



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

Touchmark Health & Fitness Club One-Year Anniversary Celebration

Saturday, July 21 from 9 am - noon

Join us for this no-cost, family-friendly event celebrating a wonderful first year of the Health & Fitness Club. If you sign up to become a Club member before July 31, you will receive three complimentary personal training sessions!

Meet on the northeast lawn for a welcome ceremony with Health & Fitness Director Tyler Ramstad before beginning the 0.84-mile walk through the beautiful All Saints Neighborhood. Stop at the History Club to take part in 15 minutes of Country Heat before heading to Lyon Park where we will take part in 15 minutes of yoga, and end the trek on Touchmark's Sunset Pavilion for 15 minutes of Strong Bodies. All classes are led by certified fitness professionals. Water and first aid stations will be set up. After the walk and classes, kick back in the Club for snacks, refreshments, and live music. RSVP not required but encouraged—call 605-731-5477.



Sounds of summer



For our first event in the Summer Concert Series, we enjoyed the sounds of Studio B. Jazz as attendees perused the Longest Day silent auction. See the calendar on the back cover for the next concerts in the series and join us for a family-friendly evening of music with food trucks on-site and refreshments served on the lawn! Donations from the series will support the greater Sioux Falls community.

A group of people, including several older adults and a few younger men, are seated around a large black table in a well-lit room. They are engaged in a card game, with cards and stacks of chips visible on the table. The room has a warm, inviting atmosphere with framed pictures on the walls and a pool table visible in the background.

TEAM MEMBER

Spotlight

Name: Travis Hinnners

Position: Building Services Technician

How would you describe yourself? I'm just a nice guy who wants to help out and do his part to make everyone's day a little brighter.

Share a bit about your family and growing up. I grew up in Huron, South Dakota, with my parents and an older brother and sister. I graduated from Huron High School in 1999. I attended Augustana College and graduated in 2003.

What are some of the most significant events in your life? My wife, Heather, who is a Special Education/Autism Team Leader with the Sioux Falls School District, and I just celebrated our 14th wedding anniversary. Together, we have two sons; Carter (10) and Gavin (8), who attend Bethel Lutheran School in Sioux Falls.

How long have you worked at Touchmark? Sixteen-plus adventurous years!

What do you enjoy most about your job? I enjoy building relationships with the residents and their families. It is interesting to get to know more about their life stories and the impacts they have made in their lifetime. I also enjoy the

people that I work with as they make each day an adventure!

What Touchmark value do you most closely relate to and why? I most closely relate to "I build community one relationship at a time." I strive to find ways to connect with residents on a daily basis in every interaction, looking to add laughter or a smile along the way. I find interest in the stories that residents share as well as enjoy assisting them in any way needed to help make their day the best it can be. I also look for ways to support the work that both my coworkers and I are doing each day to continually improve on ways we can work as a team.

Outside of work what are your favorite ... Activities: Kayaking, camping, hiking, church activities, family bike rides, and enjoying time with my family.

Food: Indian, tacos, chimichangas, basically anything Mexican.

Movie: *Saving Private Ryan* and any WWII movie.

Music: '80s and '90s music, specifically rock or country.



Gerrit and Lazetta invited friends and family to join them in the historic All Saints Chapel as they said their vows and started their next chapter together! Congratulations to Mr. and Mrs. Van Den Top!



We donned our fancy attire for the Night to Remember Senior Prom. After a delicious meal featuring coq au vin and creme brulee, we took a spin on the dance floor!



We held a wine and cheese pairing in two of our Phillips Way model homes. We enjoyed selections chosen by Executive Chef Clinton Paquette and the soft vocals and guitar talents of local artist, Taylor Weiland.



Left to right: The team at Chico's partnered with Touchmark for our semiannual Style Show! We had a "ball" at the Monthly Birthday Dinner. The pirate-themed dinner featured Buccaneer's brisket, Scallywag scalloped potatoes, and finished with rum cake, of course!

Save the date!

SUMMER CONCERT SERIES: SIOUX FALLS MUNICIPAL BAND

Tuesday, July 10 • 7:30 - 8:30 pm • North lawn

Join us for the second performance in our summer concert series. Enjoy live music, food trucks, lawn games, and refreshments! Bring a chair or blanket to sit on. Family friendly. No cost to attend but asking for donations of nonperishable food items benefiting Feeding South Dakota. No RSVP necessary.

WEEKEND TRIP TO MINNEAPOLIS

Saturday, August 4 - Sunday, August 5

Join Touchmark on a road trip to the Twin Cities! Leave Saturday morning at 8 am and head to Minneapolis to hit the Mall of America for lunch and shopping followed by a Minnesota Twins baseball game and dinner that evening. Stay the night in downtown Minneapolis and enjoy brunch before heading back to Sioux Falls early Sunday afternoon. Transportation, tickets, and hotel are included in the cost of the trip. Meals and memorabilia not included. Please call Life Enrichment/Wellness Director Ellen Kelly at 605-335-1117 for pricing and details.

SUMMER CONCERT SERIES: BLUEGRASS TRIO DAN KILBRIDE, KELBY FODE, AND BOYD BRISTOW

Wednesday, August 15 • 7 - 8:30 pm • North lawn

Join us for the third and final performance in the summer concert series. Enjoy the live music, food trucks, lawn games, and refreshments. Bring a chair or blanket to sit on! Family friendly. No cost to attend, but we are collecting donations of school supplies benefiting Project SOS through The Banquet. No RSVP necessary.

QUILT SHOW

Wednesday, August 22 • 3 - 6 pm • Sunset Pavilion

Explore the beautiful displays of handmade quilts and chat with the faces (and see the hands!) behind the stitching! Refreshments and summer treats available. RSVP not required but encouraged.

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



Residents in the Elm and Maple neighborhoods held a pirate-themed dinner and got in the spirit of summer with making flower arrangements and playing games on the patio with local school children.

TOUCHMARK AT ALL SAINTS
Full-service Retirement Community

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