



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!”

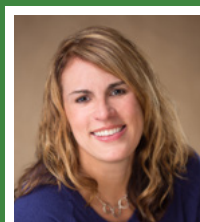
Every day offered a new venture. They swam with stingrays in Bora Bora, snorkeled in Thailand, toured Singapore, visited the Hobbiton in New Zealand, and explored parts of Angola, Gambia, and Cape Verde in Africa.

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

New offerings

Massage therapy is now available with Mona Marpol. Spring Special: Purchase five sessions and get one complimentary session!

New Mat Yoga class will be offered Mondays and Wednesdays at 9 am with Donna Manning, MS.

Join Circuit Class with nationally certified fitness professional Jason Hoover on Mondays and Wednesdays at 10 am.

Don't miss Wellness Wednesday: *Diabetes Prevention & Management* with Certified Diabetes Educator at Yavapai Regional Medical Center Kim Friend, RN, on Wednesday, June 20 at noon.



Welcome Doug Libby

In his role as Executive Director of Touchmark at The Ranch, Doug oversees all aspects of the full-service retirement community, including single-family cottage homes, lodge homes in the Grand Lodge, the Health & Fitness Club, independent and assisted living, and Touchmark's Pembroke program, which supports individuals experiencing early cognitive challenges.

Doug brings an impressive record of successfully running multifaceted operations in some of the most recognized hotel management companies in the world. These include Marriott International, Hilton Hotels & Resorts, Starwood Worldwide, Doubletree Hotels & Resorts, and several others, where he held positions ranging from General Manager, Regional Director of Sales & Marketing, and Sales Director/Sales Manager.



A graduate of Brigham Young University, Doug earned his Bachelor of Arts in Communications with an emphasis in Public Relations and Marketing. He also met his wife Katie at the school, and the day after he graduated, he and Katie were married. They have four adult children: one daughter and three sons.

Over the years, Doug's various work assignments allowed the family to live in eight states throughout the East Coast, South, and West, including nine years spent in Sedona, Arizona.

A dedicated outdoor enthusiast, Doug enjoys hiking, sailing, skiing (snow and water), spending time with family, and "doing anything involving a ball or a bike."

"At Touchmark, our motivations are based on enriching people lives. Residents are the most important people in our community. They are not dependent on us; we are dependent on them. They are not an interruption in our work; they are the purpose of it. They are not an outsider in our business; they are a part of it. We are not doing them a favor by serving them; they are doing us a favor by giving us an opportunity to do so. We invite you to experience the Touchmark difference in Prescott at The Ranch."

- Doug Libby, Executive Director



TEAM MEMBER

Spotlight

Name: Mike Townsend

Position: Member Services/Touchmark
Trekking Leader, Health & Fitness Club

How would you describe yourself? I have a very diverse spectrum of skills, interests, and talents. I believe each person should strive to excel at whatever he does.

Share a bit about your family and growing up. One of two rambunctious boys, I grew up in central Missouri, spending my summers at the Lake of The Ozarks caving, hiking, and exploring. Attending high school in northern New Jersey, I was happy to leave the New York City metro area and come to Arizona to attend Prescott College. I graduated with a B.A. in 1979 with a dual major in Wilderness Leadership/Outdoor Education and Photography/Graphic Arts. I have worked professionally as a photographer, graphic artist, ambulance medic, outdoor instructor, college instructor, small-business owner (outdoor equipment), search and rescue team leader and instructor, EMT instructor, wilderness first responder/instructor, forestry technician, canoe guide, and much more!

What are some of the most significant events in your life? Attending a very environmental/outdoor-centered college cemented my appreciation, which had begun as a youngster, of our amazing world. Participating in wilderness search and rescue for more than 32 years, coupled with careers in emergency medical services and teaching firmed my commitment to volunteering and serving my community.

How long have you worked at Touchmark? Exactly one year, since July 2017.

What do you enjoy most about your job? The opportunity to lead hiking groups and share the outdoors with residents.

What Touchmark value do you most closely relate to? I am an Ally.

Outside of work what are your favorite ...

Activities: Almost anything outdoors: hiking, climbing, caving, kayaking, or photography.

Food: Asian, particularly Thai.

Movie: Science fiction.

Music: Just about anything!



The Touchmark Trekkers took on the picturesque Groom Creek Inner Loop Trail.



The dog park is open!



It was a great day to visit Montezuma National Park.



Welcome, Gale and Jack Craig.



At the Happy Hour with the Founders event, residents and friends joined Touchmark Founder and Chairman Werner G. Nistler, Jr. and Vice Chairperson Colleen Nistler to learn how the Nistlers started Touchmark.



We enjoyed a fascinating presentation by Arizona's Raptor Experience.

Save the date!

PICKLEBALL, PIZZA, AND PINT PARTY

Thursday, August 2 from 9 am - noon

Please join us to enjoy a pickleball clinic (watch or learn how to play!) and then join us for pizza flatbreads in The Finn™ Restaurant & Pub and enjoy a nice, cold pint of beer!

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

Construction update



Exterior stone veneer patio railings and tile work continue in the Grand Lodge. Roof flashing has arrived as well as trees for planting. Come select your Grand Lodge home today.

What others are saying ...

"The Touchmark staff has been extremely helpful in many ways by providing advice, moving boxes, and other support. They too are very friendly, knowledgeable, and wonderful to work with. We are looking forward to an outstanding time living in our new home in the Touchmark Grand Lodge."

- Don and Annette Schiller, future Grand Lodge residents

TOUCHMARK AT THE RANCH
Full-service Retirement Community

3150 Touchmark Boulevard • Prescott, AZ 86301

928-632-7800 • Touchmark.com

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