



Residents “taste” the Mediterranean



Message from
Jamie Ham
—Executive Director

Every month, Touchmark selects a geographic theme and plans culinary events to highlight the cuisine of that country. For June, Touchmark is celebrating the culinary flare of the Mediterranean with weekly events, which will culminate in a special dinner.

Residents have attended a tea party and a cooking demonstration by Touchmark’s chef. Later this month, they can taste Italian and Israeli wines and top the month with a multicourse Mediterranean dinner and dessert. Furthermore, our breakfast, lunch, and dinner seasonal menus will feature a different Mediterranean special during June.

Call today and discover the exceptional lifestyle at Touchmark.

Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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—*Maya Angelou, poet*

During my travels as vice president of Wellness & Programs, I visit all of Touchmark’s communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.
- People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.
- The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness department. You are invited to be an architect of this intentional community.

Upcoming events

Wednesday, June 13, 10:30 to 11:30 am—Trip to the Edmond Farmer’s Market. Please RSVP at the front desk.

Saturday, June 16, 2 pm—*Brothers of the Wind*, featuring Touchmark’s very own Bill Clymer from Building Services. Grande Hall.

Wednesday, June 20, 3 to 4 pm—Mediterranean wines featured at the Parkview model home. Please RSVP at the front desk.

Tuesday, June 26, 10 am—Newcomer’s Coffee in the Shortgrass Café. All residents are welcome!

Thursday, June 28, 4:30 pm—Mediterranean Dinner.

More than a new home ... a new home life!



by Michelle Stewart
—Sales Associate

This spring has brought many new people into the community. To say that it’s been exciting would be an understatement. It has been a special, meaningful time for all of us—both residents and staff—but especially for residents. Already a vibrant, caring community (some say family), we’re becoming even livelier and more connected, every day. Each week, we welcome at least one new resident—often two or three. Every person comes with a unique, compelling story and a one-of-a-kind personality and perspective. Each is welcomed into his or her new life with enthusiasm and warmth.

When you decide to become part of this community, you free yourself of home-maintenance headaches and cooking chores, and life gets a lot easier and much more comfortable. As someone said to me the other day, “You get your independence back.” But that’s only the beginning. You make yourself available for new opportunities, experiences, and, most of all, friendships that will bring greater fulfillment, purpose, and joy. You gain the kind of security you can only experience when you live the way we were all designed to live: within a close-knit community among a network of peers.

You don’t just move into a new home, you begin living and participating in a healthy, happy new home life. That’s why I believe the most important question you can ask isn’t, “Are there any two bedrooms left?” It is, “How soon can I come?”

There’s only one Touchmark at Coffee Creek. If you’re not a part of our close-knit, joyful community, call us today. We’ll talk about the easy steps you can take to start your new life in your new home.

Unfolding Edmond's history



Lt. Colonel Oren Lee Peters, local historian and community leader, presents a colorful and enlightening look at Edmond history and the Land Run of 1889. The group discovered many myths about the infamous Oklahoma land runs.

Best of luck!



Residents and staff participated in a special celebration honoring Life Enrichment/Wellness Director and friend Amy Connaway. Amy and her husband are relocating back to her roots in Missouri. Amy's vitality and laughter will be missed. Pictured are Amy and resident C.D. Blanks at the 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 June is an "I remember when ..." nostalgic story.

Grandfather

by Harlene Lee

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

When I was small
He took my hand
And held it firm and tight
I seemed to see
In his old face, a soft and tender light
He was a tall
And silent man
A man of great sweet love
And in his great sweet tenderness
I too learned how to love
It wasn't long a time, I guess,
'Till I was grown and gone away
But I shall not forget the man
Who made me smile every day
And taught me how to pray

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness department.

