

Forget Florida—boomer retirees are staying here

With *Money* magazine recently naming Edmond as one of “America’s Best Places to Live” 2008, it’s understandable folks would choose Edmond as a place to retire. The city was selected number 52 out of 100 sites.

Criteria used to identify the top cities included job growth, income, housing, quality of life, education, health and culture, and leisure activities.

In a separate study, nine in 10 adults age 60-plus prefer to stay in their community rather than move, according to research by AARP.

If they do move, “boomers,” as they are known, cite the following as to the community they select: community life and atmosphere (32 percent); the weather/climate (32 percent); scenery/closeness to nature/outdoor living (19 percent) and community amenities, like access to stores, shopping, and restaurants (18 percent).

Touchmark is one such “active adult community,” within a community, and the single-family homes in Parkview are selling faster than previous years (seven so far this year) — another example of how the

Oklahoma City area is considered ‘recession proof,’ and Edmond is a city of choice for boomers.

One example of this trend is Richard and Margaret Neville, who are relocating to Parkview in Edmond from Oklahoma City. Touchmark’s activities, the on-site church services, and the community of other adults, attracted the Newvilles, and they broke ground on their new home July 17.

At the age of 62, the Newvilles represent the first of the official boomer generation to be “retiring;” he’s a petroleum engineer. *(cont.)*



Touchmark at Coffee Creek Executive Director Jamie Ham, left, joins Margaret Neville and Richard Neville as ground is broken on their Parkview home recently. With them are Liz and Bob Kelly, right, who also are getting ready to build their house next door to the Newvilles.

(cont.) “We feel like we are getting a jump on the other boomers who will all be looking for places like this within the next seven years,” explained Margaret Newville. “They just offer the whole package. We weren’t ready for an apartment, but with the stand-alone homes, we can still have our home and not worry about the maintenance of the inside or out. No one else offers that.”

Like other boomers, the Newvilles are building at Touchmark because of the overall lifestyle. Residents of Parkview have full access to all the activities and services offered at the main center, which offers a national award-winning Life Enrichment/Wellness program, storm shelter, exercise facilities, restaurant-style dining, bistro, beauty and barber salon, housekeeping services, and other amenities and hospitality services.

The Newvilles are building a 1,780-square-foot home featuring two bedrooms and bathrooms as well as a custom-designed study.

“Active living is about choices and creating a lifestyle that builds on one’s previous achievements,” says Touchmark Executive Director Jamie Ham. “People who move to Parkview have high standards. They have planned for their retirement and are looking forward to the freedom from routine home maintenance and cleaning. Their new home and lifestyle offer an abundance of choices and comfort.” ■

Special memories bloom at Morning Glories

Every Wednesday, a group of eight or more residents meets to share stories and special memories in the Shortgrass Café, where cookies and coffee add to the warm environment. People freely share their stories while others just enjoy soaking in the narratives.

Typically, Cathy Bird, Life Enrichment/Wellness director, preselects a topic for the Morning Glories gathering, so people can come with ideas and stories to share. Some of the popular topics have included

Mother’s Day, Father’s Day, Memorial Day, and Fourth of July.

During the Fourth of July gathering, a reporter from *The Oklahoman* listened to the stories and captured the memories in *Retirees share some memories of Fourth of July*. Staff writer John A. Williams wrote, “What are your favorite Fourth of July memories? I asked that question to a few residents of Touchmark at Coffee Creek, a retirement community in Edmond. I heard some wonderfully entertaining stories.”

The article recaps some of the residents’ stories (cont.)



LM Sullivan shows his decoupage copy of the Declaration of Independence to June Ashinurst.



Betty Matthews and Karen Jones (right) share their Fourth of July memories at Morning Glories.

(cont.) and includes quotes from George Rowley, C.D. Blanks, Karen Jones, and LM Sullivan.

“The culture at Touchmark is friendly and social, and Morning Glories is such a natural extension of that environment,” says Cathy. “And sometimes people will pop in and join us when they see everyone gathered.”

To learn more about Morning Glories, talk with Cathy, and to read *The Oklahoman* article, visit newsok.com/retirees-share-some-memories-of-fourth-of-july/article/3263070/?tm=1214611043. ■

How does help with your housekeeping sound?

