



FOR IMMEDIATE RELEASE

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Dedicate ‘The Longest Day’ to wellness and raising awareness for the Alzheimer’s Association

FARGO, N.D. – The Alzheimer’s Association encourages communities to celebrate June 21: the summer solstice. Known as The Longest Day, this national event is focused on raising awareness about Alzheimer’s disease as well as funds to support care and research into a cure for the sixth leading cause of death in the United States.

Touchmark at Harwood Groves is offering residents throughout Fargo-Moorhead the following activities to get involved – making it easy for people to take advantage of the year’s longest day. The day’s events are built around seven dimensions of wellness: emotional, environmental, intellectual, occupational, physical, social and spiritual.

Raise funds for Alzheimer’s care and research

From **sunrise to sunset (5:33 a.m. to 9:25 p.m.)**, members of the community are invited to ride Touchmark’s NuStep recumbent cross trainer. Riders will ride in 15-minute increments. Each minute on the bike will raise \$1 for the local chapter of the Alzheimer’s Association. Those who would like to participate but not ride may sponsor riders. More information is available at <https://tchmrk.co/tfnd-longest-day-2018>.

Spread kindness

A group of residents will be handing out carnations and words of kindness to passersby at two times and locations: **10 a.m.** at the West Acres shopping mall and **12:30 p.m.** outside the Fargo Theatre. Part of Touchmark’s Kindness Campaign that aims to spread joy and friendliness, this event highlights social and emotional wellness.

Focus on different dimensions of wellness

5:33 a.m. – Practice tai chi as the sun rises over the Red River Valley or ease into your day with donuts and coffee available until 9 a.m.

9 a.m. – Join Chaplain Tom Holtey and pianist Dawn Papenfuss in a special remembrance service in Touchmark’s Waterford Heritage Garden.

9:30 - 11:30 a.m. – Paint canvas board squares and participate in “barn quilt art” with artist Kay Hilde. Once finished, the wood quilt will be displayed at Touchmark.

12:30 - 2:30 p.m. – Tour Touchmark’s art gallery of paintings and artwork created by residents living with dementia.

4 - 8 p.m. – Play outdoor games on the lawn. From 4 - 8 p.m., hot dogs will be

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Full-service Retirement Community
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roasting; from 5 - 7 p.m., an ice cream truck will be available while a Dixieland Band performs.

9 p.m. – Finish the day with relaxing yoga and meditation in the Waterford Heritage Garden.

The public is invited to all events at no cost. RSVP and learn more about the classes and presentations by calling 701-476-1200. Touchmark is located at 1200 Harwood Drive S in Fargo.

“We invite everyone to join us in paying tribute to people living with Alzheimer’s, their caregivers and families, and the Alzheimer’s Association,” says Touchmark Life Enrichment/Wellness Director Anne-Marie Fitz. “The summer solstice may be known as the longest day of the year for most of us, but every day can feel like the longest day for those living with forms of dementia. Let’s be inspired to live every moment in wellness with others.”

Someone in the U.S. develops Alzheimer’s disease every 65 seconds. While there is not yet a cure for the global epidemic, symptoms can be temporarily improved through some medications and management strategies.

About Touchmark

Touchmark at Harwood Groves is a full-service retirement community offering people 55 years and greater a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 50. For more information, visit Touchmark.com.

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