



Oklahoma celebrates 100 years **People can affect onset of progressive memory loss**



Message from
Jamie Ham
—Executive Director

We've almost reached Oklahoma's 100th birthday, and Oklahomans are ready to celebrate. The state governor and first lady have scheduled several centennial activities, and Touchmark's also planning events to observe the state birthday.

To celebrate, the Dining Services team will present an Oklahoma-inspired Indian Summer Tea event, fried-catfish cooking demonstration, and winetasting, featuring wineries from around Oklahoma.

On Friday, September 14, people are planning to attend a Oklahoma History Center tour and lunch. On Thursday, September 27, we'll hold an Official Oklahoma State Dinner, where people will enjoy traditional southern fare, including chicken fried steak, barbecued pork, fried okra, squash, grits, biscuits, sausage and gravy, corn, black-eyed peas, and pecan pie.

Come visit Touchmark during these centennial celebrations and experience everything Oklahoman.

P.S. Take a look at the photo of centenarian Floyd MacClain, who is celebrating his birthday this month.

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer's disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is "if it's good for the heart it is good for the brain."

“Older adults have more control over their cognitive vitality than they may realize.”

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—Elizabeth Stine-Morrow,
Professor of Educational Psychology,
University of Illinois

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain's region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked to brain cell growth and

enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow's research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don't need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Touchmark are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Coordinator Cathy Bird.

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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 September is a book review of your favorite book.

The Kite Runner by Khaled Hosseine

by Jean Ormson
—Resident from a Touchmark community in Appleton, Wisconsin

One of the most interesting books I have read in the last few years is *The Kite Runner* by Afghan writer Khaled Hosseine. It is the first book written in English by an Afghan. The book is a captivating story about a little boy, Amir, who grew up in Afghanistan at the same time that the Taliban came into power. He and his very successful businessman father had to secretly escape the country in hopes of avoiding the unrest that was taking place in their country at the time. They moved to Fremont, California. More Afghan people followed, and a settlement of people from Amir's country developed in California.

Their new way of life and location could not erase the memories or the choices that were made by the boy in his original homeland. The reader can relate to the messages of redemption and starting life with a fresh perspective. The story kept me reading because of all of the twists and turns that the author built in and the realistic description of life in Afghanistan. Even though the work is fictional, the writing is done in such a way that the reader feels the real-life quality that comes from being based upon experience.

This book is currently available in the Touchmark Library of which I am the chairperson. Years ago when my husband, Jim, and I moved into Touchmark, I said, "We need to get this library going." I've been working on it ever since.

Tina, the receptionist, and I organized the donated books. Later, when we received an endowment donation from a past resident, the library committee was formed. The library committee visited the nearby bookstore to purchase the latest titles and authors. We still welcome the donation of new books, especially large-print versions. As a result, the library has become something that we can all be very proud of and enjoy regularly.

For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 17. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Cathy Bird.

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Find more time for friends and hobbies

by Jeffie Tayar
—Sales Associate

When you move to Touchmark you gain freedom—freedom from housework, yard work, grocery shopping, cooking, and cleaning. When these tasks are completed by the Touchmark staff, you have the time to enjoy your friends and hobbies.

You have a choice of how you want to spend your time. You may want to travel or do volunteer work. You may want to write a novel or trace your family history. The fact is, your time is yours to do with as you please, and that is freedom!

Call Touchmark today and learn more.

Discovering art in downtown Oklahoma City

Earlier this summer, residents and staff attended the *Breaking the Mold: Selections from the Washington Gallery of Modern Art, 1961-1968* exhibition at The Oklahoma City Museum of Art.

“We enjoyed the variety of art,” says Life Enrichment/Wellness Coordinator Cathy Bird. “The highlight of the visit was the museum’s permanent blown-glass exhibit, called *Dale Chihuly: The Exhibition*.” The Dale Chihuly exhibit was purchased in June 2004 and has continued to be very popular.

After the tour, the group gathered in the Museum Café for a tasty lunch and lively conversation and finished the trip with a visit to the gift store.

Read the upcoming events section for details on this month’s happenings and come join the fun!



