

Touchmark in the news

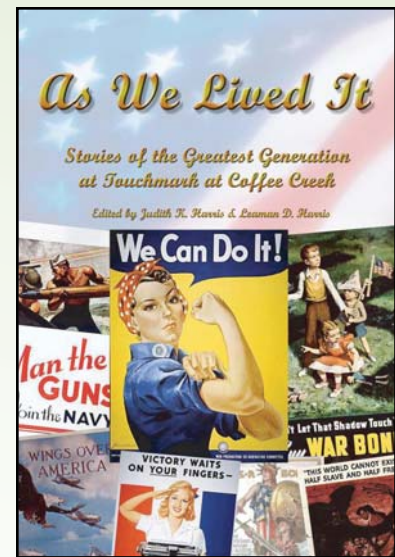
Grab a recent issue of *Edmond Life & Leisure*, *The Edmond Sun*, or *Oklahoma's Nursing Times* and you'll read stories about Touchmark's vibrant lifestyle and interesting happenings.

The Edmond Sun and other media outlets covered the recent publication of Touchmark residents' new book, *As We Lived It*. The book showcases "Greatest Generation" stories of residents.

Touchmark's centennial celebration splashed across *The Edmond Sun* pages with a picture of Executive Chef Bob Miller preparing the

tasty feast. *Edmond Life & Leisure* covered the recent second annual dog show with a fun photo of resident Milli Abercrombie and her dog, Tiffany, who won one of the "Ear-resistible" Ears awards.

Oklahoma's Nursing Times showcased Touchmark Resident Care Manager Sherri Hudlow, RN, who shared her passion for working with older adults and enriching their lives. The paper quotes Sherri saying that she feels fortunate to work with such exceptional staff, who go "above and beyond" to serve residents and their families. ■



Local media outlets covered the recent publication of residents' new book, *As We Lived It*. Stop by Touchmark or call 405-340-1975 to learn more about this "Greatest Generation" book.

The mind-body connection affirmed

"When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn't just stick with traditional research."

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. "Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn't. We've simply provided irrefutable data showing that it is true."

Felten's field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body's immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body's resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant

in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is (cont.)



(cont.) not to ‘just participate’ in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.

At Touchmark, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Life Enrichment/Wellness Coordinator Cathy Bird. ■

Staff member helps create classic Victorian Tea Party

Concierge Rosemary Domina partnered with the Life Enrichment/Wellness and Dining Services teams to create a memorable Victorian Tea Party for 40 people. She provided china teacups, saucers, dessert plates,



Barbara Hall opens her prize after having her name drawn. She won a Victorian mug and hot chocolate set. “It is very pretty,” shares Barbara.

and a variety of lovely Victorian decorations. Rosemary started collecting her Victorian and antique treasures in 1975.

“I love tea,” says Rosemary. “So I started collecting tea-cups.”

From there, her collection grew, and she now continues to look for items on eBay. The night before the tea party, Rose-

mary and fellow concierge, Sally Savage, prepared the Fireside Dining Room and the nearby living room with Victorian dolls, a doll house, hats, and other décor.

The next day, staff greeted guests at the door and invited them to sign up for prizes. The Dining Services team served chocolate-chip scones, lemon bars, mini mints, mixed nuts, and tea. During the tea, (cont.)



Concierges Sally Savage (left) and Rosemary Domina stand near one of the Victorian collections.



Gladys Myers, Jimmie Mitchell, and Lee Mason enjoy their time at the tea.

(cont.) names were drawn for a variety of tea-inspired prizes.

“Everyone really appreciated the special attention and Rosemary’s special touch,” says Life Enrichment/Wellness Coordinator Cathy Bird. “Several residents expressed their appreciation for Rosemary sharing her collection at this special event.” ■

