



Laughing ... “It gives you life!”

When Bev Kuhn is asked why she’s always smiling and laughing, she quickly answers, “It’s a good release and makes things go well.”

She says she laughs at any humor she finds. Pausing, she thinks about an example and then lights up as she describes her “fun table” of six women who enjoy eating dinner together each evening. “One woman brings a book of Yiddish phrases to share with the group. They’re common phrases we all know, and that sets the stage for a fun dinner.

“We’re all different and may not agree on everything, but we can talk about anything, laugh, and have a great time.”

Research has shown there are many real benefits of laughter, from managing pain to reducing stress, and Bev acknowledges laughter played a

big role helping her cope with the many demands of caring for her husband for five years as his Alzheimer’s disease progressed. “It was such a difficult time. I tried crying, but that doesn’t work, so I thought I might as well laugh about it. He had a great sense of humor!”

Before her husband’s diagnosis, the couple spent 20 years traveling across most of Canada and throughout the U.S. and Mexico in their RV. “He was a jokester! I’m not a joke-teller, but I love laughing at jokes when others share them.” Born in North Hollywood, California, Bev has lived most of her life on the West Coast. She and her husband owned a metal engraving business and raised three daughters. With her flair for design, Bev also was an interior decorator. Plus, she was a district manager for Avon, overseeing 150 representatives.

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Life—and laughter—at Touchmark

“I’ve had more culture here at Touchmark since I moved in almost three years now,” she says throwing her head back with a laugh. “The music is amazing, but that’s not all. You can’t do everything there is to do ... there’s lots and lots to do.”

In addition to all the cultural events and activities, you can find Bev bubbling with enthusiasm at happy hours, chatting with people while she walks her dog, and signing up for “most anything.”

At the top of her list is the A-MAY-Zing Race, an activity patterned after the popular TV show, the *Amazing Race*. “I love it! That is the most fun! It’s a challenge, and I didn’t realize I was so competitive, but I jumped into it.” Her team (the Sweet Chicks) has won for the past two years. “And we plan to do it a third year: We’re tough!”

That competitive spirit also shows itself when she plays Wii Bowling, another favorite pastime.

Having crisscrossed North America with her husband, Bev still enjoys traveling and appreciates Touchmark’s organized trips. “We went to Cape Cod last fall, and we plan to go to Philadelphia, Pennsylvania, later this year. I’m excited to go to the Panama Canal next year.”

But ask Bev what she likes the most, and she quickly says, “The people! Not only the residents but the staff, too: They’re wonderful and very caring.”

When she’s not talking and laughing with friends and neighbors or playing Pegs and Jokers, Bev is busy with projects in her home. “I adore quilting and have an embroidery machine and a pretty extensive collection of quilts.”

Whether she’s bent over her sewing or raising a glass and toasting life with friends, the one common thread running through Bev’s full and fascinating life is laughter. “It gives you life!”



Melissa Conrad
Vice President, Wellness & Marketing

“Humor is mankind’s greatest blessing.”

– Mark Twain

Most people have heard the saying “laughter is the best medicine,” and while that may be an overstatement, laughter does offer some profound benefits.

In fact, recent studies have shown that laughter has the power to reduce stress and anxiety by shutting down stress hormones like cortisol and triggering dopamine production. It also increases oxygen intake by stimulating the heart, lungs, and muscles, and it is a natural pain killer.

Here are a few suggestions for increasing your laughter levels:

Laugh when others laugh. Sometimes your body just needs to get warmed up, and a few false chuckles can help you get started on the real thing.

Learn to laugh at yourself. Laughing instead of getting angry at yourself when you make a mistake will give you more reasons to laugh and may help you be a happier person overall.

Browse YouTube. Type in “funny videos,” and you will find thousands of opportunities to tickle your funny bone.

Change up your radio stations. There are a variety of ways to listen to recorded comedy, including CDs, humor podcasts, and satellite radio comedy stations.

Schedule a weekly funny movie night. Invite friends or neighbors and suggest taking turns hosting and selecting the film. When accompanied by others, many people are 30 percent more likely to laugh than when on their own.

Embrace every opportunity to laugh: after all, our health can be a laughing matter.

Health & Fitness Club update

The Touchmark Health & Fitness Club offers a full range of fitness programming, including Long & Strong, Tai Chi, Bust-A-Move, chair yoga, and aquatics.

Our aquatics class is a high-energy water workout that can be modified for all levels. Using a choreographed sequence of movement, this class provides a fun, rhythmic routine set to uplifting music to keep you moving. Your balance, muscles, and heart health will all benefit from this great workout.



Enjoy a complimentary seven-day membership to kick-start your workout plan. Visit the Health & Fitness Club today for a tour or call 928-632-7800.

More services available at Touchmark!



