

# Volunteer tornado alert team helps during storm

As tornado season has ripped through the South, Touchmark’s newly formed resident volunteer tornado alert team has been called into action and continues to stand ready in case of another emergency. In early April, a tornado touched down during the night, heading toward the Coffee Creek neighborhood. Immediately, the front desk concierge called resident volunteers, who grabbed their megaphones and began warning others. The volunteers also assisted people with relocating to the community’s storm shelter in the basement of the Grandview building.

“Thankfully, the tornado swerved and missed the Coffee Creek neighborhood,” says Sales Assistant Judy McDowell, who spearheaded the effort to create the volunteer alert team. “This particular tornado came without much warning and even surprised our TV weathermen.”

Judy further explains that the volunteers did an excellent job, and the community is continuing to refine the alert procedures. “Resident volunteers and staff members have offered helpful suggestions,” says

Judy. “We’re also working on an emergency phone tree for those living in the cottages.”

## THE BUNKER

In addition to the parking garage, the underground storm shelter consists of two indoor rooms that include a big-screen television, several tables and sofas, nearby restrooms, and emergency water and food supplies. The total underground area covers nearly 20,000 square feet, which includes almost 13,000 square feet of parking.

Residents, many of whom served in World War II, have dubbed the storm shelter “the bunker.” Bunkers—or underground shelters—were used extensively in both world wars as safe havens during attacks. Residents also have decorated the room with memorabilia from all branches of the Armed Forces.

The Bunker is open to members of the Coffee Creek neighborhood in north Edmond. People are welcome to come and find shelter at Touchmark during a tornado. For more information about the alert team or the Bunker, contact Touchmark at 405-340-1975. ■

## Touchmark launches redesigned Web site

Check out Touchmark’s updated Web site, TouchmarkEdmond.com. Among other features, you’ll find:

- Life Enrichment/Wellness calendar
- Slide show of homes
- Seasonal e-cards to send to friends
- Options for text size



## Destination Discovery— whole-person wellness



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

Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include

**“Senior living communities are increasingly focused on cultivating a culture of wellness for their residents, staff, and community—to improve quality of life and to avoid illness and reduce health care costs.”**

—*The National Whole-Person Wellness Survey (2008)*

programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- *“Wellness is fully integrated into the organization;*
- *Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;*
- *Benefits of the wellness program are extended to others (beyond the resident population).”*

The respondents were grouped into three categories. About half (51 percent) were identified as “tenderfeet,” with almost no culture of wellness. Twenty-eight percent were labeled “travelers”—communities that are moving toward a culture of wellness. The third group was referred to as “trailblazers,” because they had most or all of the components.

For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities operated in the US and Canada. I work with the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer

category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about our Life Enrichment/Wellness program, contact a member of the Life Enrichment/Wellness Director Cathy Bird. ■

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## Team member attends training

During April, members of the Life Enrichment/Wellness teams from around North America gathered for yearly training. The theme for this year’s training was *Destination . . . Discovery*.

Touchmark’s Life Enrichment/Wellness Director Cathy Bird attended the two-and-a-half day training seminar, where she gathered practical information from speakers and made a presentation about the tea parties at Touchmark. Cathy explained these popular events feature different themes, such as a Victorian Christmas or western living. “The teas are a group effort, and we’ve helped create some wonderful experiences and memories for people,” says Cathy.

“The Life Enrichment/Wellness professionals across the company are a talented and energetic (*cont.*)

(cont.) team with a common purpose—to enrich people’s lives,” says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. “The annual gathering promotes the exchange of new ideas.” ■

## Experience quality design throughout

Touchmark apartments and single-level homes include stylish design features that can add extra comfort and convenience. Many offer universal design features, like spacious bathrooms, easy-to-turn doorknobs, and single-level living with no steps.

“When constructing and designing homes, our goal is to meet the needs of people while adding style and comfort,” says Touchmark Vice President of Architecture Joseph Billig. “In all communities we aim to create homes that offer high-quality design features,” says Joseph.

If you’d like to see and experience a Touchmark home, call 405-340-1975 for your personal presentation. ■



**The Eisenhower includes 2,048 square feet of living space and a 558-square-foot garage. The Eisenhower is perfect for entertaining, with its formal dining room that allows people to flow into the living room and continue to the covered patio.**



**Tour this 1,015-square-foot Grandview home. There is plenty of room for entertaining, and with a modern kitchen, you can enjoy cooking for friends.**

## Thinking spring—and summer

**Marge Coalman, EdD**

Vice President of Wellness & Programs, Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking shoes and head out for a walk or hike is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one’s body, mind, and spirit.

However, the commitment to a group-exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength (cont.)

(cont.) training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose.

As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■



**Residents Marty Rose (left) and Emma Joyce Broadrick savor their sundaes.**

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## Celebrating National Barbershop Quartet month



**Resident Dorothy Berman (left) and team member Doris Hull, LPN, at the celebration.**



**In honor of National Barbershop Quartet month, the Touchmark community celebrated with an ice-cream social and performance by one of the O.K. City Quartets, DayBreak. Yonni Mobley, (from left) Judy Peterson, Donna Smith, and Sharon Hightower sing while everyone enjoys sweets from the sundae bar.**

## Coming Events

### Tuesday, May 20, noon to 4 pm

From noon to 1 pm and 2 to 4 pm, professionals from the Bone & Joint Hospital will offer no-charge, bone-density screenings. From 1 to 2 pm, Ted Boehm, MD, a primary care sports medicine physician at the Oklahoma Sports & Orthopedics Institute, will speak about the dangers of osteoporosis as well as prevention and treatment of the disease. To register for a bone-density screening or for more information, please call 405-340-1975. Refreshments will be served.

### Wednesday, May 21, noon

Men's Luncheon. Enjoy fresh baked pizza, soda, and beer. Sign up at the front desk. Cost: \$5. Legends Private Dining Room.

### Thursday, May 22, 6:30 pm

Enjoy music by Beethoven, Chopin, and Mozart with humorous anecdotes and background stories. Then tap your foot to great gospel tunes mixed with popular music by the Fisher Duo.

### Friday, May 23, 11:30 am

Van will depart for Out to Lunch Bunch. In honor of National Burger Month, the group is going to Johnnie's.

### Wednesday, May 28, 2 pm

*Personal Emergency Planning*, presented by Buddy Hatchel from the city of Edmond's Emergency Management. Grand Hall.

### Saturday, May 31, 2 pm

Ping-Pong Tournament in the Bunker. Sign up at the front desk.

## Recent events



**Petting Paws pet therapy group poses for a photo during a recent visit. From left: Laura Lighthill with Heidi, Sandi Morgan with Broncho, Nita Eason with Jessie, Jan Hall with Paris, and Betty Bohan with Noodles.**



**Sandi Morgan (far right) with Petting Paws shares her dog Broncho with residents Ruth Magnello (far left) and Jimmie Mitchell during a recent visit.**