



Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a

celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Touchmark supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Coordinator Cathy Bird. Good food, good health, good company, and good conversation are the goals of the Touchmark dining experience.

Enrich your life—enjoy Touchmark’s amenities and services

A recent study by the U.S. Bureau of Labor Statistics found that older adults spend anywhere from 1.9 to 4.5 hours a day on household work, depending on age and employment. At the minimum of two hours per day, a person could spend approximately 14 hours per week on housework. Are you spending time on housework instead of enjoying activities and people?

Take advantage of amenities and services at Touchmark

and discover more time for the people and activities you love. Let Touchmark staff care for your home. Spend time savoring your meal instead of cooking and cleaning. Take advantage of a dynamic Life Enrichment/Wellness program, scheduled transportation, housekeeping, and a rich social environment.

“The first day I walked into Touchmark, it was exciting to feel the energy,” says Touchmark Sales Associate Bobby Hinkle, who recently joined the community and sells Touchmark’s Parkview homes. “With pleasure, I can still say that I have not met a single resident who is unhappy here, which is a testament to the quality of lifestyle that Touchmark offers. I am very happy to be part of something that enriches people’s lives.”

This month, Touchmark is featuring an Eisenhower Parkview home and a spacious Grandview home.

The Parkview home

Touchmark’s spacious Parkview homes offer one-level living in a variety of two- and three-bedroom floor plans with no steps, high ceilings, full kitchens, and two-car garages.

This two-bedroom, two-bathroom Eisenhower home has



Call about this 2,048-square-foot Eisenhower home today!

2,048 square feet and a spacious 428-square-foot garage.

Life in a Parkview home offers:

- Secure, gated community
- Exceptional kitchen or chef at your service
- Landscape- and maintenance-free lifestyle
- Weekly housekeeping
- All utilities, property taxes, home structure insurance included
- Twenty complimentary meals per month at the Grandview as well as use of Grandview’s business center, fitness center, salon, transportation, and dynamic Life Enrichment/Wellness program

The Grandview home

Begin a carefree lifestyle in a spacious studio-, one-, two-, or three-bedroom Grandview home with a den. Cook in your generous-sized kitchen or join your friends for a chef-prepared meal served restaurant style in one of two classic dining rooms.



This lovely Grandview home includes a bright, cheery living room.

This attractive Grandview home includes:

- Secure, gated community
- Maintenance-free lifestyle
- 24-hour concierge and emergency call system
- Underground parking
- Guest rooms
- Access to business center, fitness center, salon, transportation, and dynamic Life Enrichment/Wellness program

Call Bobby or another member of the Sales team today and discover a maintenance-free lifestyle.

Lifestyle offers freedom to travel

This summer, Touchmark residents Leaman and Judith Harris visited Touchmark on West Prospect in Appleton, Wisconsin, and Waterford at All Saints in Sioux Falls, South Dakota, both part of the North American Touchmark family.

Their original plan was to visit with family at a lake house up north and then return to Oklahoma, but the journey expanded to include two side trips to Appleton and Sioux Falls.

“We were interested in finding out about other Touchmark communities,” says Leaman, explaining why they decided to extend their travels.

Both Leaman and Judith are actively involved at Touchmark at Coffee Creek and saw this trip as an opportunity to learn while enjoying some vacation time. Leaman serves as the president of the Resident Council, and Judith is the chair of the Health Committee. “We wanted to know how other communities are doing things,” says Judith.

While at Touchmark on West Prospect, the couple had dinner with residents Jean and Jim Ormson. Like Leaman, Jean is on the Resident Council. The couples exchanged ideas, like how to add recycling to Touchmark’s many services. Leaman and Judith viewed the residents’ garden and were impressed with the produce. They also toured some of the new single-level homes.

After a two-night stay in Appleton, they traveled to the Minneapolis-St. Paul area of Minnesota, where they visited with Judith’s sisters and their families. On the way back to Oklahoma, they stayed one night in Sioux Falls, where they toured the town, had dinner with residents, and visited with Executive Director Angie Rabon. “We felt very welcome. They had our names on our room when we arrived.”

Judith explained that the architecture at All Saints is beautiful. “I fell in love with the old building. It’s just wonderful. The setting was lovely,” says Judith. Waterford is located in the heart of the city and sits on the five-acre site of the historic All Saints School.

Joining the Touchmark community

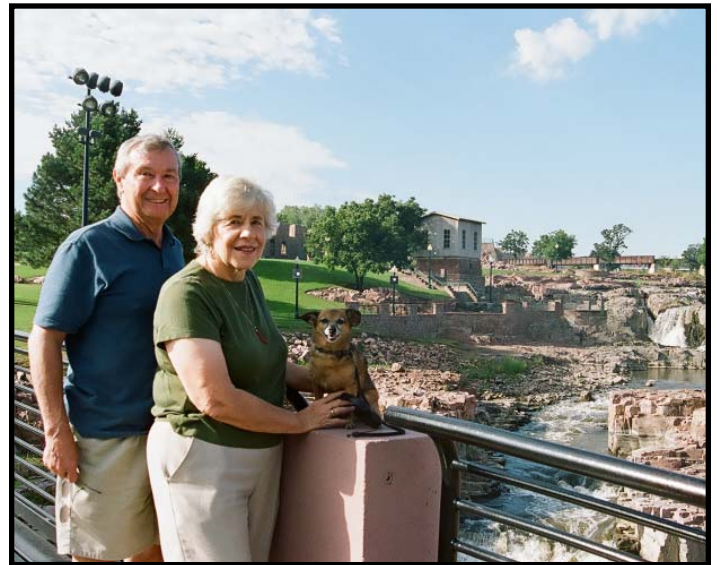
Leaman and Judith moved to Touchmark at Coffee Creek in July 2006. “We were ready to get rid of all the main-

tenance that comes with a large house and plot of land,” says Judith.

