



Touchmark turning green



Message from
Jamie Ham
 —Interim Executive Director

I am pleased to announce that Touchmark will purchase wind-generated electricity for the Grandview. The significant purchase of wind power qualified Touchmark for the Environmental Protection Agency (EPA) Green Power Partnership, a voluntary program helping to increase the use of green power among leading U.S. organizations.

Currently, the Green Power Partnership has over 600 partners voluntarily purchasing over five million MWh (megawatts per hour) of green power. According to EPA calculations, Touchmark's purchase of more than 1,000 MWh of green power is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees.

The purchase of wind-generated electrical power and qualification as an EPA Green Power Partner are in keeping with the company's ongoing and longstanding commitment to environmental stewardship.

Longevity and learning

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

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood's and Madison Avenue's stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling evidence about the abilities and gains associated with the aging process. Dr. Carstensen notes, "Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve."

A number of experts are redefining aging by focusing on lifespan development not decline. Brain research shows that although some areas do diminish, others— notably general knowledge, vocabulary, and emotional-psychological regulation— improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. "But if you want someone to solve a complex cultural or political problem, that calls

“Brain research has dispelled the presumption that humans undergo a steady decline.”
 —*Laura Carstensen, PhD, director of the Stanford University Center on Longevity Life-Span Development Laboratory*

for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Touchmark, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Amy Connaway.

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New payment options available

To meet the varying financial and lifestyle needs of future residents desiring to live in a Touchmark community, the company now offers the choice of two payment plans for certain homes. The first will give you peace of mind by providing a deposit refund that could equal 100 percent of your initial deposit, subject to certain limitations. The second plan will allow you to participate in the potential increase in value of the home and community. The deposit refund under this plan could exceed your initial deposit, assuming a strong economy, favorable market conditions, etc.

For details about these new plans and their availability, please contact a sales associate.

A home for your lifestyle

by Shelee Stewart
—Sales Associate

For the last 12 years on almost a daily basis, I’ve encountered a family member or older adult contemplating an enormous decision ... “Am I living in the right environment”? I watch the adult children fret over the safety of their parent, and I watch the parent fret over making the children happy. The



For more than a dozen years, Shelee Stewart has been working with families interested in the advantages of living in a retirement community.

truth is that sometimes, making no decision can be a prolonged life-threatening issue.

Many residents who have chosen to move into a retirement community will tell

you that they wish they had done so long before they did. Yes, they will also say they miss their home, street, or neighbors, but usually they will say the benefits of living in a community environment far outweigh the worries they were beginning to have at home.

Touchmark Foundation has sponsored a wonderful book called *Is your house still the right home?* I have distributed the book to physicians’ offices, social workers’ offices, church groups, and local businesses. It is a great book to share with families having a difficult time deciding what type of living arrangement—independent, assisted, or nursing—will be the best environment for my parent or loved one in which to thrive.

Call us at 405-340-1975 if you would like to have a complimentary copy of this book, which features a foreword by Art Linkletter.

Remember, all of life is an adventure. Relax and enjoy the entire journey!

Share your books—and benefit others

"Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print."

—Barbara W. Tuchman, historian and author

Support programs for seniors throughout the Edmond area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Director Amy Connaway. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

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 September is "my favorite book."

Bud and Me

by Lee Mason
—Resident

Bud and Me tells the remarkable story of brothers Temple and Louis "Bud" Abernathy and was written in 1988 by Alta Abernathy, Temple's widow. The boys crisscrossed the nation in the early years of the 20th century—from 1909 to about 1912—on horseback, by automobile, and on motorcycles. All of this they accomplished beginning at the ages of 5 and 9 with the encouragement and

understanding of their famous father, "Catch-'em Alive Jack" Abernathy, a former Rough Rider and friend of U.S. President Theodore Roosevelt, who was renowned for catching wild wolves with his hands.



One of Lee Mason's favorite books is *Bud and Me*, which packs a lot of adventure into 136 pages.

They were just little boys during this time of their great adventure but little boys with eyes wide open and minds ready to absorb anything and everything new. The trips they took

from Frederick, Oklahoma, to Santa Fe, New Mexico, on horseback; to New York on horseback and then to return by a Brush automobile were expeditions of discovery. Experiencing unfamiliar sights and sounds across the entire United States, they tried many of the new "inventions" of the day, such as automobiles, aeroplanes (as they were then called), and Indian motorcycles. Most importantly, they met all kinds of people.

This is a small book of 136 pages, easily read, and a real spellbinder.

For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Amy Connaway.

What others are saying

"My husband (C.D.) and I really enjoy living at Touchmark at Coffee Creek. The food is great and the people here are very nice, staff and residents included. We are very happy here!"

Kathryn Blanks
—Resident

Many enjoy photography exhibit



Touchmark featured a photography exhibit in the front lobby throughout August. The exhibit was loaned by the Oklahoma Camera Club and drew many interested viewers.

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Library services growing

by Liz Coddling
—Resident

The shelves at the library have rapidly filled with books and works of art—thanks to the generosity of residents. We are in possession of a wonderful well-rounded library and convey our thanks to all the residents who made book



A wide variety of books can be found in Touchmark's library.

donations and loaned their artwork for display. We think you will agree that it is a beautiful showplace for visitors. We hope you will stop by, check us out, and take a book or two to read.

In addition, the Metropolitan Library System Outreach Services has brought a great selection of books for us to peruse. The Metropolitan Book Center is in the Activity Room. Books will be exchanged for different titles every few weeks, and there is a good variety—many in large-print format.

All the books may be borrowed on the honor system; please take advantage of this and check out a book or two today.

Upcoming events

Monday, September 18, 3 pm—“Hat Fashion Show and Tea” in Legends Private Dining Room. All family and friends are invited; please RSVP at the front desk.

Thursday, September 21, 7:30 pm—Robert Mulcahy, a local author of true crime books and a retired FBI agent, will have a book signing at Touchmark.

Saturday, September 23, 10 am to 2 pm—Judy Fox-Goodrich will share her pearl collection in the Activities Room.

Thursday, September 28, beginning during dining room hours—“Mobster Night: Dinner and a Movie.” Be sure to wear your favorite mobster attire and then settle in for a great movie!