A colorful display from the *Dale Chihuly: The Exhibition* swirls behind a group, who recently visited The Oklahoma City Museum of Art in downtown Oklahoma City. From left: Life Enrichment/Wellness Coordinator Cathy Bird, residents Gladys Myers, Virginia Morefield, Peggy Sullivan, Emma Joyce Broadrick, and Marty Rose.

Upcoming events

Friday, September 14, 9:30 am—Leave for Oklahoma History Center tour and lunch.

Saturday, September 15, 2 pm—Greatest Generation meeting.

Wednesday, September 19, 3 pm—Winetasting, featuring Oklahoma wines at the Parkview Homes.

Tuesday, September 25, 10 am—Newcomers’ Coffee. All residents welcome. Shortgrass Café.

Wednesday, September 26, 3:30 pm—Hearing Helpers will be here to talk about hearing loss and how to manage devices. Grand Hall.

Saturday, September 29, 2 pm—Second-annual Touchmark at Coffee Creek Resident Dog Show.

People gather helpful information at health expo

Touchmark hosted the Edmond Senior Health & Wealth Expo in mid-August. Visitors and residents collected pertinent information on a variety of subjects from 20 vendors and listened to a panel of experts answer questions concerning pharmacology, lifestyle transitioning, home health care, and more. The Honorable Mayor Dan O’Neil also attended and visited with everyone at lunch.

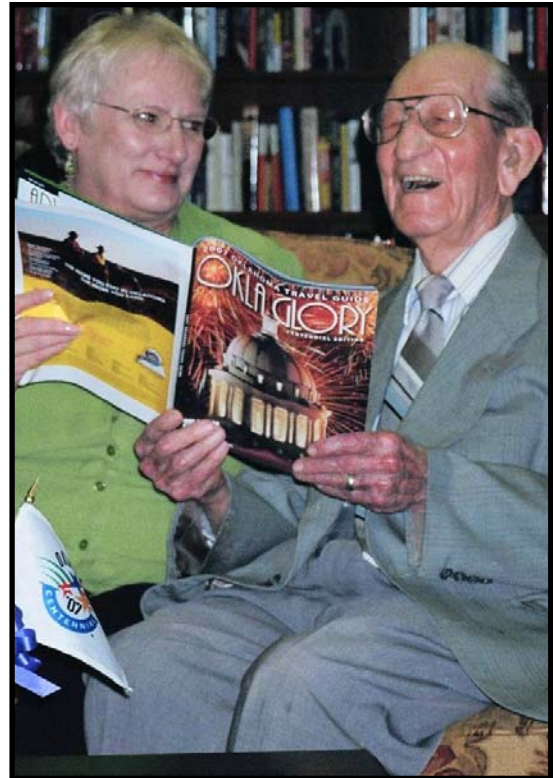


Resident Judith Harris (left) with a Shaklee Corporation representative.

Summer highlights



Virginia Morefield and her talented granddaughter Shealynn Morefield, who entertained residents at a recent vocal and flute performance. Shealynn is planning to return in December.



Oklahoma's centennial year has a special meaning for Touchmark Concierge Rosemary Domina and resident Floyd MacClain. They celebrate their birthdays September 11, and Floyd joins the quickly growing number of centenarians worldwide. "I was a young man at 70," said Floyd, who remains active in spite of his diminished vision and hearing. "I did something to take care of myself, and I think the good Lord is on my side," reflects Floyd about his longevity. Rosemary, who is 40 years younger than Floyd, has worked for Touchmark a year-and-a-half and has lived in Edmond with husband Jim three years.



A group of people attended a Saturday matinee of *Once on This Island* at the Civic Center Music Hall in downtown Oklahoma City. Everyone was captivated by the fun, lively story, which is an unusual rendition of the Little Mermaid tale.



At the recent show-and-tell tea, people brought a variety of items, including family photos, special clothing, jewelry, travel souvenirs, and professional mementos. Each person told the story behind the special item, and people sipped tea and ate pastries as they listened to each intriguing story, some of which were extremely humorous. Pictured is resident Faye Kelsey holding photos of herself and her husband, Scott, when they were teenagers. Faye's picture was taken when she was an all-state softball player, and Scott is pictured on a tractor, working on his family farm.

