

NEWS RELEASE



FOR IMMEDIATE RELEASE

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For more information/interviews:

Destiny Glaser

701-323-7000

Destiny.Glaser@Touchmark.com

Retired Old Men Eating Out (ROMEIO) Chapter coming to Bismarck *Senior men's social club now taking inaugural members*

BISMARCK, N.D. — Consider it social networking for retired men in Bismarck-Mandan. The ROMEIO Club, which stands for Retired Old Men Eating Out, is establishing a local chapter later this month and looking for members who enjoy a good meal and great conversation. The ROMEIO Club will hold regular lunch dates at various restaurants throughout Bismarck-Mandan all year.

“We have a good bunch of people, all with the same things in common: We’re all retired, we’re all old and we live in the same community,” says Pete Nagel with gusto. Nagel is a founding member of the Bismarck-Mandan ROMEIO Chapter. “I like to discuss the news and current events. This gives you a place you can talk and argue, chat, lie, exaggerate and tell the truth. Whatever you want!”

ROMEIO clubs have taken off around the country as a welcomed opportunity for men of a similar stage in life to connect, make new friendships and enjoy the kind of camaraderie that may be missing since leaving the workplace. Male retirees can be prone to loneliness and emotional decline when meaningful connections are lost. Keeping these regular lunch dates has been shown to improve mental and physical health, according to a study by Brigham Young University. The same study says a low rate of social interaction can be as harmful as smoking 15 cigarettes a day.

Hundreds of ROMEIO groups are forming from coast to coast, but this will be the first for Bismarck-Mandan; it is being launched by Touchmark on West Century.

“Touchmark’s mission is to enrich people’s lives, and we create many ways for people to enjoy a full life,” says Touchmark Life Enrichment/Wellness Director Destiny Glaser. “Watching this ROMEIO Club get off the ground will be fun and exciting, knowing the positive impact it will have for members.”

The number of members typically range from a handful to a couple dozen men. They’re

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usually drawn to the shared life experiences and interests, though many members also enjoy the simple act of sharing a beer with someone new.

The first meeting will be at Texas Roadhouse on **April 18 at 11:30 a.m.** The ROMEO Club is open to any retired male in the area. The only cost to attend the meetings is the price of one's own meal. To RSVP for the first meeting, please call 701-323-7000 by Friday, April 13.

Check Touchmark's community calendar at TouchmarkBismarck.com to stay tuned on future ROMEO gatherings.

About Touchmark

A full-service retirement community, Touchmark on West Century 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 50 and features a variety of fitness options. For more information, visit Touchmark.com.

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