One of the advantages of living at Touchmark is the continuum of services built into the community—everything from independent and assisted living to the Pembroke program, which supports individuals experiencing early cognitive challenges, and the Health & Fitness Club with its pool, spa, state-of-the-art equipment, and certified professional trainers. Recently, another service has been added: home care.

“Touchmark is excited to be working with Home Care Assistance as our home care provider of choice,” says Executive Vice President Tom Biel. “The company’s quality of service, high standards, and commitment to supporting people are a great fit with Touchmark’s mission and values. Home Care Assistance is a very important allied health provider.”

Tom explains Touchmark residents living independently sometimes find it helpful to have some extra support, such as medication reminders or bathing/dressing assistance following an injury or illness.

Owner and CEO Carol White is delighted to be working with Touchmark. “Our goal is to exceed the expectations of residents and staff!”

Once the Grand Lodge opens later this year, Home Care Assistance will have an on-site presence at Touchmark.

Carol launched the company in 2015, infusing it with her decades of experience in teaching and business as well as her passion for helping people, including two years of direct caregiving for her mother.

The carefully selected team at Home Care Assistance can provide a menu of services for residents who may not need full assisted living support but can benefit from some extra help to support their independence.

More information is available by calling 928-771-0105 or visiting HomeCareAssistancePrescott.com.



TEAM MEMBER *Spotlight*

Name: Aime Gebauer

Position: Resident Services

bachelor's degree in Organizational Leadership while working full time.

How would you describe yourself? I am a simple person who loves God and nature. Blessed to be a mother of two wonderful children, Daniel, 15, and Anna-Claudia, 12, and married to Peter. Family is the most important part of my life.

Share a bit about your family and growing up. I grew up in a small town in Central Mexico called Capulhuac and had a humble childhood as part of a family of nine! I took seventh place. I first studied in Mexico, earning an Administrative Assistant ESL degree, and I also have a bachelor's degree in Organizational Leadership from Marquette University. I have experience in training and administration for the hospitality, retail, and manufacturing industries.

What are some of the most significant events in your life? Being married to Peter and becoming a mother. Also, a year ago, my family and I purchased a bed and breakfast in Prescott called the Watson Lake Inn. It includes a cooking school in which Peter instructs and I assist. Another milestone is that I earned my

How long have you worked at Touchmark? I joined Touchmark in October 2017.

What do you enjoy most about your job? People! I love to interact with people, and Touchmark residents are wonderful!

What Touchmark value do you most closely relate to?

Hospitality. Touchmark is very much like a resort to me, and we make sure residents' lifestyle is one of being served.

Outside of work what are your favorite ...

Activities: Spending time with family.

Food: Master Chef Peter Gebauer's food! I don't like to cook, but I love his food.

Movie: Not much of a movie person, but I recently liked *The Giver* and *The Bucket List*.

Music: I love music! David Lanz, Jim Brickman, Kenny G, Enya, and I love Andrea Bocelli.



Evelyn Samper made her Grand Lodge home selection! Evelyn had the priority number one and had her first pick of homes. See the story on the back page for more information about Grand Lodge home selections that are underway!



Philip and Evelyn Brooke broke ground on their Eisenhower home on Lot 23. They are looking forward to joining this great, active community.



Drexel and Kay Jones celebrated their groundbreaking on Lot 1! They're longtime area residents and can't wait to start enjoying the views and maintenance-free lifestyle.



The Touchmark Trekkers hiking club continues to hike throughout the Prescott area. Residents and Health & Fitness Club members enjoy the delightful, expertly lead hikes.



Save the date!

SPRING BREAK POOL PARTY

Tuesday, March 20, 1 - 4 pm • Clubhouse

Throw on your beach clothes and join us by the pool. Enjoy fun games, music, and tropical treats. RSVP by March 13.

WINE AND CHEESE SOCIAL HOUR

Wednesday, April 11, 3:30 pm • Clubhouse

Meet new friends and neighbors while enjoying delicious wine and cheese. After the social hour, you're invited to enjoy 25% off food at The FinnTM Restaurant & Pub! RSVP by April 8.

Home selection underway

On February 14 we hosted a Grand Lodge home selection information session for our Priority Reservation holders. Attendees enjoyed a visual tour of all the Grand Lodge amenities including: the Plaza, Charley's bistro, resident business club and library, hobby shop, car wash, pet wash, and wine cellar. Guests heard about the interior design concept and viewed pictures from professional interior designer Matthew Becker. The Grand Lodge interior design is being completed by the prestigious firm Perkins Eastman, which is founded on the principal that design can have a direct and positive impact on people's lives.

Future Grand Lodge residents will enjoy many amenities, hospitality, and a wonderful community that will enrich their life. The Grand Lodge has over 30 independent living floorplans ranging from studios to three bedrooms. If you are interested in learning more or becoming a Priority Reservation holder, please call a retirement counselor at 928-632-7800 or visit us anytime.



TOUCHMARK AT THE RANCH
Full-service Retirement Community

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