



For immediate release

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Touchmark brings international aging experts to Sioux Falls for five-month speaker series

SIOUX FALLS, S.D. – Downsizing, security, orange money, health, housing. Today's baby boomers comprise nearly a quarter of the U.S. population, according to the U.S. Census Bureau a year ago. And they have a lot of questions. Touchmark at All Saints understands the concerns of today's seniors, and to address them, they've assembled some of the country's most notable experts on aging for a five-month speaker series. There is no charge for the series, which begins June 13 and winds up Oct.1.

"Quality of life after retirement is an important issue to today's seniors. This series will offer a forum for those grappling with the big questions about aging a forum to get information and advice from experts," said Touchmark Executive Director Angie Rabon.

The public is invited and encouraged to attend all sessions. Limited seating is available - RSVPs required. Valet parking is available.

Is Ageism Sabotaging Your Health? — Kay Van Normann

Monday, June 13 – 9:30 a.m. & 1:30 p.m.

Kay Van Normann is the founder of Brilliant Aging, a consulting firm committed to changing the way people view and experience changes related to aging, both individually and organizationally. She sits on the International Council on Active Aging and the American Senior Fitness Association.

This fun, interactive talk will help individuals reframe their beliefs, take action and live with purpose. Light refreshments will be served.

Brain Boosters – Terry Eckmann

Tuesday, July 19 – 7 p.m.

Terry Ferebee Eckmann, Ph.D., is a professor at Minot State University. Eckmann presents internationally and writes for a variety of health/fitness publications. She has been active in the fitness industry for 30 years. The winner of various awards for her teaching, research and scholarship, she serves on the advisory board of the International

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Council on Active Aging and hosts KXMC TV Eye on Fitness, a fitness segment on the noon show for the Minot viewing region. Eckmann will make three presentations during the speaker series.)

During this enriching presentation, Eckmann will introduce lifestyle choices that can nurture the health and functioning of the brain. Light refreshments will be served.

Healthy Aging Survival Kit – Terry Eckmann

Wednesday, July 20 – 9:30 a.m.

Attendees will learn strategies to embrace life with a positive perspective and provide tools to survive and thrive that can make every day a great day. Light refreshments will be served.

Movement that Matters Lunch & Learn – Terry Eckmann

Wednesday, July 20th – 11:30 a.m. Lunch will be served.

During this presentation, attendees will learn how movement can positively affect arthritis, balance and cognition.

Being and Becoming: the Power of Purpose Lunch & Learn – Dick Ambrosius

Tuesday, August 9 - 11:30 a.m.

G. Richard (Dick) Ambrosius is an evangelist for positive aging, a fascinating storyteller and inspiring motivator with over 35 years of experience in the fields of aging service delivery, senior living and marketing. He is the Founder and Principal of *Positive Aging® LLC*.

In this presentation, Ambrosius will explore the ways that purpose promotes order and focuses renewing energy. He will explain how purpose gives seniors something to look forward to, a reason to get out of bed, inspiration to overcome aches, pains and lethargy, and the relationship between purpose and sense of self-worth.

Counter Clockwise Lunch & Learn – Dick Ambrosius

Tuesday, September 6 - 11:30 a.m.

During this entertaining presentation, Ambrosius will present a humorous look at optimal aging.

Train Your Brain - Dr. Rob Winningham

October 1 – Details TBD

Dr. Rob Winningham has 20 years of experience researching applied memory issues, and for the past 16 years has conducted research on older adults and ways to enhance their mental functioning and quality of life. He has developed novel approaches to maximize the efficacy of physical, occupational and speech therapy. Most recently, he has been helping *Linked Senior* create video games and interactive activities specifically designed to enhance cognition. He creates monthly brain stimulation activities for retirement communities around the country.

During this presentation, Winingham will present ways for seniors to enhance cognitive health by making good lifestyle choices.

To RSVP, call 605-335-1117. Touchmark is located at 111 W. 17th Street. Valet parking is available.

An award-winning retirement community, Touchmark at All Saints offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. For more information, visit Touchmark.com.

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