



## Touchmark at Coffee Creek celebrates first anniversary



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

Last month, we celebrated our one-year anniversary with a special dinner for residents, complete with champagne. Touchmark chefs Jeremy Willis and Boyd King created a delicious meal, and they joined everyone in the dining room to prepare special desserts.

During this event, I heard people commenting about their new home. Some mentioned that they couldn't believe a whole year had passed, and others expressed their appreciation for the sense of family at Touchmark. I also heard many say that living at Touchmark is different—and better—than they even imagined. It reminded me of the comment I shared last month about Touchmark being like a cruise ship, with lots of amenities and services.

It has been a pleasure to be part of this year of growth and to celebrate this milestone with the Touchmark community. All of us at Touchmark are looking forward to another exceptional year.

## From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

**“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”**

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—Marilynn Larkin, MA, fitness professional and medical writer and editor

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Touchmark is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact the Life Enrichment/Wellness department.

## Is moving for me?



*by* **Jeffree Tayar**  
—Sales Associate

Moving can be overwhelming, especially when you are trying to organize and sort items. Sometimes, people think it's too challenging and decide to stay in their homes, hoping home repairs and maintenance will stay at bay. For others, concerned family members mention the idea of moving, but the person may not feel ready to move.

Instead of ignoring home repairs, putting off organizing, or discounting well-intentioned comments from family, I have some ideas. Separate your items and decide what you really want or need. Ask yourself, how many rooms do I actually live in at home? Maybe it's just the living room, kitchen, bedroom, and bathroom—you only need the items you use and enjoy in those rooms.

After you get these items sorted, many of the remaining pieces can be donated to a worthy cause, like the Salvation Army, or given to family and friends. In fact, you can enlist family and friends to help you sort and organize your belongings. Additionally, the Touchmark Foundation has

created a book—*Is your house still the right home?*—that offers tips on how to sort through items. Call us to receive a complimentary copy.

## Discover Touchmark

Touchmark offers outstanding lifestyle and home options, amenities, and an enriching, active Life Enrichment/Wellness program. At Touchmark, people enjoy dynamic activities, chef-prepared meals, housekeeping services, and have a great time getting to know their neighbors. This is a fun and active place to live!

I encourage you to look into the exceptional, affordable, and active lifestyle at Touchmark. Please contact me or another member of the Sales team to arrange a visit.

## International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical,

intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- Surround yourself with a positive support system
- Maximize individual capacity—do as much as you can
- Make sure your “whole person” shows up every day
- Take on self-responsibility
- Choose optimism
- Recognize that life happens and make a decision to be positive

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

*In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.*

## Welcome spring

Residents welcomed spring by potting colorful flowers. After their creations were complete, residents took the flowers home.



**Lee Mason proudly shows off her potted geranium.**



**Left to right: Judith Harris, Virginia Craig, Dorothy Porter, and Evelyn Clark carefully choose how to arrange the flowers.**

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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 May is an article about active living—sports/fitness theme.*

## For the hugs

**by Ray Hall**  
—Resident at a Touchmark community in Appleton, Wisconsin

My wife and I lived in West Carrollton, Ohio, which is a suburb of Dayton, Ohio. National Cash Register had a transportation-theme park, called Carrillon Park, that was about 7 miles from our home. My wife and I would ride our bikes to that park, enjoy that area, and then ride back home. It was about a 14 mile round trip. We didn’t call it exercise though, we called it recreation because we liked it. We had those bikes four or five years. When I finally gave those bicycles away, the odometer on hers read over 1,000 miles and so did mine, maybe more.

When I first moved here to be by my daughter in December 2001, I’d spend about an hour on the NuStep and then another hour on the stationary bicycle. In more recent years, I’ve switched to using only the stationary bike. It’s easier for me, and I didn’t want to quit entirely, even though I’m 94 years old. I’ve already won awards; I’ve won treats, prizes, and trips out to lunch for my participation

in the Stepping Out exercise program here.

A while back, when we couldn't get out to lunch for a couple of months, I said I'd be just as happy just to get a hug as my reward for exercising. The truth is, even though my doctor told me once he thought exercise was one of the things keeping me going, and I know it keeps my legs strong, I don't do it for any of those reasons. I do it for the hugs.

*For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 16. For a list of the guidelines, monthly themes, and deadlines, please contact the Life Enrichment/Wellness department.*

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## Edmond Fire Department shares safety tips

Jeremy Goodwin, a member of the Edmond Fire Department, discussed the importance of being prepared for medical emergencies. Approximately 20 residents attended the presentation and were given medical emergency forms to complete. Jeremy said these forms should be displayed in a prominent area of the home (i.e., refrigerator door) in case a person is unable to communicate to emergency personnel what medications he/she is taking or other medical conditions. Residents can pick up a complimentary copy of the medical emergency form at the concierge desk if they were unable to attend the event.



**Jeremy Goodwin, a member of the Edmond Fire Department, recently shared medical emergency safety tips with a group of residents.**

## Attend Touchmark's winetasting event



**Dining Room Services Manager Mike Bates shares facts about wines from Germany at the recent winetasting event. Mike has extensive knowledge on varietals and will be showcasing African wines Wednesday, May 23 from 3 to 4 pm. This event is open to the public as well as residents. If you are interested in attending, please call 405-340-1975 to register.**



**The winetasting events at the Parkview Model Homes continue to be extremely successful. Several people came to this occasion, which featured wines from Germany.**

## What others are saying

*“I had visited other places when I decided to move from South Carolina, and when I entered this building, there was just such a warm feeling from everyone I met—staff and residents included. It’s also the convenience of location; I love where Touchmark is located, because it’s so close to everything. You just can’t beat it!”*

**Carolyn Rogers**  
—Resident

### Upcoming events

**Sunday, May 13, 11:30 am to 2 pm**—A Mother’s Day Brunch. There will be a reservation sheet at the front desk; please include the number of guests attending. Creekside Dining Room

**Wednesday, May 16, 2 pm**—Oren Lee Peters will present Oklahoma History, including topics on “Edmond’s history and the Land Run.” This discussion will take place in the library. Please RSVP at front desk.

**Thursday, May 17, 2 pm**—Representatives from Edmond Medical Center’s Hyperbaric Wound Care clinic will present treatment options for proper healing.

**Wednesday, May 23, 3 pm**—African wines will be featured at the Parkview model home. Please RSVP at the front desk.

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

