



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

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:

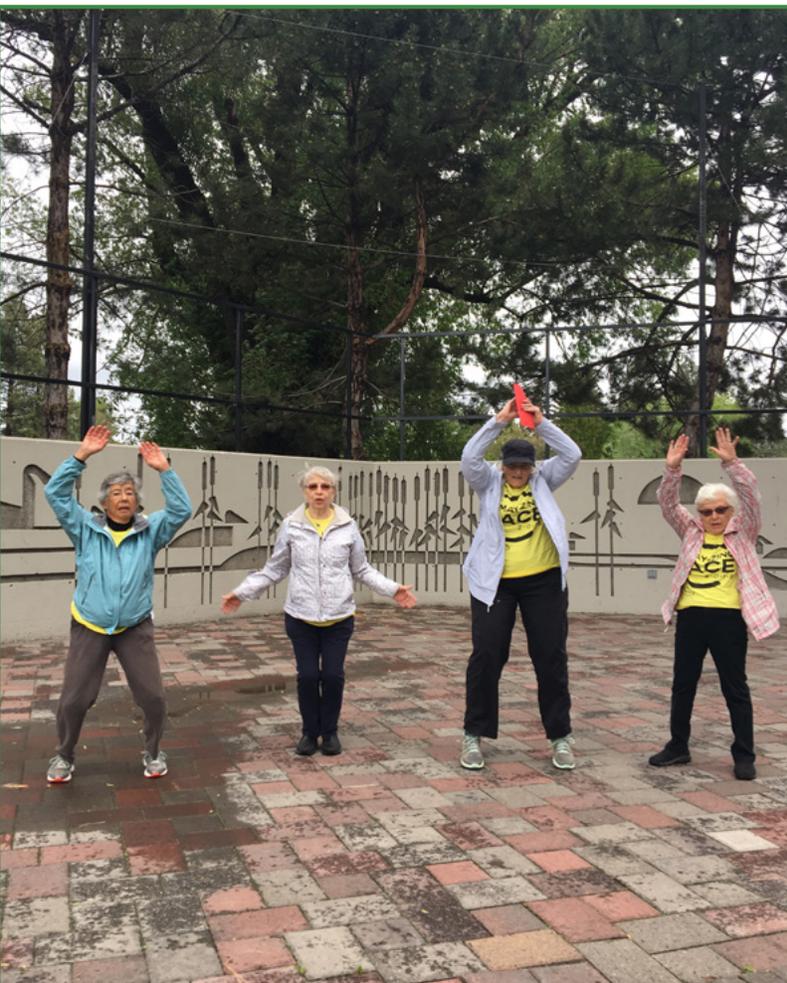
- Drink plenty of water before, during, and after you exercise.
- Stop working outdoors or exercising if you feel dizzy, lightheaded, or tired.
- Wear one layer of lightweight, light-colored clothing when you are working or exercising outdoors.

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.



What others are saying ...

"The A-MAY-Zing Race was so much fun; I can't wait to participate again next year!"
-Margaret Waite, resident and member of team Road Runners





TEAM MEMBER *Spotlight*

Name: Liz Rupar (on left)

Position: Health & Fitness Director

How would you describe yourself?

I try to find the fun in everything, and I always try to make exercise fun!

Share a bit about your family and growing up.

I was born and raised in Wisconsin, the youngest of five kids. My husband and I grew up in the same town, and we've been married 20 years. We have two fantastic teenagers, a griffon, and four ducks.

What are some of the most significant events in your life? Moving across the country in 2012 for my husband's job and all that has followed has been a big change for me.

How long have you worked at Touchmark?

Five years as of February.

What do you enjoy most about your job?

I love seeing the residents smile and being able to bring laughter and fun into their lives.

What Touchmark value do you most closely relate to and why? "I am Touchmark," mostly because residents have been saying this to me for a long time!

Outside of work what are your favorite ...