Fitness—a way of life at Touchmark

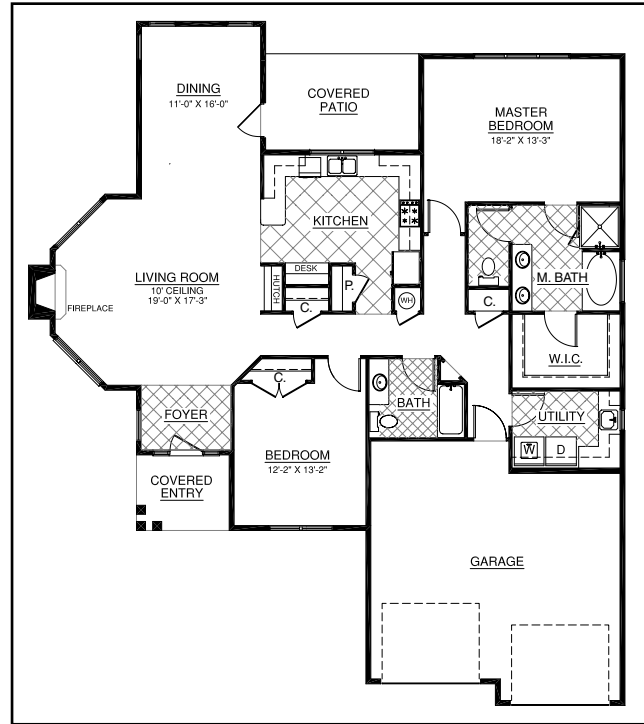
Ask a fitness expert about the benefits of exercise, and you’ll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What’s more, you can socialize with friends while working out.

Touchmark’s Life Enrichment/Wellness program offers classes to enrich people’s life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they’re ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Touchmark services and amenities, visit or call today.

The Roosevelt at Parkview offers 2,000 square feet of living space and a 528-square-foot garage. The home includes two bedrooms, two bathrooms, and a lovely breakfast area that opens to a covered patio. An area off the living room can be used as a formal dining room or study.



The Roosevelt home

This two-bedroom, two-bathroom **Grandview home** offers 1,015 square feet of living space and a balcony. The home includes a washer and dryer, a fireplace, and a fully equipped kitchen with a raised dishwasher for easy access. Call today for your personal presentation.



The 1,015-square-foot Grandview home

Destination ... Discovery



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

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

"If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time."

—Ann Davlin, dancer at 93 years of age

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

"I didn't realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of." This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person's days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

"There are so many things to do all the time; it's hard to choose one." It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Touchmark's various events and offerings. To support your development of new "destinations of discovery," contact Cathy Bird, coordinator of Life Enrichment/Wellness.

May 2008 bring you good health and much happiness. ■

Coming Events

Wednesday, Jan. 9, 2 pm

"The Classic Club" cooking demonstration.
South Activities Room.

Saturday, Jan. 12, 2 pm

The "Greatest Generation" meeting. Come listen to residents' WWII stories and enjoy refreshments. The Bunker.

Monday, Jan. 14, 12:30 to 1:30 pm

Blood Pressure Screening, courtesy of Choice Home Health. North Activities Room.

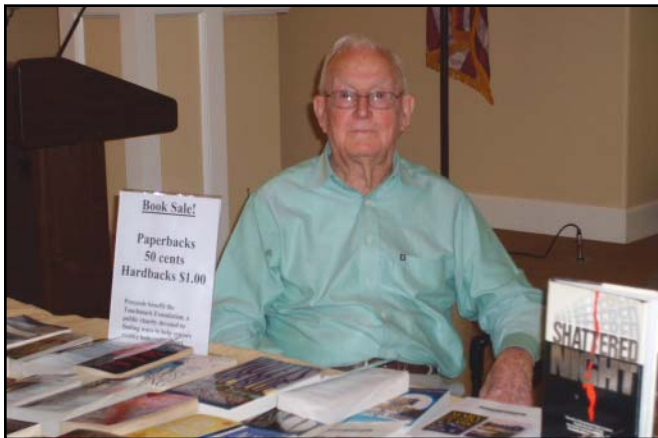
Wednesday, Jan. 16, 2 pm

Resident Tea. Come and enjoy a variety of teas, pastries, and time with your neighbors. Fireside Dining Room.

Wednesday, Jan. 23, 3 pm

Winetasting at the Parkview Home, featuring French wines.

Recent events



Ray Brown works at the book table at the recent Touchmark Holiday Bazaar and Book Sale. A variety of vendors participated, and proceeds from the book sale benefited the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support.



Children color pictures and write letters to Santa with Touchmark Certified Nurse Assistant Datrice Johnson at the recent Coffee Creek Christmas and Holiday Party.



Residents show off their holiday spirit.



Dr. James Klages, with the University of Central Oklahoma faculty brass quintet, visits with resident Everitt Baker, a trombone player. The quintet played festive music in the Grand Hall.



Darrell Coffman, a member of the Coffee Creek community, enjoys a good laugh with his grandchildren at the recent holiday party.