



Wishing you the best



Message from
Jamie Ham
—Executive Director

The holiday season is my favorite. The exterior lights have been installed, the Christmas tree is decorated, and our community is buzzing with the season's events. December promises great activities, including numerous musical recitals, a Victorian Holiday Walk, and even a visit from Santa Claus.

I'm thankful to be here and that I have the opportunity to celebrate the season with you. To all residents, staff, and families, I wish you a Merry Christmas and happy holidays.

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In celebration of the spirit

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We're constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough

to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”

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—Jon Kabat-Zinn, PhD, *Wherever You Go, There You Are*

But the moment is only here and available to each of us in the real-time experience of today. Thoreau, Gandhi, Buddha, Jesus, and multiple other teachers and spiritual leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve that balance are outlined in all great spiritual texts:

- Be fully present in the moment.
- Invite joy.
- Create your future.
- Surround yourself with those who love and support your dreams and hopes.
- Eliminate the unnecessary and unimportant.

- **Choose hope.**

- **Breathe!**

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Touchmark provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Amy Connaway.

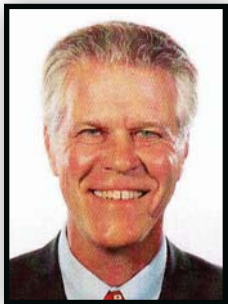
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Learn to care for ‘dem bones

Touchmark will begin hosting educational programs on health care issues, and the first in the series highlights osteoporosis and bone density. Bone & Joint Hospital will co-host this program and will do bone density scans at Touchmark Thursday, January 18 at no charge.

As part of the day’s activities, Robert Steves, MD, an orthopedic surgeon at Bone & Joint Hospital, will present a seminar at 2 pm: *Your bone health: What you need to know.*

“It’s important for people to detect bone loss before a painful fracture occurs,” says Dr. Steves. “Even if you are healthy and exercise regularly, you can be at risk for osteoporosis. Fortunately, there are things you can do to help reduce your risk.”



On Thursday, January 18, Robert Steves, MD, an orthopedic surgeon at Bone & Joint Hospital, will present *Your bone health: What you need to know.*

What is osteoporosis?

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to an increase in fractures. While you may think osteoporosis isn’t serious enough to worry about, think again. Osteoporosis can weaken the bones to the point that even a bump or fall can cause a fracture of the spine, hip, or other bones.

For every adult

This program is great for people in their 30s and 40s to get a baseline reading of their bone density—and possibly detect early osteoporosis—as well as for people 60

and older. Bone loss often can be slowed and sometimes reversed if detected and treated.

The day’s agenda:

- **Bone density screenings—noon to 2 pm**
- ***Your bone health: What you need to know presentation by Dr. Steves—2 to 2:45 pm***
- **Bone density screenings—2:45 to 4 pm**

If you would like to join Touchmark for the screening and presentation, please call 405-340-1975 to make a reservation.

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What others are saying

“I think it’s [Touchmark] a wonderful place with lots of wonderful people and activities in which I am privileged to participate.”

by Betty Zemp
—Friend of resident Bob Osbourn

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An enduring tribute to veterans

Touchmark held a Veteran’s Day Tribute in the “Bunker” (the underground storm shelter in the Grandview building) in November. The “Bunker” will be used as a permanent display to honor resident servicemen, servicewomen, and spouses.

The day’s events included the reading of the *Pledge of Allegiance*; recitation of the *American’s Creed*; the reading of *Tribute to Veterans* by Touchmark Executive Director and veteran Jamie Ham; the reading of *Moment of Silence and Veteran’s Day Prayer*; and the singing of *God Bless America*, led by Karole Struebing. Judith Harris also told of the *Greatest Generation Stories Project*, which she is compiling with her husband, Leaman.

“The goal of this project is to record the stories of all residents who served in the military and to put their stories in a book that will be kept in Touchmark’s library,” says Executive Director Jamie Ham.

To finish the day’s events, three residents shared their Greatest Generation stories, which included *Bea the Riveter*

Builds Ships by Bea Coleman, *From Boy to Man on a Mine Sweeper* by Dale Mullins, and *Some Humorous Experiences of World War II* by Henry “Ed” Little.

Touchmark staff would like to thank all the residents who made this tribute so special. A special thanks to Judith and Leaman Harris, Liz Coddling, and the Parkview residents.



Chuck Roach stands beside his picture, which was taken during his service in the Air Force.



