



For immediate release

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**Author to speak about caring for someone with Alzheimer's
Touchmark opens additional memory care services;
public invited to open house**

BISMARCK, N.D. — The public is invited to the grand opening of Touchmark on West Century's new memory care addition Wednesday, Nov. 30 at 2 p.m. The two-story expansion provides a secured memory care neighborhood on the first floor and memory support neighborhood on the second floor for those not needing a secured environment. The addition was designed so that the expansion shares the existing secured courtyard.

Noted author Anne P. Hill, JD, will be the guest speaker at the event. She is coauthor with Marian O. Hodges, MD, MPH, of the "Help is Here" series of books, including "Help is Here: When Someone You Love has Dementia." She is also author of "Unforgettable Journey: Tips to Survive Your Parent's Alzheimer's Disease." These books share ways to be a successful and supportive caregiver to someone with Alzheimer's disease or other age-related dementia. Copies of the books will be available for purchase and signing.

Hill brings personal experience and invaluable expertise to families facing the onset of cognitive impairment in a loved one. "Both these books are for the adult children of those who have Alzheimer's disease or another dementia and include all the things I've learned, all the strategies I've used, all the tips I have, all the things I wish I knew 20 years ago when I was caring for my mother who had Alzheimer's disease," says Hill.

Following her presentation, the public will be able to tour the expansion and talk with staff. Refreshments will be provided. Touchmark is located at 1000 West Century Avenue in Bismarck. To accommodate everyone, Touchmark requests people call 701-323-7000 to RSVP.

The day before (Nov. 29), Hill will be on-site making presentations to staff and discussing "Help is Here: When a Resident has Dementia," which she also coauthored with Dr. Hodges, and talking with a small group of families currently caring for a loved one with dementia. That evening, she will be speaking with health care workers including doctors, nurses, social workers and others.

A retired bank lawyer, Hill is a frequent speaker on the topic of how Alzheimer's affects families as well as strategies to help families cope with the stresses of having a family member with Alzheimer's disease. She is a member of the State Plan for Alzheimer's Disease in Oregon (SPADO) Task Force. Hill practiced law for 18 years before retiring in 1996 to care for her children and her mother, who died in 2009 of end-stage Alzheimer's disease.

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TOUCHMARK ON WEST CENTURY
Full-service Retirement Community
1000 West Century Avenue • Bismarck, ND 58503
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“We are excited to welcome Anne Hill as part of our open house activities for our additional memory care service,” says Touchmark Executive Director Tabatha Fletcher, R.N. “This addition will provide more support to families seeking a nurturing environment for their loved one living with a dementia disease.”

Additional memory care services

Located at the south end of Touchmark’s campus, the 21,000-square-foot expansion draws on the latest research for supporting personal interaction and providing a comfortable and secure environment for people experiencing memory loss. The warm, open setting includes electric fireplaces, bookcases, carefully selected artwork and other touches that evoke the familiarity and comfort of home. A spa bath, family meeting room and laundry are also available.

Each floor is designed as a homelike neighborhood that includes its own kitchen, living room and areas for dining, activities, music and art. Each neighborhood has 16 private studios with full private bathrooms and roll-in showers.

Touchmark’s memory care services are certified as a Best Friends™ Environment, an industry-leading approach developed specifically to care for people with dementia. It is person centered and based on the understanding that personal relationships are supremely important to the well-being of someone living with a dementia disease.

Touchmark also is a MUSIC & MEMORYSM Certified Care Community, using the power of personalized music to enhance the lives of people living with dementia. Additionally, staff are certified TimeSlips™ facilitators. TimeSlips is a therapeutic storytelling tool designed for individuals living with Alzheimer’s disease and other age-related dementia.

New independent living options

A new 81,000-square-foot building providing 57 new homes will open in 2017. These new homes range from studios up to spacious two-bedroom floor plans and will feature fireplaces, decks, front-load stacked washers/dryers and kitchens that include built-in tech desks and charging stations, quartz countertops, counter-depth French-door refrigerators and under-mount stainless sinks.

A party room with deck on the top floor will be available for all residents, and an enclosed skyway will connect to the main building’s dining and activities.

Touchmark is also planning to add several new independent living cottage homes this spring, extending its cottage neighborhood to the north.

Architects are LRS Architects and Joseph Billig, AIA, senior vice president of Architecture with Touchmark Development & Construction. The Weitz Company, experienced in building retirement communities, is the general contractor. Rick Wessell, Senior Vice President and Director of Construction for Touchmark Development & Construction, is overseeing the expansion.

About Touchmark

Touchmark on West Century opened in 2000 and is currently home to more than 160 residents. The full-service retirement community offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. More information is available at Touchmark.com.

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