

# Celebration will add sparkle to winter

Touchmark will celebrate Mardi Gras on February 5. Talk of the Town Orchestra will play big-band tunes, and people can sign up for door prizes, take part in a costume contest, and enjoy refreshments. There also will be tours of the Grandview apartments and Parkview homes.

“Residents have crafted masks for the celebration, and we’re looking forward to a festive evening,” says Life Enrichment/Wellness Coordinator Cathy Bird. ■



Staff and residents recently gathered to decorate Mardi Gras masks, which they’ll use for the upcoming celebration. Faye Kelsey finishes her mask and is ready to celebrate.



Lee Mason (left) shares a laugh with Ruth Magnello while making masks.



Life Enrichment/Wellness Assistant Alison Campos-Atkinson shows off her colorful design.



Evelyn Clark adds some sparkle to her golden mask.

## It is never too late



**Marge Coalman, EdD**  
Vice President of  
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Touchmark

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

**“When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”**

*—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University*

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with bi-weekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body’s ability to benefit from the rest and sleep cycle. Exercising only occasionally has

a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don’t practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center ([www.sciencedaily.com/releases/2007/12/071213152540.htm](http://www.sciencedaily.com/releases/2007/12/071213152540.htm)) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Touchmark, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Life Enrichment/Wellness Coordinator Cathy Bird. ■

## Why move to a retirement community?

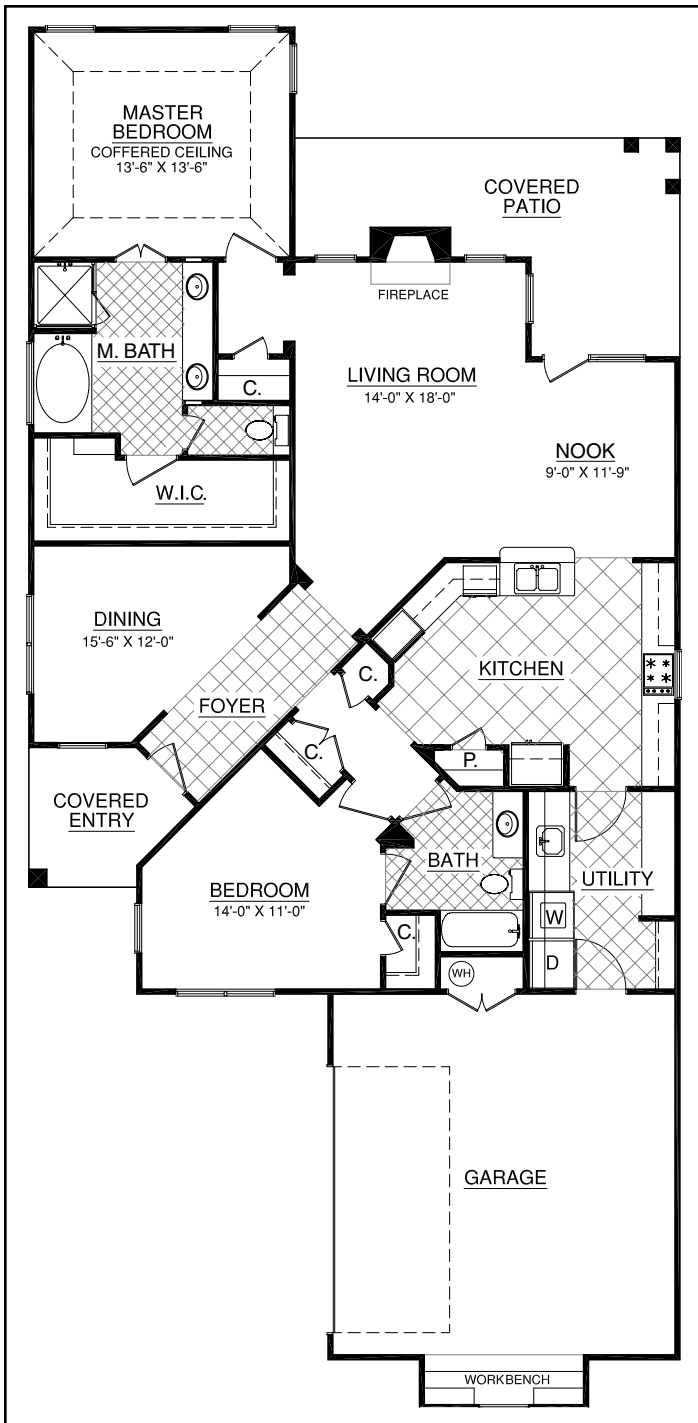
In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Touchmark reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Touchmark Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at winetasting events, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you’re looking for an engaging retirement lifestyle that offers interesting social opportunities, call Jeffie, Liz, or Harriet to learn more about Touchmark’s lifestyle and the following available homes. (cont.)

