



## 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!”

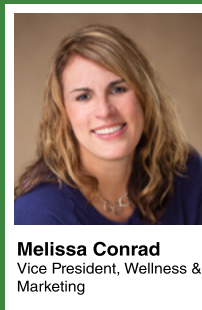
Every day offered a new venture. They swam with stingrays in Bora Bora, snorkeled in Thailand, toured Singapore, visited the Hobbiton in New Zealand, and explored parts of Angola, Gambia, and Cape Verde in Africa.

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 Studio

Keep moving this summer with these classes and more!

**Strong Bones Program:**

Monday, Wednesday, 9 - 10 am  
This 16-week program will end September 26. All are welcome.

**Strength & Cardio:** Monday, Wednesday, Friday, 7:45 - 8:30 am

**Posture & Balance:** Tuesday, Thursday, 9 - 9:45 am

**Zumba Gold®:** Mondays, 1 - 2 pm  
Check out the schedule for class descriptions.

**Stay hydrated**

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 or long sleeves. Also, apply sunscreen and drink plenty of water before, during, and after you exercise.



## What's on your bucket list?

During a recent visit to the history museum, Viceroy resident Florus Schumacher told caregiver Jaclyn Schock that she has always wanted a chance to ride in a Model T, and it is one of the items on her bucket list. Jackie shared the information with team members Kayce Kohls and Stephanie Buchanan, and they got to work. The car show was the next week, and Richard Strebel, who has attended the car show the last few years, has a 1927 Ford Roadster Model T Hot Rod that he built from the ground up over the past 20 years. The day before the show Richard surprised Florus with a ride. She was beyond surprised! In the photo Florus is surrounded by her family, who were also in on the secret. The event was covered by two local TV stations WBAY TV 2 and WLUK TV 11.







# TEAM MEMBER

## *Spotlight*

**Name:** Jaclyn Schock, CNA

**Position:** The Meadows

**How would you describe yourself?** I strive every day to be a better version of myself than yesterday.

**Share a bit about your family and growing up.** I just married my wife Jenny in September. I have an older brother and was lucky enough to grow up in the country and live next door to my grandparents' farm. This is where I learned my work ethic and core values.

**What are some of the most significant events in your life?** I took care of my grandmother who had dementia for four years until she passed. Giving the eulogy at her funeral was one of the hardest things I have ever done.

**How long have you worked at Touchmark?** This fall will be my fourth anniversary with Touchmark.

**What do you enjoy most about your job?** I enjoy the personal experiences. I take pride in

doing the extra things, making sure we are doing more than just meeting needs. I love getting to know everything I can about the residents and spending time together. It is a big deal for families to entrust their loved ones to us, and I don't take that trust lightly.

**What Touchmark value do you most closely relate to and why?** All of them but mostly I am a Friend! The Meadows residents are my friends, and I am surrounded by coworkers who embody all of the Touchmark values each and every day. I am proud to work alongside them every day. A person is only as good as the people who surround them.

**Outside of work what are your favorite ...**

**Activities:** Family, flea and farmers markets, antique shopping, and traveling.

**Food:** Mexican.

**Movie:** I don't have a favorite movie, but my favorite book is To Kill a Mockingbird.

**Music:** Christian.





*Fun community events included the annual Speakeasy Party, golf at Winagamie Highlands where Paul Baldrige enjoyed a beer sampler, the annual car show, and "Fun'tastic" Ballooning.*



*In the Meadows neighborhood, we enjoyed a walk around the community, making flower arrangements, and a trip to Mulberry Farm.*

# Save the date!

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## **FOURTH ANNUAL HULA HOOP GOLF SCRAMBLE**

**Tuesday, July 17 • 3 pm**

Will the winner be the Weapons of Grass Destructions or the Putt Pillaging Pirates? Join your favorite foursome, grab a club, and swing by 'fore' some hula hoop golf! This popular 9-hole tournament returns for the fourth year in a row, followed by the 10th Hole Shindig with music by Mike Huff and Bart Wolf.

## **FOX POINTE HOME BLOCK PARTY**

**Tuesday, July 24 • 5 - 6:30 pm • Fox Pointe Neighborhood**

Join us for some fun in the sun at our island paradise! Spend time with friends, meet neighbors, and learn what The {FULL} Life at Touchmark is all about while enjoying tropical drinks and food! Tours of available homes provided on request. There is no charge to attend, but seating is limited.

## **CHEF CHALLENGE: GRILLMASTER EDITION**

**Wednesday, July 25 • 2 pm • Portico**

We are putting a new spin on our cooking challenge and taking it to the grill! Each chef will

be given a basket with four mystery ingredients that they will have to transform into an entree in just 40 minutes on the grill! See who is on the chopping block before the dessert round and who will earn the crown of Grillmaster!

## **FOX VALLEY SYMPHONY ORCHESTRA SENIOR OUTREACH SERIES: JAZZ SERIES**

**Thursday, August 9 • 7 pm • Under the stars**

Join small ensembles from the FVSO as we celebrate music and our community's elders.

## **A WALK DOWN MEMORY LANE WITH ROCHELLE PENNINGTON**

**Wednesday, August 22 • 2:30 pm • Chapel**

Come and take a walk down memory lane to the good old days of the '30s, '40s, and '50s with author Rochelle Pennington. This light-hearted program will detail everyday life during the bygone years of corner phone booths, party lines, hand-me-down clothes, doctors who made house calls, wringer washing machines, marble matches, Howdy Doody shows, and outhouses. Rochelle's presentation—featuring vintage photographs—will be complemented by a large collection of antiques she will display.

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

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## What others are saying ...

*"The people are friendly, and the service is fantastic—this includes Dining Services, caregivers, and those who keep me posted on everything. Everybody tries to do something for you, tries to keep you busy. Maintenance is on the ball, and any requests are taken care of quickly."*

- Richard Powers , new resident (March 2018)

**TOUCHMARK ON WEST PROSPECT**

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