



## “Like living on a cruise ship”



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

The other day, a resident mentioned to me that “living at Touchmark is like living on a cruise ship—only the windows here are bigger.” I think the comment illustrates that people can and do create customized lifestyles at Touchmark that are as expansive as life on a cruise ship. People take advantage of the Bistro; barber and beauty services; concierge service; scheduled transportation; a Life Enrichment/Wellness program; and chef-prepared meals.

Additionally, Touchmark offers a variety of exceptional homes, and the Touchmark team is here to serve each person. I invite you to visit us and discover the dynamic, comfortable lifestyle and excellent service at Touchmark.

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## The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to im-

proved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

**“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”**

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother’s house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based, real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests

of all ages. There are scheduled program offerings that provide intergenerational activities both within Touchmark and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact the Life Enrichment/Wellness department.

from the world in my little cocoon, which was getting more and more lonely and fragile, or I could break into the new life I glimpsed through my gossamer veil.

I decided to break out, spread my wings, and see where the wind would take me. Once I did, a new life opened to me—a fresh new start, one long overdue. “Why did I wait so long?” I asked myself. “What was I thinking?” Well, of course, change is difficult. Change is scary. The familiar may be drab, boring, lonely, or even overwhelming, but it’s ... well, familiar. I knew what to expect if I stayed in my old home. But that wasn’t all that held me back. My home held my memories. Or so I thought.

Here is what I have found and what I wish I’d known before, because I would have made the move so much sooner: I hold my memories. I hold them in my heart and in my spirit. I hold them when I hug my daughter, when I look through my photo albums, and when I run my fingers over my husband’s favorite books and art. They have even more meaning now—carefully selected from the clutter and placed in my new home. These things are important; they occupy a place of honor. But they aren’t my memories. I hold my memories, and I’ll take them wherever I go.

And you know what else? Now in my new neighborhood, surrounded by new friends, new sites, new possibilities, I’m making new memories. People are butterflies. We need to stretch and grow and discover life.

Have you been putting off a much-needed move? Call me today. I’d love to talk with you.

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## What others are saying

*“Touchmark at Coffee Creek is the best place we’ve ever lived. The food and people are great and everyone is always so nice.”*

*by Mel and Flo Krewall*  
—Grandview residents

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## Butterflies and memories



*by Michelle Stewart*  
—Sales Associate

*If nothing ever changed, there’d be no butterflies.*  
—Author Unknown

Recently, someone visiting me at Touchmark mentioned what a difficult time she was having with the decision to leave her home of 40-plus years and join us here. While she was excited and happy about all of the wonderful changes this move will bring to her life, she also was sad about saying farewell to her familiar surroundings and a home that held so many memories. “My home holds my memories,” she said.

Those words took me back to the time when I was leaving the home I’d shared with my husband before he died. Even though my house was too much for me to maintain on my own and I often was overwhelmed and lonely in the out-of-the-way corner of town, I kept putting off my decision to move.

“I need to wait until I have all the repairs taken care of,” I told my daughter. “I need to wait until after the holidays,” I told my friend. “I can’t move until I finish going through my husband’s things,” I told the pastor. Finally, the day came when I realized I’d never run out of reasons to wait. I could take refuge in those reasons and continue to hide

### Upcoming events

**Friday, April 20, 3:30 pm**—Touchmark at Coffee Creek celebrates one-year anniversary. Lobby.

**Wednesday, April 25, 3 pm**—Winetasting, featuring German wines. Please sign up at front desk. Event will be held at a Parkview model home.

**Wednesday, May 30**—National Senior Health & Fitness Day.

## Learning at the Touchmark library

The “rescue of Mount Vernon” and the Bunion Derby were topics covered by Touchmark resident Liz Coddling when she recently spoke to groups gathered in the Touchmark Grandview Library. Liz is interested in American history and particularly enjoys sharing those bits of historical events that may never appear in the history books.

One such story was the “rescue of Mount Vernon” by a group of women who called themselves the Mount Vernon Ladies’ Association of the Union. They purchased the estate, which was in shambles in 1858, and protected it during the Civil War, and over the years, the group has restored and enhanced the beautiful home of the first president.

A more “recent” historical event that Liz shared was the 1928 Bunion Derby. It was also called The Great American Foot Race and, officially, The First Annual International Transcontinental Foot Race. It was a race that began in Los Angeles and ended nearly three months later in New York City’s Madison Square Garden. Its purpose was to promote automobile travel on Route 66 and other new highways crossing the country. Andrew Payne, a young man from Oklahoma, won the race and a prize of \$25,000.



Resident Liz Coddling presents the history of the Mount Vernon Ladies’ Association.

## The hunt for eggs!



Children in the 7-to-11-year age group get ready to hunt for eggs at the recent community Easter egg hunt, which was held at Touchmark. Approximately 300 children participated in the hunt, and more than 700 people attended the event, including friends and family.



Resident Jimmie Mitchell poses with the Easter bunny. The Easter egg hunt event offered something for everyone—a coloring contest, an Easter cartoon, a visit from the Easter bunny, and yummy refreshments.

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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 April is an intergenerational story.*

# Caring and loving for 43 years

by **Bill Struebing**  
—Resident

Karole and I met as children during a PTA conference at Camp Radford in Southern California when she was 9 and I was 10. Through a shared passion for music and faith, we developed a deep friendship that lasted (despite attending different high schools and colleges) and led to our marriage when we were in our mid-20s.

Our relationship was really one of close friendship. We had so many interests to share, and because we could communicate so well, it was a very natural thing to be together. Today, we have a beautiful family composed of two children and six grandchildren and have been married 43 years.

*For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness department.*



A member of The Eye Care Center performs a glaucoma screening for a guest. Touchmark hosted a special event—*The ‘Eyes’ of March are Upon Us: Macular Degeneration*—that included vision and glaucoma screenings.



Touchmark’s newly crowned Mardi Gras Queen Karole Struebing and King Everitt Baker at the popular Mardi Gras party. People tossed beads, listened to live music, and enjoyed Cajun food, such as gumbo and crawfish.

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## There’s lots going on at Touchmark



Left to right: Charlotte Buchan, Ruth Magnello, Jimmie Mitchell, Gladys Myers, and Lee Mason enjoy each other’s company at the St. Patrick’s Day dinner.



Executive Director Jamie Ham and resident Virginia Craig at the St. Patrick’s Day party, which featured traditional Irish fare and Irish music by the Rice Dance Band. The fun continued the next night with an Irish-themed social hour.