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The elegant Van Buren home at Parkview comes with 1,850 square feet and offers a selection of options and upgrades. This two-bedroom, two-bathroom home is located in a gated community, and the 526-square-foot attached garage is oversized. Let Touchmark help take care of maintenance—from mowing the grass to changing light bulbs. Call today for your personal presentation.



Find your new apartment home at Touchmark's Grandview. This one-bedroom apartment has ample space for keepsakes. You'll be able to enjoy a carefree lifestyle while letting Touchmark staff take care of maintenance, housekeeping, scheduled transportation, and meals. Call for more information.

## Coming Events

### Tuesday, Feb. 5, 7 to 8:30 pm

Mardi Gras celebration with music from Talk of the Town Orchestra. People can enjoy big-band music, dancing, and refreshments. Lobby.

### Wednesday, Feb. 6, 1 pm

Balance & Posture Class. This class is designed to help lower the risk of injury-related falls and increase independence and function. The class meets Wednesdays and Fridays at 1 pm in the Bunker.

### Wednesday, Feb. 6, 2 pm

Cooking demonstration, featuring a Valentine's chocolate dessert. South Activities Room.

### Saturday, Feb. 9, 2 pm

Greatest Generation meeting. Listen to residents' World War II experiences. Bunker.

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(cont.)

## Coming Events

### Wednesday, Feb. 13, 2 pm

Valentine's Day Tea in the Fireside Dining Room. Wear something red or pink and share "heartwarming" stories while enjoying a variety of teas and pastries.

### Monday, Feb. 18, 9:30 am

Kindermusik Multigenerational music class. Julie Atyia from the Fine Arts Institute of Edmond will teach this parent-baby class, which offers opportunities to sing, move, and play rhythmic instruments. Mondays and Thursdays from 9:30 to 10 am for eight weeks. Grand Hall.

### Wednesday, Feb. 20, 3 pm

Winetasting, featuring sparkling wines. Parkview home.

### Tuesday, Feb. 26, 3 pm

Resident Everitt Baker's trombone performance. Grand Hall.

### Thursday, Feb. 28, 4:30 to 6:30 pm

Love Boat Cruise Dinner in the Creekside and Fireside.

### Friday, Feb. 29, 10 am

Oral care presentation by University of Oklahoma College of Dentistry Executive Director Tim Rudd, DDS, in celebration of National Dental Month. Receive information on basic dental care, dental implants, and denture care. There will be a question and answer session afterwards. Grand Hall.

## Recent activities



Residents gather around the piano to sing songs during a special holiday social hour that was held in the lobby. From left: Bob Osbourn, Nancy Barnes, Evelyn Clark, L.M. and Peggy Sullivan, and Eileene Funderburk. Bennie Peters and Fern Rowley sit at the piano.



Heard Broadrick, son of resident Emma Joyce Broadrick (far left), recently lead a book discussion and presentation on *Public Cowboy No. 1: The Life and Times of Gene Autry* by Holly George-Warren. Heard enthusiastically shared about meeting his favorite star. Resident Juanita Rains, who is Emma's sister, stands in front with Heard's wife, Alice Faye.