

News wrapped in fresh format

HAPPY HOLIDAYS AND SEASONS GREETINGS FROM TOUCHMARK! During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd like to hear what you think of our updated look.

Feedback is very important to us. Each year, Touchmark surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

We just completed this year's survey, and we're delighted that our grounds and outside maintenance and Touchmark maintenance team were rated the highest of all Touchmark communities in the US and Canada. This is a real tribute to our staff!

Whatever the time of year, we welcome your feedback.



Regards,



Jamie Ham
Executive Director

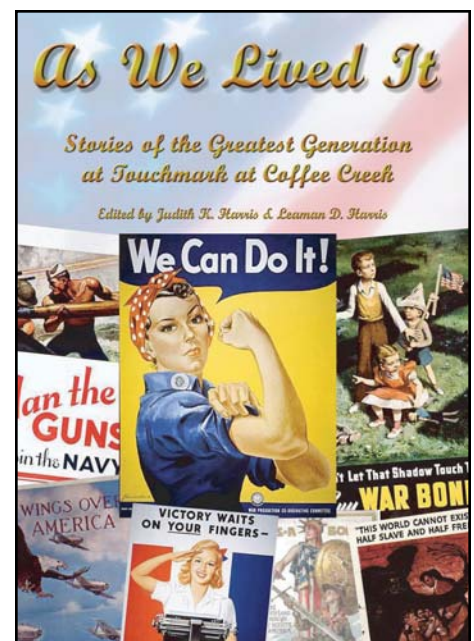
Residents compile stories of the "Greatest Generation"

Judith and Leaman Harris of Touchmark have compiled stories of the "Greatest Generation" in a just-published book after discovering many residents living in Touchmark experienced World War II firsthand. According to the Harrises, *As We Lived It* isn't just a war story. Rather, it's about life during the war years.

Starting a year ago, the Harrises collected two or three stories during a monthly "story-telling" gathering. They recorded the stories and edited

them for the hard-cover book, which is to be previewed at Touchmark just prior to December 7—66 years after the attack on Pearl Harbor.

"Everybody has a story," says Judith. "The stories are from all kinds of people, not just veteran stories. They are about people not necessarily on the battlefronts, but those who contributed here on the home front, also." A unique aspect of the book is six of the 18 stories are by women on the home front. Their chapter titles are: *My life as an Air Force Wife*, *My Ride in a P-38-Lighting Fighter Airplane*, *Bea the Riveter Builds Ships*, *Memories of a Girl from Ranger, Texas*, *Aviation Takes Wing in Northwestern Oklahoma*, and *A WWII Love Story*. (cont.)



Residents' stories are compiled in this just-published book. The book can be ordered by stopping by Touchmark or calling 405-340-1975 to request an order form.

(cont.) Bea Coleman recalls leaving rural Oklahoma for San Francisco to work in a shipyard. There, she was a pipe-fitter's helper. Independently, she decided to further her education and attend a trade school. "I learned to braze and to weld. I never had to do those things on the job, but I did learn how to do them. My job was to connect coffee urns in the galley."

Proceeds of the \$29 book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book can be ordered by stopping by Touchmark at 2801 Shortgrass Road or calling 405-340-1975 to request an order form. A second volume is already in the works, with nine more stories currently collected. ■

Holiday meals without the hassle

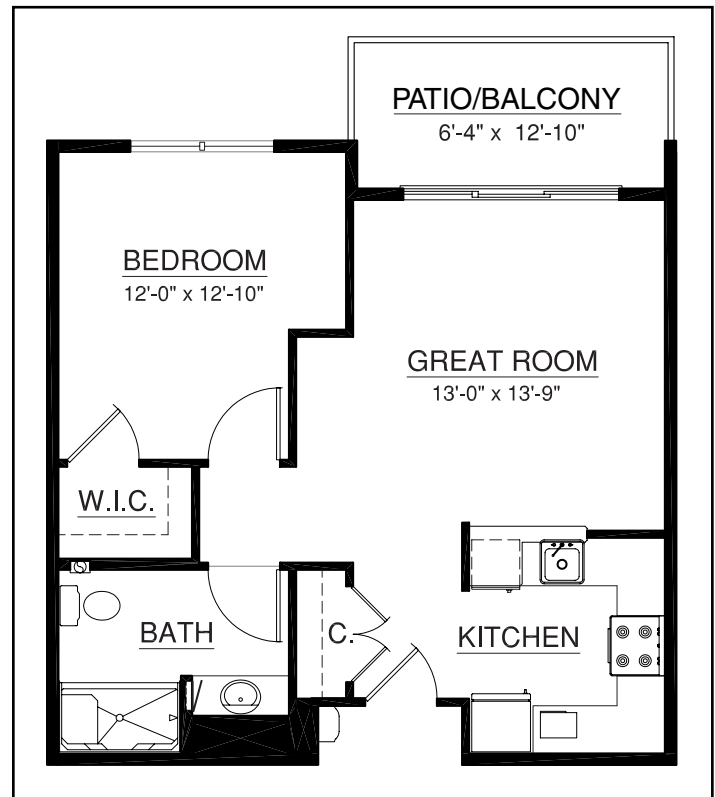
Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Touchmark community, you can take advantage of Touchmark's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Touchmark staff can help you design a memorable menu for your family dinners and holiday celebrations.

Call 405-340-1975 to learn more about the private dining room, catering, and the many amenities and services at Touchmark.

The Harrison at Parkview includes 1,971 square feet, two bedrooms, a study, a 433-square-foot garage, and two bathrooms. The master bedroom features a roomy master bathroom with a separate tub and shower, and the room has a spacious walk-in closet. A vaulted ceiling creates extra visual space in the living room and the fireplace adds a warm, homey touch. The dining area opens into the living room, making entertaining seamless. The home also includes a covered patio.

