

NEWS RELEASE



For immediate release

June 19, 2017

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Celebrate wellness on The Longest Day *Participate in activities to benefit the Alzheimer's Association*

MERIDIAN, IDAHO – Touchmark at Meadow Lake Village will be celebrating the summer solstice, the longest day of the year, with events that promote health and wellness. Every year around the country, The Longest Day is an opportunity to raise awareness about Alzheimer's disease, because for those living with dementia (and their loved ones who care for them), every day can feel like the longest day.

Touchmark is providing opportunities to practice overall wellness. "This year, we're marking The Longest Day with good food, some exercise, socializing with friends, and music," says Jim Johnston, Touchmark Life Enrichment/Wellness Director. "These activities contribute to overall wellness and are important for everyone's overall health."

All donations collected throughout the day will benefit the Alzheimer's Association of Idaho. The following events are open to the public on Wednesday, June 21:

8 a.m. – Pancake breakfast. Reserve your seat by calling 208-888-2277.

9 a.m. – NuStep marathon and Expresso HD ride in the Health & Fitness Club. Participants can reserve their 30-minute spot by calling 208-319-5261. When registering, they may also note they are participating in honor or memory of a friend/family member.

10:30 a.m. – Outdoor corn hole tournament.

4 p.m. – Local singer Holly Kling performs two a cappella songs

In Idaho, more than 80,000 family members are caring for their loved ones living with Alzheimer's disease or other age-related dementia. The Longest Day honors the thousands of Idahoans providing for the health and well-being of a beloved family member or friend with Alzheimer's.

About Touchmark at Meadow Lake Village:

Touchmark at Meadow Lake Village is an award-winning, full-service retirement community offering a range of homes and lifestyle options, including a Health & Fitness Club with indoor pool. The nearly 100-acre campus also includes scenic lakes, a nine-hole golf course, walking paths and more. More information is available at Touchmark.com.

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