



Nutrition—important for brain and body

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

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let's focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

1. Shop the perimeter of the grocery store and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.

2. Start the day with as many fresh fruits and grains as possible:

juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.

3. Drink at least seven glasses of water every day to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise— aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Touchmark we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Amy Connaway.

An enriching lifestyle



by **Kristy Jennings**
—Sales Associates

As a member of the sales associates at Touchmark, I feel privileged to be one of the first people to introduce others to the world of living an enriched lifestyle in our community. During those initial meetings, I very often hear the words, “I don’t want to move out of my home, because I don’t want to lose my independence.”

However, independence is the one element you will not lose, but you can—in fact—gain more freedom and independence by having someone else to provide transportation, prepare great meals, and take care of the home maintenance and cleaning.

This leaves room for experiencing a more enriched lifestyle. Call us today to find out more.

Where everyone knows your name

by **Dorothy Barber and her dog, Sadie**
—Residents



Dorothy Barber and her dog, Sadie, enjoy being part of the Touchmark family.

Being at Touchmark reminds me of the Cheers theme song. “Sometimes you want to go ... Where everybody knows your name ... and they’re always glad you came.” At Touchmark, everyone does know your name. This is an exciting community of friends. My dog, Sadie, and I enjoy

living here! “You wanna be where everybody knows your name.” That’s why we’re here at Touchmark!

October is family history month—give a gift

by **Liz Coddling**
—Resident Librarian and Library Committee Chairperson

Family history gifts are things your family members will enjoy receiving, and in years to come, they will be so glad you shared with them.

A. How to begin:

1. Write down what you know about your parents, grandparents, and beyond. Not too much detail (birth, marriage, and death dates and places).
2. Gather photos of these people or any ancestors and label them on the back (Use a photo-safe pen to avoid damage).
3. Talk with other family members—for example, your sister may know where grandpa was born.
4. Recall family stories. Write or record them. Include stories of your own life, your parents, and/or your grandparents. Include answers to questions, such as how did World War II affect our family? What was my favorite radio program, TV program, or movie? What was my favorite game? What was my best friend’s name?
5. Gather together an assortment of family items—your mother’s spoon collection, your dad’s fish hooks, achievement certificates, marriage licenses, and/or diplomas.

B. What to do next (pick one or more):

1. Frame an old family holiday photo.
2. Make an ancestor book (photo album or scrapbook of photos and mementos). A trip to the store can furnish you with photo albums, scrapbooks, decorative items, and frames.
3. Make a family cookbook. Include recipes of your mother’s wonderful angel food cake, your favorite Sunday dinner, and special family gathering recipes. Find an inexpensive book with blank pages and start filling in the recipes.
4. Fill out a family tree—pedigree charts will usually

include five generations.

5. Make a family calendar using old family photos.
6. Give family heirloom items, such as quilts, teddy bears made from old quilts, jewelry, old tools, old cuff links, pocket watches, and old dishes (label everything). Many items can be attractively displayed in a frame.
7. Make an audio recording or a video or DVD.

C. Share finished items with your family members!

Touchmark can arrange assistance for making recordings, helping with computer usage, constructing albums, holding workshops, arranging for instructors, and planning shopping trips—ask for help and then watch the calendar.



C.D. and Cathryn Blanks' dog, Patty, stands pretty in pink.

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Furry friends at Touchmark Dog Show

by Amy Connaway

—Life Enrichment/Wellness Director



Resident council President Leaman Harris and his dog, Poco, participated in the Touchmark Dog Show.

Touchmark held its first-ever Dog Show in August in the Grand Hall. Ten dogs were entered in the contest, which was composed of four categories: best dressed, best kisser, best trick, and most “ear-resistant” ears.

Liz Coddling, a Parkview resident, entered her two Bichon Frises, which nabbed

the Best-In-Show prize. The staff want to thank all the residents who entered their furry friends and all the families and friends who supported the event. We cannot wait until next year!



Mary Grigsby and her dog, Taco.

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What others are saying

“I have been perfectly happy since the day I’ve moved in and have never seen a nicer bunch of people, staff, and residents, alike!”

Bob Osbourn
—Resident

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 October is a poem highlighting the fall harvest or life wisdom.

From autumn to the new year



by June Svoboda
—Resident

Autumn is the time of year
to think about Christmas and all
the good cheer.
After you've given all the
good cheer,
it's time to think
about HAPPY NEW YEAR!

June Svoboda

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Amy Connaway.

It's time for flu shots

by Winona Phelps, RN
—Medicare Manager, Touchmark

Touchmark promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

Stay healthy this year— get your flu shot!

The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme

tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.

2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu.

Elvis visits Touchmark!

by Amy Connaway
—Life Enrichment/Wellness Director



Resident Nieta Huston gives Elvis a hug at a recent Elvis-themed dinner.



Resident Kathryn Blanks is having a great time!

Touchmark held an Elvis Night in the Creekside Dining Room. We are lucky to have our own “Elvis” in the form of Kevin Turnbull, Touchmark’s part-time driver.

We had a great turnout with Elvis music and a movie to complete the evening.

Enjoy a sampling of pictures, featuring “Elvis,” resident Nieta Huston, and resident Kathryn Blanks. Thanks to everyone who made the event so special. October’s themed dinner is “Beer and Bratwurst” in honor of Oktoberfest. Come join us!

Cruising into another adventure



Waterford on South Hill residents Bette Westover (left) and Marie McGough have been friends since they were 5 years old. The two are among a group of Touchmark residents joining Touchmark’s Fall Foliage Cruise on the Star Princess, which sets sail from New York October 21.

Upcoming events

Tuesday, October 10, 1:30 pm—Learn to paint pumpkins with Martha at a demonstration class. Activities Room.

Monday, October 16, 2 pm—Learn basic dance steps with Jeane. This is a great class to gear up for the *Talk of the Town Orchestra*, which will be playing **Tuesday, October 17 from 7 to 9 pm** in the Grand Hall.

Thursday, October 19, 10 am—*Ask your pharmacist* with Dani Lynch, PharmD (Doctor of Pharmacy), from Thrifty Pharmacy. Dani will meet with individuals to review prescription drug interactions as well as food and prescription drug interactions. Please sign up at the concierge desk or call 340-1975 to register. Activities Room.

Thursday, October 26, 4 to 6 pm—Oktoberfest beer and bratwurst dinner. All family and friends are invited.

Tuesday, October 31, 3 pm—Safe and fun trick or treating for children. Get your costumes ready and tell family and friends, because this event will have something for everyone. There will also be a costume party for residents that night.