

# It's tournament time

The Touchmark community recently added a Ping-Pong™ table to the Bunker. In anticipation of the coming competition, people practiced each Thursday.



**Fern Rowley prepares to serve at the Ping-Pong™ tournament.**



**Marty Rose serves as the crowd watches.**

When it finally came to tournament day, the women played each other, and then the men played against one another. The winners from the men's and women's games advanced to the finals.

George and Fern Rowley, Prentice Hapgood, Marty Rose, and Faye Kelsey participated in the friendly competition. Several residents and family members came to cheer on the players. Valli Rallis, the Rowley's daughter, acted as scorekeeper.

Faye finished the women's round of the tournament with title in hand. George won the men's round.



**George Rowley and Faye Kelsey, the men's and women's champions.**

Then, Faye and George played. George won the game and title of Touchmark at Coffee Creek Grand Champion.

"The players had a great time playing and enjoyed receiving prizes," says Cathy Bird, director of Life Enrichment/Wellness. "After most of the crowd went home, George challenged me to a game, and he beat me, too!" ■

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The event is from Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Touchmark's Active Aging Week celebration. ■



## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Touchmark, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Touchmark, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Touchmark today to learn more about this vibrant community or call 405-340-1975 to learn more about the summer’s featured homes. ■



Located in the Grandview, a 1,015-square-foot apartment is currently available. The apartment includes a full kitchen with a raised dishwasher for convenience as well as a washer and dryer. The apartment features a cozy fireplace with a raised hearth. Call today for a personal presentation.

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## The greater good of all



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

**“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”**

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members (*cont.*)



The Roosevelt includes 2,000 square feet, a 558-square-foot garage, two bedrooms, and a study. The spacious dining and living areas open up to a covered patio, where there is extra room for entertaining. The master bedroom features a large bathroom, equipped with a Jacuzzi® tub and large walk-in shower. This home offers a practical living space with a touch of elegance.

(cont.) from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm's way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harris, *As We Lived It* isn't just a war story. Rather, it's about life during the war years.



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this 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 (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of *the greater good of all*. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Cathy Bird. ■

## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

## Coming Events

### Friday, July 4, 11:30 am to 2 pm

Picnic dinner. Enjoy burgers, hot dogs, side dishes, and desserts with your family and friends. At 6:30 pm, listen to The Piano Man (Gary Johnson) perform patriotic music in the Grand Hall. At 9:30 pm, watch the University of Central Oklahoma fireworks from the south entrance.

### Thursday, July 10, 8:30 am

Men's Breakfast at Around the Corner Restaurant in downtown Edmond. Sign up at front desk. Please bring money for breakfast.

### Friday, July 11, 9 am

Depart for one-hour tour at The Oklahoma State Capitol. No admission charge. Sign up at front desk.

### Saturday, July 12, 1 pm

Depart for *Swing!* Lyric Theatre production at the Civic Center Music Hall in downtown Oklahoma City. Ticket prices vary; see Life Enrichment/Wellness Director Cathy Bird for information. Sign up at front desk.

### Wednesday, July 16, 2 pm

Cooking demonstration, featuring homemade barbecue sauce. South Activities Room

### Thursday, July 17, 9 am to 11:30 am

Vision and glaucoma screenings courtesy of Better Vision Ahead and Chase Hunter, OD, North Activities Room. Vision video presentation and literature in the Grand Hall.

### Friday, July 18, 9 am

Oklahoma River cruise. Enjoy a one-way, hour-and-a-half trip. Sign up at front desk. Cost: \$4.50.

### Wednesday, July 23, 3 pm

Winetasting at Parkview Home. Enjoy American wines.

### Friday, July 25, 10 am

*Why We Fought: Stories from World War II* exhibit at the Edmond Historical Society & Museum. No charge for admission. Sign up at the front desk.

## Recent events



From left: LM Sullivan, Scott Kelsey, John Deal, Leaman Harris, and Press Wilson participate in the first-ever Men's Luncheon at Touchmark. While enjoying fun conversation, the group feasted on a variety of fresh-baked pizzas, sodas, and beer.

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**Life Enrichment/Wellness Assistant Alison Campos-Atkinson holds a weekly Computer and Internet 101 class to help people sharpen their Internet and e-mail skills. Alison works with (from left) Alice Snyder, Karen Jones, and Scott Kelsey. For July, people can sign up for a class, which will be held Wednesdays at 11 am in the Business Center.**



**From left: Dorothy Hosack, Liz Coddling, Dana Moore, Judith Harris, and Virginia Morefield enjoy the second-annual Islands Tea. People dressed in colorful, Hawaiian-inspired outfits, received colorful Leis, listened to Hawaiian music, and enjoyed scones and tea at tables decorated with shells and candles.**



**From left: Karen Jones, Shirley Bellomy, LM and Peggy Sullivan, and Dorothy Hosack take a Safari Cart Tour and explore the sights at the Oklahoma City Zoo. Contrary to previous reports, the weather cooperated and everyone enjoyed a beautiful morning exploring the zoo.**