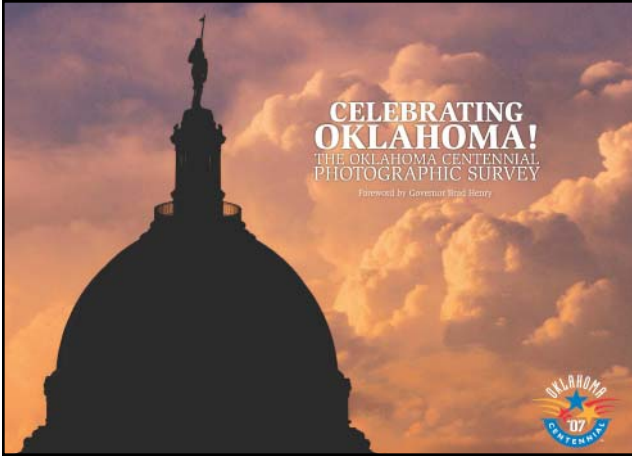
The one-bedroom, one-bathroom **Grandview home** (shown below) has a lovely balcony or patio right off the living room. The full kitchen includes a raised dishwasher for convenience, and the large bathroom is equipped with an emergency pull cord, a shower with a built-in seat, and an adjustable shower head. The home also includes walk-in closets. ■



Call today for your personal presentation of this Grandview home.

Centennial book author visits Touchmark

The official photographer of the Oklahoma Centennial, Mike Klemme, discussed his 288-page photographic book and its inception when he recently visited Touchmark. *Celebrating Oklahoma!* uses spectacular photography, facts, and the perspectives of nearly 50 famous Oklahomans to illustrate the character, grace, and style defining Oklahoma in its 100th year. Copies of (cont.)



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Mike Klemme, the official photographer of the Oklahoma Centennial, discussed his 288-page photographic book and its inception when he recently visited Touchmark.

(cont.) the book were available for purchase/signing at Mike's appearance.

An official project of the Oklahoma Centennial, it is the first in a series of products produced by the Oklahoma Centennial Photographic Survey. More than 400 photographs depict Oklahoma's land, arts, economy, communities, people, and leisure pursuits. The photographs were selected from approximately 20,000 images Klemme captured during a 20-month journey across every county in the state.

James Garner, Troy Aikman, Roy Clark, David Boren, Frank Keating, General Tommy Franks, Bob Stoops, Eddie Sutton, Hanson, and Miss America Jennifer Berry are just a few of the famous entertainers, athletes, astronauts, and public servants who have added their per-

sonal memories and perspectives to the book.

Klemme has spent the past 20 years photographing resorts, golf courses, architecture, and communities around the world. He has traveled more than four million miles and explored 2,000 beautiful destinations in nearly 50 countries. His photographs have appeared in *Sports Illustrated*, *Forbes*, *Cigar Aficionado*, *The Wall Street Journal*, *Golf magazine*, *Golf Digest* and *Business Week*, among others. ■

A day to honor veterans

Residents, families, staff, and friends gathered to celebrate Veterans Day with several special presentations. Leaman Harris explained the origins of Veterans Day, then Bob Osborne led the Pledge of Allegiance, and everyone joined in the reading of *The American's Creed* and *A Veteran's Day Prayer*.

Executive Director Jamie Ham, who served in the Navy for four years, gave a tribute to veterans, saying that he greatly values the sacrifices of those who have served in the armed forces and their families, past and present. Jamie also shared the poem *If* by Rudyard Kipling. Judith Harris presented the book *As We Lived It—Stories of the Greatest Generation*, and Alice Snyder shared a Greatest Generation story, *Fred P. Snyder: A Leader in the Army and the Community*. Ruby Stockwell played *God Bless America* on the piano, and Everitt Baker played *Rev-eille* and taps on his trombone.

Veterans received red, white, and blue ribbon pins, and everyone took a step back in time with refreshments that were "reminiscent of the war years," including SPAM® and crackers, Australian New Zealand Army Corps biscuits, doughnuts, and coffee. ■



Liz Coddling helped plan the Veterans Day ceremony.



Starting the ceremony, Everitt Baker plays Reveille while his daughter, Sharron, looks on.



Alice Snyder tells her Greatest Generation story.



People enjoyed special wartime refreshments at the Veterans Day celebration.

Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We *(cont.)*

I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life."

—Aimea Saul, artist

(cont.) also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Touchmark, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact Director of Life Enrichment/Wellness Cathy Bird to become an active changemaker and contributor to the circle of life. ■

Coming Events

Saturday, Dec. 1, 10 am to 2 pm

Holiday bazaar and book sale. Proceeds go to the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support. Grand Hall.

Tuesday, Dec. 4, 3 pm

Snowman Clay Sculpture class with Elizabeth Norton of the Fine Arts Institute of Edmond. North Activities Room.

Wednesday, Dec. 12, 1:30 pm

Victorian Christmas Tea by Rosemary. Fireside Dining Room.

Friday, Dec. 14, 2 pm

St. Mary's Episcopal School instrumental performance. Grand Hall.

Saturday, Dec. 15, 2 to 5 pm

Coffee Creek Christmas party with Santa, sleigh rides, and cookie decorating for children.

Saturday, Dec. 15, 7 pm

Flute and vocal performance with Shealynn Morefield, the granddaughter of Virginia Morefield.

Monday, Dec. 31, 6:30 pm

The Piano Man performs. Grand Hall.

Recent activities



From left: Judith Harris, Dorothy Hosack, Virginia Craig, and Liz Codding show off their decorated Halloween cupcakes.



Ray Brown (left) demonstrates woodworking to Leaman Harris at a recent "Ray Brown Woodworking Workshop."