

Racing to Touchmark's Derby and Fashion Show event

Family and friends celebrated the classic Kentucky Derby event with a live broadcast of the race, a fashion show, and refreshments. Some women, who decorated Derby hats earlier in the week, wore them to the event.

Judy Ellis of The Boutique Dress Shop helped fit residents with stylish outfits for the fashion show. Each woman sported three different outfits. While the

models strolled through the crowd, Judy introduced the women, talked about the outfits, and highlighted some current fashion trends.

Refreshments reflected traditional Derby treats, such as mint juleps, fruit, cheese, crackers, crab cakes, cookies, and iced tea.

Before the race began, attendees had the chance to "bid" on a horse, using Win, Place, or Show tickets. Prizes were awarded to those who picked the Derby winner, Big Brown. ■



Gloria Mitchell models the hat she decorated for the Derby celebration. Using flowers and ribbons, a group fashioned personalized hats for the event.



Judith Harris (left) and Virginia Morefield model some of the outfits they showcased during the fashion show.

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From left: Gladys Myers, Marilyn Merett, and Betty Matthews decorate a Derby hat.



During the fashion show, Judy Ellis (left) of The Boutique Dress Shop fits model Lee Mason with a matching jacket.



The Derby event featured a variety of traditional treats. Dining Room Manager Denise Mehnert (left) and resident Marty Rose look over the cookie selection.



Carolyn Rogers models during the fashion show.

Touchmark part of EPA's Leadership Club

"It's good to be green!" concluded a recent survey of people born before 1964. In fact, the prevailing attitude of this group is that they have a *personal responsibility* to help make the world a better place (*The second Boomer Quarterly Report* from AARP Services, Inc., and Focallyst—2007).



Making the world a better place always has been Touchmark's calling, and that certainly includes environmental stewardship. Since 2006, Touchmark (cont.)

(cont.) has partnered with Edmond Electric to offer pollution-free power to its residents, making it the largest purchaser of renewable energy for residential use in Edmond.

The significant use of wind power for Touchmark's Grandview building has allowed it to qualify for the EPA voluntary program Green Power Partnership, which promotes green power among leading U.S. organizations. In fact, the ongoing partnership placed Touchmark in the Environmental Protection Agency's (EPA) Green Power Leadership Club, which "honors partners in the Green Power Partnership program that have made an exemplary green power purchase. Club members must make a green power purchase that exceeds minimum ... requirements."

Charlie Burgett, director of Edmond Electric, applauds Touchmark's environmental stewardship and states Touchmark ranks as the fourth largest customer for commercial use, behind the University of Central Oklahoma.

Touchmark's purchase of more than 1,000 MWh (megawatts per hour) of green power is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

"Touchmark is committed to enhancing the lives of residents and staff as well as families living throughout the community, and our participation in the Green Power Partnership is another tangible example of that commitment," says Jamie Ham, Touchmark executive, who proposed the idea and implemented the plan.

Edmond Electric, through Edmond-based Oklahoma Municipal Power Authority (OMPA), is purchasing wind as a "fuel" for generating electricity, which is clean and efficient. The obvious benefit is in the savings of fossil-fuel resources and avoidance of the environmental impact associated with burning these fuels. OMPA's wind farm, with 34 turbines, is located northeast of Woodward.

"Edmond Electric applauds Touchmark officials for their commitment to purchase green power for their residents and in supporting a community-wide initia-

tive," says Burgett.

"Touchmark's actions serve as an excellent example for Edmond citizens and for other companies, locally and nationally." ■

Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their "personal" definition of leisure, there is a life satisfaction benefit that is unlike any other.

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- "Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair."
- "Rising early to stand in the meadow and bird-watch with other devoted birders."
- "Going on a cruise."
- "Writing [my prose/poetry/journal]."
- "Traveling to a destination that I have longed to see or revisit."
- "Baking with my grandchildren and their friends."

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

To find out more about the pursuit of leisure through life enrichment and wellness program offerings (cont.)

(cont.) and events at Touchmark, contact Cathy Bird, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Choosing how you spend your time