Touchmark Executive Director Jamie Ham reads *Tribute to Veterans* to residents, families, and friends at Touchmark’s Veteran’s Day celebration.

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 December is a poem and/or photo that “celebrates life.”

The Morning Of Christmas

by Eleanor Butz

—Resident at a Touchmark community in Sioux Falls, South Dakota

‘Twas the morning of Christmas and all through
the house
How we were stirring, no thought of a mouse.
The suitcase of clothes had been packed with much care
For the wee little bundle who soon would appear.
The laundry was finished and hung on the hooks
The icebox was filled with good food for new cooks.
And Pa in his coat and I in my wrap
Had just settled down for a long, cold trip.
When all of a sudden there arose such a clatter
I looked from the car to see what was the matter.
A little more slowly we drove down the road
We hoped we would make it, a piston we’d scored.
The dawn breaking now on the new fallen snow
Showed gray skies—it was quiet below.
Then to our grateful eyes did appear
The lights and the door of the hospital in Pierre.
With my careful driver and the nurse in sight,
I knew in a moment that all would be right.
More rapid than comets the nurses now came,
Some whispering, some asking about baby’s name.
Was it David or Daniel or Robert or Clarence
Or Katherine or Janet or Mary or Florence?
There’s more to the story, how he came here below,
But why should I tell it, you mothers all know.
And then I awoke and heard the good news:
IT’S A BOY! A name we must choose.
I looked at his features, his head turning ‘round,
“He looks so like you, how does David Earl sound?”
His eyes, how they twinkled, his dimples, how merry
His cheeks were like roses, his nose like a cherry.

His droll little mouth was drawn up like a bow,
And the fuzz on his head was as white as the snow.
He was so red and so wrinkled an elf,
That I laughed when I saw him in spite of myself.
When his clothes were all on him, my, he looked sweet,
All dressed up in white from his head to his feet.
A wink of his eye when he twisted his head,
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work.
He guzzled his dinner, then turned with a jerk,
And laying his finger aside of his nose,
In nurse's arms, sleeping, to the nursery he goes.
He was placed in his bed with deftness and care
And I lay and wondered and wished he were near.
But I heard him exclaim in his own little way,
"Merry Christmas to All"—

WHAT A MEMORABLE DAY!

For January, please submit a heartfelt, reminiscent story or "new year, new you" resolutions. Deadline for this issue is December 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Amy Connaway.

Upcoming events

Saturday, December 9, 4:30 pm—Touchmark van will depart to Guthrie for the annual Victorian Walk, where the city goes "back in time" during the holiday season. Seating is limited, so RSVP today.

Sunday, December 10, 2 to 5 pm—Touchmark will be the site for the Coffee Creek Homeowners Association's Open House. Santa Claus will be on hand, and people can enjoy a horse-drawn carriage or a sleigh ride (depending on the weather) and treats. All families and friends are invited to attend.

Wednesday, December 13, 1:30 pm— Holiday Victorian Tea Party. All families and friends are invited. The decorations for this event should not be missed! Please RSVP at the concierge desk. Legends Dining Room.

Sunday, December 17, 2 pm—Wind and Brass Recital. This seven-piece group will play holiday favorites. Invite your family and friends. Grand Hall.

Enjoy some highlights from Touchmark's fall activities

by Life Enrichment/Wellness Director Amy Connaway

Think pink!



Residents celebrated at the Think Pink party to honor breast-cancer survivors and raise breast-cancer awareness.

A special thanks to Breast Imaging of Oklahoma for providing pink ribbons, brochures on breast cancer, and refreshments. Thanks to Rosemary Domina for creating the pink ribbons by hand, developing the pink flyers, and decorating.



Trick-or-treat!



Suzanne Hebert turned into a "fanged creature." Other residents and staff members also showed off their costumes.

Stayin' fashion savvy

These lovely ladies modeled the Destinations Fashions line at the resident fashion show in November. Billie Hansen, who has a doctorate in fashion, and Janis Gardner provided the clothing line.



Resident Liz Coddling models her ensemble.



Virginia Craig hands out treats to the children at Touchmark's Halloween evening party. Thanks to all who participated!

Guten Appetit! Touchmark celebrates Oktoberfest

Touchmark residents John Deal (left) and Bob Erler listen to accordionist LuAnn Rice from the Rice Family Band. We listened to polka music, feasted on German delicacies and wine, and some participated in the "chicken dance," which ended with a lively conga line. Several couples then danced to many more songs throughout the evening. It was a wildly successful event, and we cannot wait to do it again next year!

