



Come learn with us



Message from
Jamie Ham
—Executive Director

This month, Emily Bussey of The Eye Care Center will present *The ‘Eyes’ of March are Upon Us: Macular Degeneration*. This program is part of an educational series that we are offering to the Edmond community. In January, more than 65 people listened to Robert Steves, MD, talk about bone health, and I’m sure this month’s event will be informative and fun, as well.

I’d also like to welcome Nancy Markum and Michelle Stewart to the Touchmark Sales team. Most recently, Nancy sold homes for Red Rock Builders, and Michelle brings sales and public relations experience to her job. Please welcome them to the community.

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Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive

psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

“I think we are our memories more than we are the sum total of our experiences.”

—*Martin Seligman, psychologist and writer*

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time.

From the studies of the ancient Greeks to the Psychology departments in today’s universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life satisfaction in regard to a life well lived and are a high index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 Time magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life’s joys.**
4. **Thank a mentor.**

5. Learn to forgive.
6. Invest time and energy in friends and family.
7. Take care of your body.
8. Develop strategies for coping with stress and hardships.

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging's *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Contact the Touchmark Life Enrichment/Wellness department for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

Upcoming events

Thursday, March 15, 2 pm—*The 'Eyes' of March are Upon Us: Macular Degeneration*, presented by Emily Bussey, OD, with The Eye Care Center, and vision and glaucoma screenings, sponsored by BVA Advanced Eye Care. Please sign up at the front desk. Grand Hall.

Thursday, March 15, 4:30 pm—St. Patrick's Day Celebration. Dine on an Irish meal. Live Irish music, provided by the Rice Dance Band, beginning at 5:15 pm. Creekside Dining Room.

Friday, March 16, 3:30 pm—St. Patrick's festivities continue with an Irish-themed social hour in Shortgrass Café. The café will be transformed into an Irish pub with music from the Emerald Isle playing in the background.

Thursday, March 22, 1 pm—University of Central Oklahoma string quartet. Grand Hall.

Wednesday, March 28, 10 am—The Golden Harmonizers will sing your favorites, ranging from the '40s to gospel music. Grand Hall.

Come discover the Touchmark lifestyle



by Nancy Markum
—Parkview Homes Sales Associate

Oh my, I was just coming to sell a few homes, but I never dreamed of the experience I was about to have being the Sales Associate at the single-level home models. I thought, "Okay,

I'll have a great office in one of the homes, and since I'm familiar with the builders and the neighborhood, I'll get set to show the homes."

When I work on the weekends, I also show the Grandview Homes, and I can now show the assisted living homes that have just opened. The plans for the Grandview are the most extensive and the most well thought out I have ever been involved with, and the residents of Touchmark are the most interesting and diversified group of people I have ever met. And everyone loves Touchmark. Never have I been associated with so many people who are so satisfied and pleased that they downsized from their large family homes to live in condo-style homes or Parkview homes.

There is something going on at Touchmark all of the time. Some residents are authors; some are artists; some are still active in their professions; and our Greatest Generation at Touchmark has its own place of honor in The Bunker.

Of course, a big plus is being able to have meals here. The food is outstanding! Dining Services Manager Mike Bates and his staff provide great meals, and the wait staff are so attentive. They serve homestyle favorites, such as chicken-fried steak, healthy fresh fruit, fish, and bistro fare, like shrimp and mushroom ravioli.

Wow! What a great new experience was waiting for me, and I didn't even know it. I am so happy to be here, and I look forward to helping other people discover the exciting lifestyle at Touchmark.

Resident shares the joy of music

Touchmark resident Everitt Baker showed off his musical skills as he performed for residents and staff in the Grand

Hall. Everitt has been an accomplished trombone player for over 70 years and plans to continue playing. He has played in several bands over the years and practices several times a day. This will hopefully be the first of many performances Everitt puts on at Touchmark!



Everitt plays the trombone for residents and staff. Not only did he perform, but he also spoke about how to play the instrument.

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Touchmark hosts House District 39 Precinct meeting

Residents and guests from the Edmond community attended the House District 39 meeting, which featured Representative Marian Cooksey. People enjoyed refreshments and took part in a question-and-answer session with the Oklahoman legislator.



Front row, left to right: Stephanie West and Representative Marian Cooksey. Back row, left to right: Prentice Hapgood and Alice Snyder.

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.

A grand lifestyle

by Dorothy Barber
—Resident



Dorothy Barber and her dog, Sadie, enjoy the Touchmark lifestyle.

The life at Touchmark is hard to describe,
But give me a minute and I will try –

Our homes are cleaned,
The work is done,
All that's left is having fun –

They've planned all meals
And have done the cookin',
We get to relax
And don't need to do any workin' –

We live our life in simple pleasure,
Enjoying hours of leisure–

So if you need some peace of mind,
Jump on in, the water's fine!

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For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 13. For a list of the guidelines, monthly themes, and deadlines, please contact the Life Enrichment/Wellness department.

Educational series kicks off

Touchmark recently hosted *Your Bone Health: What You Need to Know*. The presentation was given by Robert Steves, MD, who is an orthopedic surgeon at the Bone & Joint Hospital of Oklahoma City. Approximately 70 people had bone density screenings, which were provided by Bone & Joint Hospital professionals, and stayed to hear Dr. Steves

speaking on the importance of maintaining good bone health and how everyone can help reduce their risk of developing osteoporosis.

The February event featured a presentation on hypertension. On March 15, the topic is vision loss. If you would like more information regarding this program, please call Touchmark at 405-340-1975.



Left to right: Residents Ginny Morefield; Lee Mason; presenter Robert Steves, MD; Dorothy Barber; and Virginia Craig at Touchmark's educational presentation in January. More than 65 people attended.

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Experience fine food at cooking demonstrations



Touchmark Chef Jeremy Willis offers a cooking demonstration class, and he recently taught how to make Shrimp and Mushroom Ravioli. Several residents attended the event and

then tasted the finished product.

Chef Jeremy is going to demonstrate how to make Filet of Sole Meuniere next month. There is limited seating, so please RSVP for this event by calling the concierge or signing up at the front desk.

Touchdown! Residents celebrate Super Bowl



The Grand Hall was a perfect setting for the Touchmark Super Bowl party. Residents and family members enjoyed refreshments while rooting for their favorite team.



Residents Martha Roach (left) and Sally Castleberry are all smiles while watching the big game.