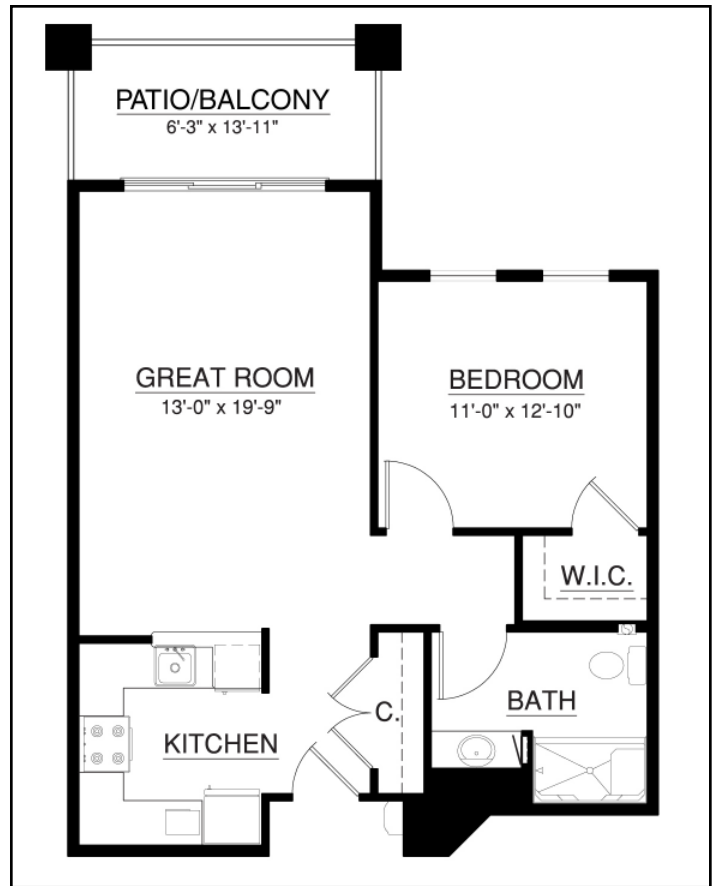
June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn’t the case for the men and women who have made Touchmark their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. “The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that’s what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the

lawn, and working in the yard, and things like that.”

Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others’ lives, and travel. At Touchmark, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 405-340-1975 today to learn more. ■



This one-bedroom Grandview home is currently available. The full kitchen includes a raised dishwasher for convenience, and the balcony/patio is located off of the living room, which provides a light and airy feel to the apartment home. Call today for a personal tour.



The Harrison includes 1,971 square feet, a 433-square-foot garage, two bedrooms, and a study, which can be used as a third bedroom. A vaulted ceiling creates extra visual space in the living room, and the fireplace adds a warm and homey touch. The dining area opens into the living room, making entertaining seamless. The master bedroom features a roomy master bathroom with a separate tub and shower. The patio and entryway are covered.

Supporting a talented musician

Dining Room Server Ashley Northam plays violin with the University of Central Oklahoma Symphony Orchestra and Chamber Orchestra. Recently, a group from Touchmark attended a concert, supporting Ashley's musical endeavor.

"We all enjoyed listening to the talented group and visiting with Ashley and her family during the intermission and after the performance," says Life Enrichment/Wellness Director Cathy Bird. "Like her family, we are proud of her." ■



From left: George and Fern Rowley and Peggy and LM Sullivan attend a University of Central Oklahoma Symphony and Chamber Orchestra performance. Touchmark team member Ashley Northam plays violin for the groups.



After the concert, Ashley talks with friends about the music.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

Celebrating good times

By **Cathy Bird**, Life Enrichment/Wellness Director

JUNE MARKS MY ONE-YEAR ANNIVERSARY AS THE LIFE ENRICHMENT/ WELLNESS DIRECTOR AT TOUCHMARK, and what a year it's been. Time has really flown, just like the saying, "Time flies when you're having fun!"

What I love most about my job is the opportunity to be a part of people's lives—what an awesome group of people I've gotten to know. They may not realize it, but they're enriching my life every single day, as well. I've been blessed and lucky to witness a lot of good times, and I recently realized this as I looked through photos.

We are not only celebrating good times, but celebrating life every day at Touchmark!

July's focus is patriotism and community service; the deadline is June 18.

Coming Events

Wednesday, June 11, 3 pm

Winetasting at the Parkview Home. Sign up at front desk.

Saturday, June 14, 10 am

Families and fathers are invited to celebrate at the Dads and Doughnuts gathering. Sign up at front desk. Shortgrass Café.

Tuesday, June 17, 6:30 to 8 pm

Family Bingo Night. Invite family to come play bingo in the Grand Hall for cash and prizes. Bingo cards are two for \$1.

Thursday, June 19, 4:30 to 6:30 pm

Luau Dinner in the Fireside and Creekside dining rooms.

Tuesday, June 24, 7 to 9 pm

Come and enjoy a night of music and dancing with Talk of the Town Orchestra in the Grand Hall.

Friday, June 27, 9 am

Depart for an Oklahoma River Cruise. Round-trip fee is \$6. Sign up at front desk.

Sunday, June 29, 5 pm

Bus leaves for *Celebration of Freedom* at Crossings Community Church.

Mothers and daughters gather for special tea party



From left: Peggy Sullivan, Virginia Morefield, and Valli Rallis with her mother Fern Rowley celebrate at the Mother's Day Tea. The women enjoyed a variety of hot teas and white chocolate cranberry scones. Assorted flower arrangements and chocolate candies decorated the tables.



Mary Catherine Buck (left) and daughter Mary Ellen Bridwell pose for a photo at the Mother's Day Tea.