



Our Parkview homes radiate comfort and quality



Message from
Jamie Ham
—Executive Director

An easygoing lifestyle is a unique quality of Touchmark living. People find it freeing to know that they don't have to deal with the daily hassles, such as lawn care and house-keeping, when they live in a Parkview home. Residents enjoy the availability of chef-prepared meals and other amenities, such as convenient banking, beauty salon services, a coffee shop, and Touchmark's Life Enrichment/Wellness program. A 24-hour concierge is available as well.



Discover the beauty and comfort of a Touchmark Parkview home.

A Parkview home exudes quality workmanship as well as comfort. The carefree living is expressed throughout the spacious floor plans, which feature expansive windows, a well-appointed kitchen, walk-in closets, fireplaces, vaulted ceilings, an attached two-car garage, and sizeable master suite. Stop by and explore these meticulously landscaped Parkview homes—and experience the Touchmark lifestyle.



We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War I” were recognized and interviewed. Those who are still alive are scattered around the world and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on *centenarians still working*

World War I veteran, Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007), died

at 115 and is the oldest authenticated veteran from any conflict. It is amazing that someone could survive through all the health epidemics, storms, disasters and challenges the last 115 years have presented to the human species. In today's world, everyone has a better chance for living a long, productive life than most of Emiliano's counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter and more abundant food have increased the average adult's lifetime to the late seventies. The percentage of people over the age of 100 in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 than ever before. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Touchmark is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Coordinator Cathy Bird. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

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There is a salesperson in everyone

By Jeffree Tayar
—Sales associate

Do you realize we have 98 salespeople at Touchmark? Coincidentally, 98 happens to be the number of residents currently living in this retirement community.

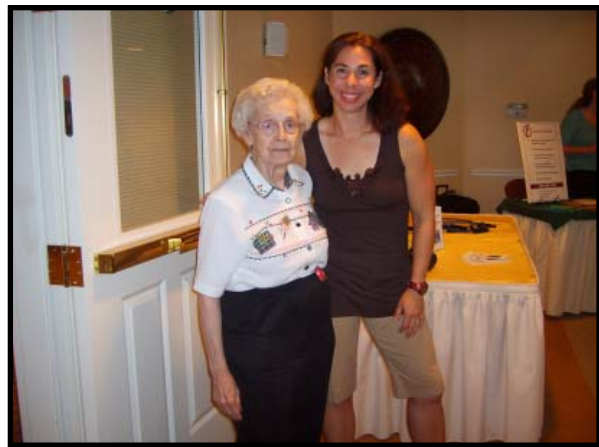
Sales Associate Michelle Stewart and I can point out the beautiful décor; we can enjoy a tasty luncheon with people interested in Touchmark's lifestyle; and we can introduce them to the friendly staff. The residents, however, are the ones who really "sell" the community. I tell my clients to talk to me a little, but talk to the residents a lot. Who can better recommend Touchmark than someone who lives there?

This is why it's not uncommon for current residents to stop and introduce themselves to potential residents who are touring Touchmark. After all, everyone is a salesperson—especially those who live here.

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Make Every Day a Fitness Day

This was the theme for this year's National Senior Health & Fitness Day, and participants started with a walk. They enjoyed smoothies and snacks in the Shortgrass Café, games and prizes in the Activities Room, and health and fitness presentations in the Grand Hall. Attendees received fitness punch cards and "setting the pace" pedometers to support ongoing fitness.



Sarah Naylor, fitness trainer, offers Virginia Craig (left) some helpful health tips.



Warren Porter, Peggy Sullivan, and Dorothy Porter take a break while waiting for their turn with the massage therapist.

Newcomers welcomed with coffee at Coffee Creek

Touchmark held its first Newcomers Coffee in June in the Shortgrass Café, and there was a great turnout. People enjoyed tea, coffee, and pastries and took pleasure in one another's company and meeting some of the people who have moved to Touchmark.



Evelyn Clark (left) welcomes Bob and Marianne Bachman.



Faye Kelsey (left) receives a warm greeting from Patty Robison.

Upcoming events

Saturday, July 21, 2 pm—Sundae Saturday Ice-Cream Social.

Wednesday, July 25, 3 pm—Winetasting. RSVP at the front desk.

Thursday, July 26, 4:30 pm to 6:30 pm—Dinner Americana.

Tuesday, July 31, 10 am—Newcomers Coffee.

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 July is a poem featuring patriotism and community service.

Band of Paladins

by Leaman Harris
—Resident

In 1989, I arrived at Tinker Air Force Base
After a career in oil lost its grace.
There I found a Band of Paladins.
Its mission is what that Band so eagerly defends,
The Environment.

This band is a group of guys and gals
Who try very hard to be all pals.
But pollution is their nemesis,
And its eradication is their genesis.

But this is a military facility the critics say!
Its purpose is to maintain some flying machines.
“That’s right,” the paladins reply, as they make sure,
That the maintenance takes place in the proper scenes.

The land, the water, and the air we breathe,
These first must be maintained, if
Having something worth defending is our goal,
Before we take our leave.

The paladins at Tinker are creating a better world.
Because they do not hesitate

To let their environmental passion shine,
Like a flag unfurled.

So, with many “Thank Yous,”
I fill their cups to the brim,
And proudly proclaim:
“I was one of them!”

Leaman composed this poem upon his retirement in 2003 from Tinker Air Force Base as an Environmental Management Directorate.

For August, please submit a recipe with a story. Deadline for this issue is July 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Cathy Bird.

A taste of summer



Virginia Morefield, Lee Mason, and Ruth Magnello enjoy a morning at the Edmond Farmer's Market.