Activities: Biking, skate-skiing, and gardening.

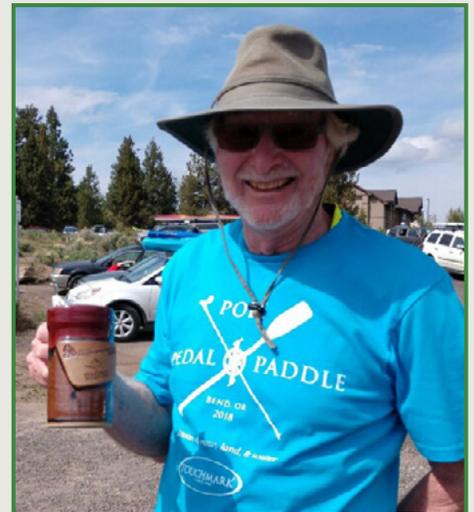
Food: Peanut butter on a toasted sesame bagel.

Movie: Not much into movies, but I *love* binge-watching Netflix.

Music: Anything ... I usually end up listening to whatever my kids are into.



We enjoyed a beautiful Central Oregon day with a hike to Shevlin Park.



Left and center: We continued our Rosie the Riveter Day celebration by honoring real-life Rosies and planting roses in the Touchmark garden. Right: Eager residents/team members took on the multifaceted Pole, Pedal, Paddle challenge, Bend's immensely popular race.

Tumalo and Deschutes Neighborhood residents Dick Collins (denim shirt) and Jere Hutchinson (pink shirt) received VIP treatment at the Sisters Rodeo. As part of The Best Day Ever program, team members organized this special day because of their love of horses.



Dick used to attend the Pendleton Roundup regularly with his wife Tiny (red hat) and Jere used to own horses. The group received a ride through the arena over to the bleacher seating, met the Rodeo Queen who signed pictures, and also met the artist who designed this year's Rodeo flier.

Save the date!

SOUND FOURTH CONCERT

Wednesday, July 4 • 2 - 6 pm • Bend High School

The Cascade Horizon Band and the Festival Chorus perform this inspirational concert of patriotic music and America's favorites. Transportation provided. The bus departs Touchmark at 2 pm for the 3 pm concert. Sign up at any front desk. No cost.

BLACK BUTTE QUILT SHOW TRIP AND SANDWICH BUFFET

Friday, July 13 • 10:30 am - 2:30 pm • Meet in the lobby

Take a trip to the Lodge at Black Butte Ranch and see beautiful quilts displayed on the lakeside lawn. We will enjoy a delicious sandwich buffet, and on the way back we will make a stop at Sister's Coffee. Within a block you can walk to The Stitching Post, Beacham's Clock, and Paulina Springs Book Store. Sign up at any front desk. Cost: \$5 for transportation (charged to your account), \$12 for sandwich buffet on own.

BEND FOOD: STORIES OF LOCAL FARMS AND KITCHENS

Wednesday, July 18 • 2 - 3 pm • Terrace Lodge Lounge

Touchmark Home Care team member Sara Rishforth spent last summer interviewing local farmers, chefs, businesses, and food-related organizations such as High Desert Food & Farm Alliance. Join us as she shares her latest book, *Bend Food: Stories of Local farms and Kitchens* and learn about the thriving farm-to-table movement here in Central Oregon. She will bring goodies to sample and books will be available for sale and signing.

DESCHUTES RIVER FLOAT

Friday, August 24 • 1 - 4 pm • Meet in the lobby

Residents and staff will float the Upper Deschutes from Slough Camp to the takeout just above Dillon Falls. This is a relaxing, mellow 1.8-mile flatwater section of the river. Float tubes and life jackets will be provided. You will get wet; dress accordingly: swimsuits, shorts, and T-shirts. Sunscreen is a must. Hats, visors, mosquito repellent, and sunglasses are advised. Please bring water to drink.



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

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