



## Looking forward to 2007



*Message from*  
**Jamie Ham**  
—Executive Director

During the month of December, we celebrated the holidays with an open house for our Coffee Creek neighbors and parties for residents and staff. I'm sure you enjoyed the festivities as much as I did, and I want to thank you all for your participation.

As we head into a new year, I cannot help but be reminded of my thoughts after I accepted my position with Touchmark. That is, I am often overcome by an acute sense of community as I walk through the dining rooms, visit with one of you in the corridor, or silently observe two Touchmark friends having tea. A strong sense of community is special. It is, in a very real sense, why each of us has chosen to be here.

I look forward to sharing new moments with you in 2007, and, perhaps, even spending time reminiscing about our first year together. This truly is a terrific community, and I encourage you to share your stories as we add new members. I also encourage you to spread the word about our unique community to family members and others interested in resort-style living; and be sure to send us referrals, so that as new facets are added, we will continue to shine.

## New year ... new you

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

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths,

**“If we all  
ran at the  
same pace,  
we'd always  
be in each  
other's way.”**

—Gary Stanley,  
*author*

weaknesses, and preferences. The message of the media that there is a universal solution for achieving improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized “prescription” is essential.

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance regimens. Depending on individual needs, there may be

more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.

- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Touchmark, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Director of Life Enrichment/Wellness Amy Connaway. Make the new year your best year.

## Interested in living here?



*by* **Miriam Knapp**  
—Sales Associate

So now that you've seen our community and have had a taste of what we have to offer, would you like to join the family at Touchmark? Many others have and are glad they did. Just ask a resident the next time you visit.

I am confident you will hear songs of praise, because we continue to care about providing quality service long after a resident moves in.

If you would like to take a tour, have lunch, or just talk about Touchmark Grandview or Parkview homes, please call 405-340-1975 and ask for me or Shelee. We are here for you.

### Upcoming events

**Saturday, January 13, 1 pm**—Share your *Greatest Generation* stories in the bunker! Judith and Leaman Harris will be dictating and compiling stories that will be turned into a book about Touchmark residents who served in the armed forces.

**Tuesday, January 16, 7 pm**—Talk of the Town Orchestra is back! Definitely a Touchmark favorite, this band will have you swinging to the sounds of the Big Band era.

**Thursday, January 18, noon to 4 pm**—Touchmark will be the site for bone density screenings and an educational program on osteoporosis. The Bone & Joint Hospital is co-hosting this event. No charge. For more information and to register, call 405-340-1975.

**Tuesday, January 23, 3 pm**—Winetasting class starts and will be held every month at one of the Parkview model homes. Dining Services Manager Mike Bates will be educating attendees on the many varietals. The first class will be on American reds.

**Friday, January 26, 10 am**—Touchmark van leaves for Oklahoma Christian University to view the winning quilts of the Oklahoma Centennial Quilt contest. Please sign up at the front desk.

## The new year brings new possibilities

*by* **Amy Connaway**  
—Life Enrichment/Wellness Director

Now that we have entered into another year, I cannot help but think of resolutions and wishes for 2007. Before this happens, however, it is important to write about some of the year-end events at Touchmark. There were Christmas and



holiday parties, recitals, holiday door decorating contests, and, of course, spending time with friends and family.

December was such a busy month full of activities, schedules, and the spirit of giving! January is the time to remember to give back to

**Touchmark residents and staff (back row, left to right) Amanda Krewall, Jennie Stinson, Marilu Chavarria, (front row) Santa, and Lee Mason have their picture taken at the Coffee Creek Holiday Open House. Here's to making more great memories in 2007!**

ourselves. Focusing on personal goals, whether it's attending a class that you have always wanted to take or traveling, is a great way to start the new year. If you are interested in beginning a new class or hobby, please see me, and let's see what we can do.

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### 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 January is a heartfelt, reminiscent story or "new year, new you" resolutions.*

## Listing my new year wishes

by Virginia Craig  
—Resident



**Virginia Craig relays her wishes for the new year to Santa.**

My wishes for 2007 are simple. I wish to keep physically active by taking exercise classes twice per week and walking outside every day, as long as weather permits it. I wish to keep reading

and enjoying new books as well as revisiting works by my favorite author, Charles Dickens.

My daughter does a considerable amount of volunteer work concerning children with special needs, and I wish to continue helping her with some of those activities. I also wish my family and friends continued good health for 2007.

*For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/ Wellness Director Amy Connaway.*

## What others are saying

*"I have only been here at Touchmark for three months, but already I have met so many wonderful people. I will call it home here, and with all the activities here at Touchmark to partake in, the good food and drinks, what better place could there be for us to call home? Let's say goodbye to 2006 and look forward to a healthy, happy, and a peaceful 2007!"*

by Charlotte Buchan  
—Resident

## Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit [TouchmarkFoundation.org](http://TouchmarkFoundation.org) or call Executive Director Janet Plummer at 800-796-8744.

## Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is "creating intentional community," and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

## More than 240 attend holiday open house



Residents take off on a horse-drawn carriage ride at the Coffee Creek Homeowners Association's Open House, which Touchmark hosted this winter.

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## Residents experience Victorian tea party



From left: Mary Hapgood, Dorothy Barber, Judith Harris, and Nieta Huston are all smiles at the Victorian Tea Party.



Alice Snyder (left), Mary Jo Kessler, and Carolyn Rogers enjoy Victorian-style tea and desserts.