Since moving to Touchmark, the couple has felt the freedom to travel, including their trip to Waterford at All Saints and Touchmark on West Prospect. Leaman and Judith are avid travelers and have visited New Zealand, Australia, The Canadian Rockies, England, Belgium, Peru, and several other places.

Both agreed they would like to travel to other Touchmark communities, if the opportunity arises, and recommended such a trip to other residents. “I would recommend it,” says Judith. “Our experience was really good.”

To learn more about visiting and/or staying at one of Touchmark’s communities, talk to Executive Director Jamie Ham.



Leaman and Judith Harris and their dog, Paco, visited two Touchmark communities this summer. They stopped by The Falls of the Big Sioux River in South Dakota, where Touchmark’s Waterford at All Saints community is located.

“Cruising the islands”

Touchmark recently had a month full of “Cruising the Islands” as part of the monthly themed celebration.

The festivities started with a special Islands Tea in the Legends Private Dining Room, which was decorated with shells, candles, and leis. Hawaiian music played softly in the background as everyone enjoyed their choice of tea

and scones. The assortment of scones included blueberry, chocolate chip, and cinnamon with whipped cream and fruity jams. Attendees wore bright or tropical clothing, adding extra color to the whole room. Staff provided colorful leis that complemented everyone's colorful outfits.

The following week, several people met in the kitchen to watch a cooking demonstration by Touchmark's chef, who prepared Tropical Plantains. The group learned about the ingredients, how to prepare this dish, and enjoyed a sample.

The celebration continued with a winetasting at the Parkview model home that featured six wines from Australia and New Zealand. People wore leis and enjoyed the island décor while Dining Services Manager Mike Bates explained where the wines were produced and what types of grapes were used to make each wine.

Next, a group traveled to the Oklahoma Aquarium with Life Enrichment/Wellness Coordinator Cathy Bird.

"We all had fun viewing the tropical fish, rays, and sharks," says Cathy. The group finished the day with lunch at a Mexican restaurant on the river front.

The month culminated with an island-themed dinner that included entertainment by a hula dancer. The performer explained the history of hula and danced different hula styles around the Creekside Dining Room. The menu for the evening included slow-roasted pig with banana leaves, coconut shrimp, and homemade tapioca pudding.

"A group of residents helped me decorate for the event,

making it even more special," shares Cathy. "It was really fun to tie the island theme to all monthly events."

Upcoming events

Wednesday, October 24, 11 am to 4 pm—The Visiting Nurses Association will give flu shots. Sign up at the front desk and bring your insurance card.

Thursday, October 25, 4 to 7 pm—Oktoberfest dinner and entertainment. Eat traditional German food and listen to polka music.

Wednesday, October 31, 3 to 5 pm—Wear your best costume and enjoy a Happy Halloween.

Can people control their moods?

"What would you pay or do to be happy?" asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—"Positive psychology: a new way to support wellness in older adults?"—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of "happiness exercises" that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one's "whole-person wellness."

An entire page is devoted to highlighting Touchmark's Full Life Wellness & Life Enrichment Program. Subtitled "Incorporating positive psychology into an older-adult wellness program: the Touchmark example," the page discusses Touchmark's various components. "The Touchmark program is designed to assure residents connect and form relationships within their new 'family of choice,'" points out Marge. "This connectivity is the key positive psychology element in the Full Life program."

She adds, "Positive psychology interventions may offer a promising new way to improve the well-being of individuals."

To read Marge's article, visit Touchmark.com/community-involvement.htm.



Resident Mel Krewall poses with the hula dancer at Touchmark's recent island-themed dinner.

Stay healthy—avoid the flu

by Nona Phelps, RN
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details.

For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

A stitch in time—residents learn about Oklahoma's rich history

Buckboard Antique Quilts Owner Judy Howard recently presented *Centennial Stitches—Oklahoma History in Quilts* at Touchmark. Judy shared her quilt expertise and talked about Oklahoma's fascinating quilt history.

Judy has collected priceless quilts, including the Frank Phillips Autograph Quilt and the Sam Walton quilt, for more than 30 years, and she authored the book *Centennial Stitches—Oklahoma History in Quilts*.

Approximately 20 residents attended the event and were able to purchase Judy's book and have her sign copies.



Judy Howard presents *Centennial Stitches—Oklahoma History in Quilts* at Touchmark.

“The event was very educational,” says Life Enrichment/Wellness Coordinator Cathy Bird. “Judy shared about the quilts and how they’re interwoven with Oklahoma’s history. We were able to look at the quilts up close and hear the stories behind them, which was exciting.”

The presentation held personal significance for one Touchmark resident, Liz Coddling, who shared that one of the quilts featured in Judy's book contained a quilt square made by her great-great-grandmother, Sarah Strong, for Oklahoma's 25th birthday. Sarah's Rose of Sharon square represented Custer County.



Resident Liz Coddling (right) points to the quilt square that her great-great-grandmother contributed to a quilt for Oklahoma's 25th birthday. The quilt is featured in Judy Howard's book, *Centennial Stitches—Oklahoma History in Quilts*.

