



The Bunker—a place of memories and honor



Message from
Kathleen Best
—Chief Operating Officer

As Touchmark grows, we are learning more about residents and their unique experiences that make them the special people they are today.

At one of the first new resident functions we quickly discovered numerous experiences of military service throughout our community. It didn't take long for us to decide to set aside a place to honor these individuals and share their memories.

In one of the initial tours of the underground storm shelter, a guest with military experience jovially referred to the room as "The Bunker." With that name resonating in our minds, The Bunker became the room we chose to dedicate to residents and family members with military experience.

With insignias of each branch of the military painted on the walls, we have now begun the process of collecting copies of photographs, letters, and other memorabilia to personalize the gallery.

As several patriotic holidays approach, we are asking family members to bring these special items to Amy Connaway, Life Enrichment/Wellness director, for copying. If these

treasures are too precious to entrust to anyone but a relative, please make your own copies and bring them to us.

Our goal is to have the gallery designed and coordinated by Veterans Day, November 11, for a dedication ceremony. Ongoing donations of resident military memorabilia after the ceremony will be welcome, too.

If you have further questions or suggestions regarding The Bunker, please contact Amy directly at 405-844-5901.

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Patriotism: yesterday, today, and tomorrow

by **Marge Coalman, EdD**
—Vice President of Wellness & Programs, Touchmark

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

“The wisdom of the elders has built a life worth living for us all.”

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—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an opportunity to learn and

to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we will also remember all of the patriots who have served in days gone by.

To participate in the Touchmark celebrations and observances, contact Life Enrichment/Wellness Director Amy Connaway—and support and honor the birthday of our country.

What others are saying



Virginia Craig

“Everybody seems to be very prompt when I need something and eager to help. I enjoy doing things with all the people here—especially the morning walks. Before I moved here, I lived close by and watched Touchmark at Coffee Creek being built. It really has come together nicely.”

Virginia Craig
—Resident

Imagine yourself living here— join us for lunch

Every Tuesday through the month of July, Touchmark will host luncheons for guests wanting to learn more about the community.

If you or your friends would like to attend, please call 405-340-1975 and make a reservation today.

Upcoming events

Tuesday, July 4, 9 am—LibertyFest Parade, presented by the city of Edmond on Broadway (between Ayers & Second streets).

Tuesday, July 18, 6 to 8:30 pm—*Senior Seminar—Living Longer and Loving It*, presented by Edmond Parks and Recreation. Preregister at the MAC by July 11.

Thursday, July 20, 9 to 11 am and 2 to 4 pm—Volunteer Recognition Day.

Wednesday, July 26, 2 pm—Oklahoma City Museum of Art Guided Tour. Please RSVP at the concierge desk.

Call Amy Connaway at 844-5901 for more information or to register.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for July is “Patriotism and Community Service.”

Patriotism of the military wife

by Marty Rose
—Resident

When we think of patriotism, we usually think of our military members. But I would like to point out the wives who share the same dedication, hardships, and fears of their spouses.

I still vividly recall long and frequent separations and hardships of life in the service—unable to be together because there were no quarters or rooms for rent. Living in a single room with kitchen and bathroom privileges and wondering how long it would last before saying another goodbye. Making homes in a dozen different places around the globe in as many years sometimes together and sometimes alone; then fleeing back home from Europe during the war scare of the Berlin Airlift, with one child in tow and eight and a half months pregnant. Watching one son go off to war in Vietnam three times and return safely—only to bury a husband who died on a peacetime training flight. A lifetime of memories, both of joy and sadness that



Marty Rose wrote Touchmark's first resident article and honors the dedication of military men, women, and families.

now surround my life like the fabric of an old, familiar blanket.

The "Greatest Generation" survived its trial, but the sadness of separation and loss remain in our hearts to this day. In today's military, both husbands and wives still leave families behind to fend for themselves. Separation is still a challenge

that thousands face today with our military spread across the globe and in conflict in dangerous places. The next time you read a paper or see a story of military operations on the evening news, think also of the families left at home to wait. They will still face many of the same problems my generation faced, of bringing a family back together after years apart, and mourning for those who don't return.

For August, please submit a recipe with a story. Deadline for this issue is July 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Amy Connaway.

