and shared memories. The memories I've made, the things I've learned, and the people I've been able to love and develop relationships with over the past 20 years is priceless. It's easy to get up and come to Touchmark in the morning because I look forward to seeing those I cherish most.

What are your favorite ...

Activities: Hiking, filling up my McMenamin's passport, spending time with family and friends, traveling, working out, and gardening.

Food: Dark chocolate! Mexican food is delicious; so is Italian. Ice cream! And always a good glass of red wine.

Movie: I like comedies like *Elf* or *Grease*. I also really enjoyed the recent release *Hidden Figures*.

Music: Country, rock n' roll, pop, '80s music, '50s music—you name it, I like it!



We enjoyed the beautiful weather and took a trip to Shorty's Garden Center.



The 11th Annual Car Show & Barbecue was a huge success. With over 155 cars on display, we raised over \$5,060 to support the Alzheimer's Association, Clark County Food Bank, Parkinson's Resources of Oregon, and Clark County Veterans Assistance Center.

Save the date!

TACO TUESDAY

Tuesday, July 3 • 4 pm • Lobby

Enjoy a cold beer and tacos for a casual monthly get-together.

FOURTH OF JULY BARBECUE

Wednesday, July 4 • Courtyard Patio

Enjoy everything American at a Fourth of July celebration, including a barbecue and time with friends and family! Wear your red, white, and blue.

ART GALLERY OPENING

Thursday, July 5 • 6:30 pm • Art Gallery

Featuring new works from the Mosaic Art Alliance!

BATTLE GROUND COMMUNITY BAND CONCERT

Tuesday, July 31 • 7 pm • Courtyard Patio

Join us for a spirited performance by a musical group ages 55+.

TACO TUESDAY

Tuesday, August 7 • 4 pm • Lobby

Enjoy a cold beer and tacos for a casual monthly get-together.

Residents please sign up for events at the front desk; others RSVP to Jennifer at 360-433-6321.

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



In the Pembroke and Devonshire neighborhoods, residents enjoyed a special lunch with friends and family for Father's Day and a fun afternoon craft.

What others are saying ...

"Dear Touchmark,

Thank you very much for the beautiful bouquet we received for our mother, Be. Thank you all for your friendship and making our mom feel at home here at Touchmark. You are all so welcoming to all of us when we come to visit. For all of this, and more, we thank you. "

- Be's daughters: Janan, Barbara, Patty, and Cindy

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