



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!”

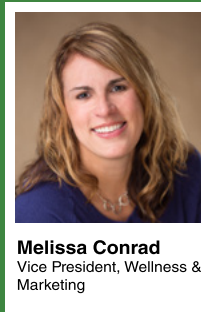
Every day offered a new venture. They swam with stingrays in Bora Bora, snorkeled in Thailand, toured Singapore, visited the Hobbiton in New Zealand, and explored parts of Angola, Gambia, and Cape Verde in Africa.

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!



“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

Stay safe in the summer sun

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, long sleeves, and pants whenever possible.

A good tip to follow is the 30-20-2 rule:

- 30: The minimum SPF you should use.
- 20: The number of minutes before you go out in the sun that you should apply sunscreen.
- 2: The number of hours you can go without reapplying if you're not sweating or in the water.

Tips for preventing dehydration:

- Drink plenty of water before, during, and after you exercise.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or tired.
- Wear one layer of lightweight, light-colored clothing when you are working or exercising outdoors.

While it's nice to get out and enjoy the weather, it's important to keep up with your fitness routines to maintain any progress you've made. For more information about creating a fitness plan, speak with one of our certified fitness professionals.



Color{FULL} fun



Our 2nd Annual Color{FULL} 5K Fun Run was a huge success. We had over 85 registered walkers/ runners. Devonshire neighborhood resident Harold Bach, 98, participated along with family members. Harold is a Senior Olympics gold medalist! All funds raised went to support local Alzheimer's disease research and care efforts.



TEAM MEMBER

Spotlight

Name: Gene Eckholm

Position: Bus Driver

How would you describe yourself?

I would say I'm gentle, caring, and funny.

Share a bit about your family and growing up.

I'm originally from Wing, North Dakota. I had one brother and one sister. We left Wing in 1953 and moved to Mandan, where I finished school and worked with a Hi-Line company. I got married in 1966, and we had two children—both boys.

What are some of the most significant events in your life?

Working with people for 30 years in food and beverage operations in my younger days was a highlight. I then went into construction work and truckdriving. Having my firstborn, Harlan Gene Eckholm. And then my second five years later, Darren Eckholm. Being married for 50 years to my wife.

How long have you worked at Touchmark?

I have worked here 3 1/2 years.

What do you enjoy most about your job?

I enjoy taking care of the residents, making sure they're taken where they need to go. I enjoy helping my fellow coworkers to achieve their goals. I love what I do, and I do what I love.

What Touchmark value do you most closely relate to and why?

I am a Friend. I like being with and helping others in any way I can.

Outside of work what are your favorite ...

Activities: Fishing, card playing, and going on journeys.

Food: Anything that's edible! Prime rib.

Movie: Western movies.

Music: Country.



At our beanbag baseball game, we defeated Legacy in a walk-off homer. That's back-to-back wins for the Grand Slammers! Just one week after our big win, residents attended a Sabers game where veterans were honored. Pictured above, Jerry Spaedy (National Guard) and Lawrence Mettler (Army) threw the first pitches to senior and Private First Class Caden Kudrna.



We planted succulents into decorative mugs! We used a mix of soil and rocks for proper drainage and discussed tips on lighting and watering.



We had a great turnout for our four-week pinochle tournament. Winners Betty Heinrich and Edwin Ternes each received a \$15 gift card to Johnny Carino's and a T-shirt!



Dining room server Tami Trostad (middle) and resident Eve Schultz (right) hosted Norwegian Independence Day. Together, they had clothing and memorabilia on display and authentic food for tasting. The lefse was delicious. We can't wait for next year!



In the Pembroke and Yorkshire neighborhoods, residents enjoyed getting outside to partake in the daily flag raising and even an afternoon dance on the patio.

Save the date!

MONTHLY MEN'S CLUB

Wednesday, July 11 • 6:30 pm • Hoyle Room

Dan Donlin, recently retired Chief of Police of Bismarck will be the special guest. Beer and wine will be served.

LADIES' NIGHT

Tuesday, July 17 • 6:30 pm • Hoyle Room

The ladies will host Stacy Schaffer, founder of 31:8 Project, a non-profit started to spread awareness of human trafficking. Beer and wine will be served.

MONTHLY BREWERY PASSPORT TRIP: KICKOFF

Friday, July 20 • 4 pm • Bismarck Ale Works

Breweries have been popping up left and right in Bismarck-Mandan. Once a month, participants will visit a new brewery and get their passport stamped. Once we've visited every brewery on our map, they will turn in their passport. Those who visited all breweries will get a prize!

CLASSIC CAR SHOW

Thursday, August 2 • 5:30 pm • Front parking lot

Residents, guests, staff, and families will gather to enjoy a night of classic cars, food trucks, and live music together. There will be a variety of different cuisines served from food trucks while attendees enjoy music and admire the beauty of the cars.

LETTERS FROM HOME

Thursday, August 23 • 6:30 pm • Touchmark campus

We will be hosting special guests Letters from Home, performers who travel the country, honoring our nation's veterans, active military heroes, and their families by reviving patriotism through music. They perform their show in theaters, air shows, cruise ships, schools, patriotic celebrations, military bases, VA hospitals, VFWs, American Legions, and now—excitedly—Touchmark!

View our {FULL} Life calendar online for a complete list of events: TouchmarkBismarck.com

What others are saying ...

"You all are wonderful ... All of you are so caring and efficient and helpful and willing to please. Words aren't enough, but thank you!"

- Lorene Wasland, guest of resident

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