



## 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 Studio

## Inspiring Wellness



Every September, Touchmark joins with the International Council on Active Aging and celebrates Active Aging Week. This year, the theme is *Inspiring Wellness*, which encourages older adults to get excited about discovering new and engaging activities. By focusing on the seven dimensions of wellness—emotional, environmental, intellectual, occupational, physical, social, and spiritual—everything we do benefits residents’ overall health and well-being. Join us for one or all of the complimentary events we have planned:

- Monday, September 24 • Senior Fitness Testing • 1 - 2 pm
- Tuesday, September 25 • Touchmark Trekkers: Peninsula State Park • 11 am
- Wednesday, September 26 • Senior Fitness Testing • 9:30 - 11:30 am
- Thursday, September 27 • Cooking with Class: Powerful Fruits • 2 pm
- Friday, September 28 • Fabulous and Functional • 2:30 pm



Marly Divvers (top right photo) is actively aging while working through her bucket list. She recruited friends to join her on an exhilarating zip line adventure at NEW Zoo & Adventure Park, which was also covered by the local media. Find the complete story on our Facebook page.

## What others are saying ...

*“Our transition to Touchmark was good; we are having a lot of fun since coming here! I’m not a cook, so when my husband Tom was asked about food, he said the quality of food we have at Touchmark has been a great improvement from when we were living at home. I have never met anyone anywhere that has been so welcoming. We’ve only been here since April, but everyone knows our names already!”*

- Marly Divver, resident



# TEAM MEMBER

## Spotlight

**Name:** Pam Murphy

**Position:** Memory Care Life Enrichment/  
Wellness Coordinator

**How would you describe yourself?** I am compassionate, caring, trusting, and trustworthy. A people person, who has a passion for people with dementia.

**Share a bit about your family and growing up.** I was born in Oconto and raised in Appleton by my loving and supportive parents. I'm the middle child of three girls. I have four children, who are the best thing I could have done (I thought) until I had my 12 grandchildren. I currently am blessed with two fur babies: Prissy the rag doll cat and Murph, my beagle-Shih Tzu mix. And, of course, my very own maintenance man and fiancé, Greg.

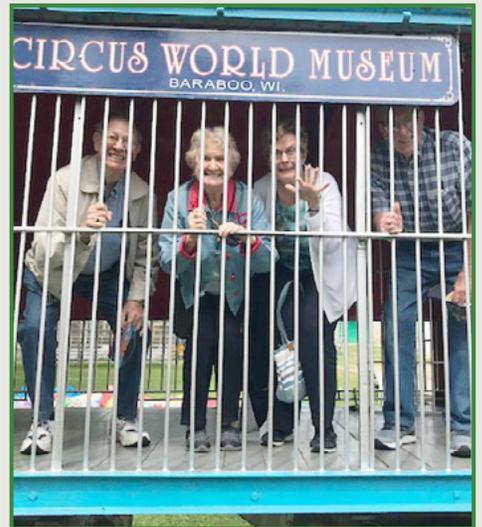
**What are some of the most significant events in your life?** Becoming a mother to four children and grandma to 12 grandchildren. Helping care for and being with my dad until his passing. Joining the Touchmark team as well as meeting my best friend and fiancé Greg.

**How long have you worked at Touchmark?** Nine years.

**What do you enjoy most about your job?** Building relationships. Sharing joy, laughter, and sometimes tears. I admire each and every one of the residents in The Meadows neighborhood, and I consider them all my friends and my heroes.

**What Touchmark value do you most closely relate to and why?** I am a Friend. I believe in the power of laughter. Sharing memories and building long-lasting relationships that I hold dear to my heart. I don't see residents as just residents. I see them as my friends and extended family.

**Outside of work what are your favorite ...**  
**Activities:** Crocheting, gardening, shopping, spending time with my fur babies, getting together and spending time with my family.  
**Food:** Asian food, pizza, and anything sweet.  
**Movie:** I love musicals, and *As Good as It Gets*, *Turner & Hooch*, and *Terms of Endearment*.  
**Music:** Old music, new music. I've learned that music is so powerful and is the universal language that connects the heart and soul, engaging us all.



*In the Meadows neighborhood, we enjoyed s'mores at the Longest Day celebration.*

*Fun community events included a trip to Mitchell Park Conservatory (The Domes) and a Historic Milwaukee Boat Tour, an afternoon at the Rawhide Fish Fry, a visit from Kingdom Animalia Exotic Animal Rescue, an afternoon at the Doo Wop Big Top Show, a trip to Bay Beach in Green Bay, and a Touchmark Trekkers hike around the lake.*

# Save the date!

## **LUNCH & LEARN: SELL THEN MOVE, OR MOVE THEN SELL**

**Wednesday, September 5 • 11 am - 12:30 pm • Garden Dining Room**

Richard DeKleyn, Realtor® with Coldwell Banker, has over 38 years of experience in the Fox Valley. Join him to learn the differences between selling your home then moving or moving and then selling your home. No cost to attend; seating is limited. Lunch provided.

## **FOX POINTE HOMES NEIGHBORHOOD BLOCK PARTY: FARM TO TABLE**

**Wednesday, September 12 • 5 - 6:30 pm • 2572 Touchmark Court**

Discover what The {FULL} Life is all about at the Fox Pointe Homes neighborhood block party. Enjoy a gourmet farm-to-table dinner featuring locally sourced ingredients while spending time with new friends and neighbors. Tours of available homes provided upon request. No charge to attend, but seating is limited.

## **ACTIVE STRATEGIES TO MINIMIZE YOUR RISK OF FALLING**

**Friday, September 21 • 11 am • Chapel**

Join Meagan Peeters-Gebler for a presentation on *Active Strategies to Minimize Your Risk of Falling*. She has a Doctorate of Physical Therapy degree from Marquette University and is a physical therapist with Orthopedic & Spine Therapy. She will teach you about the many factors affecting balance and how to improve. The mechanical act of breathing changes the pressure within our bodies. When we embrace our breath, we move and feel better. This interactive class will help you be mindful of your breath and how it impacts movement.

## **FOX POINTE HOMES OPEN HOUSE**

**Wednesday, October 10 • 2 - 4 pm • Start at 2541 Touchmark Court**

Thinking about a change? Beautiful homes in a fun and vibrant community ... that's Touchmark! Gather for a tour of exclusive Fox Pointe homes and learn more about The {FULL} Life at Touchmark. Refreshments will be served.

## **COSTUMES AND COCKTAILS**

**Wednesday, October 31 • 3:30 pm • Chapel**

Join us for a Halloween scare, if you dare! Enjoy spooky snacks and live entertainment by TJ and Lynn. Wear your best costume for your chance to win a prize!

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

**TOUCHMARK ON WEST PROSPECT**

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