Living at Touchmark enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

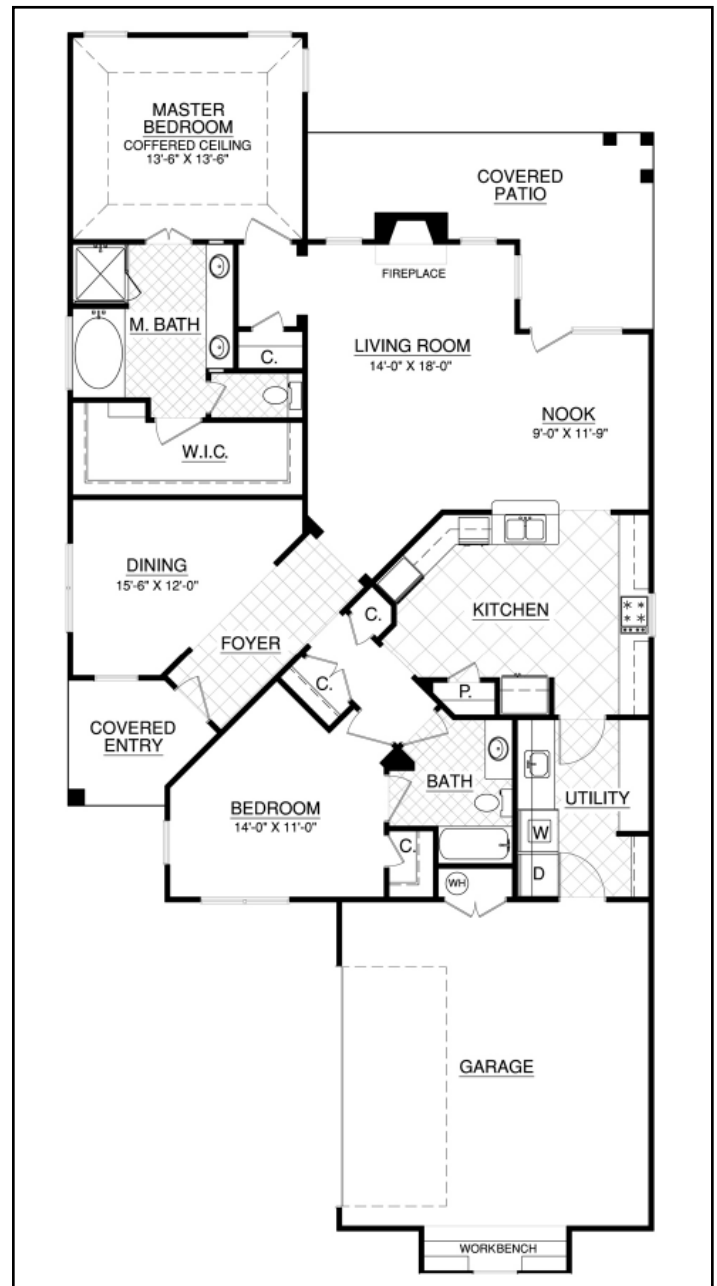
Touchmark’s maintenance-free homes offer housekeeping services. In addition, the lawns are



Located in the Grandview, a 709-square-foot apartment is currently available. The apartment includes one bedroom, one bathroom, and a fully equipped kitchen with plenty of storage space. Call today for a personal presentation.

mowed in warm weather and the ice is cleared in winter. Plus, a variety of amenities and services, like scheduled transportation, are included.

At Touchmark, people have the opportunity to fully embrace an active lifestyle. Visit Touchmark or call 405-340-1975 today to learn more about this summer’s featured homes. ■



The Van Buren home offers 1,850 square feet as well as a 526-square-foot garage. This cottage home features stylish angles, study, formal dining room, and kitchen with ample storage space.

Living with intention



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

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Touchmark, the Life Enrichment/Wellness program focuses on providing social environments where residents, families, and staff can develop relationships

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life

and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. *(cont.)* Researchers are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

- “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

- “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop Alzheimer’s, on average, over four years later in *(cont.)*

(cont.) life than people who only know one language (Bialystock et al., 2007).”

- “People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

Celebrating America

The Touchmark community has celebrated summer with several patriotic celebrations.

Visiting Celebration of Freedom

Residents and staff made a trip to the Crossings Community Church for the 14th-annual *Celebration of Freedom*. The celebration consisted of songs from a 160-voice choir and full orchestra as well as musical tributes to veterans and people currently serving in the military.

“Let freedom ring”

On Independence Day, a group shared patriotic stories at the Morning Glories gathering (see story on page two to read more), and then people decorated holiday wreaths during Craft Corner to brighten their homes with a bit of American pride. Life Enrichment/Wellness Assistant Alison Campos-Atkinson and

volunteer Hannah Hirsch helped everyone make their patriotic creations.

The Fourth of July celebration included the annual holiday cookout. The Dining Services staff prepared burgers, hot dogs, watermelon, side dishes, and a variety of pies. While people indulged in the tasty food, they listened to Gary Johnson, the Piano Man, play patriotic music. The evening ended with a thrilling display of fireworks put on by the University of Central Oklahoma.

The patriotic-themed events continued with a visit to the Edmond Historical Society & Museum to see the *Why We Fought: Stories from World War II* exhibit and a winetasting at a Parkview home, where people enjoyed American wines. ■



From left: Betty Matthews, Betty Thomas, Jennie Stinson, and Charlotte Buchan pose for a picture during the *Celebration of Freedom*.



Ouida Birch (left) and Life Enrichment/Wellness Assistant Alison Campos-Atkinson make patriotic wreaths during Craft Corner.

Recent events



From left: Betty Matthews, Betty Thomas, and Barbara Hall show off their leis at the Luau Dinner. The menu included coconut shrimp, Polynesian chicken, vegetable stir fry and rice, and pina colada cake. The table décor of shells, candles, and little drink umbrellas added to the festive atmosphere.



From left: Concierge Rosemary Domina shows O.K Stubbs, Ruth Magnello, and Lee Mason how to work on Sudoku puzzles during the Sudoku Made Simple event. Rosemary taught several residents and staff members how to master Sudoku.



From left: Alice Snyder, Jennie Stinson, and Betty Alters visit during a Brain Teasers activity.



New residents Gladys Hicks (left) and Ouida Birch pose for a photo at the Newcomer's Coffee, which is held every month in the Shortgrass Café. People welcome new residents and get together with neighbors over coffee and pastries.

Coming Events

Saturday, August 9, 2 pm

Greatest generation WWII storytelling.
Bunker.

Tuesday, August 12, 6:30 to 8 pm

Family bingo night. Invite family to join.
Grand Hall. Cards: two for \$1.

Wednesday, August 13, 2:30 pm

Afternoon tea. Theme: south of the border.
Sign up at front desk. Fireside Dining Room.

Friday, August 15, 2 pm

Oklahoma City Zoo visits Touchmark. Meet
and learn about a variety of animals. Grand
Hall.

Tuesday, August 26, 10 am

Newcomer's coffee. Welcome new residents
and get together with neighbors over coffee
and pastries. Shortgrass Café.

Friday, August 29, 9:30 am

Tour Oklahoma City Museum of Art. On
display: Roman art from the Louvre. Lunch
at Museum Cafe. Admission: \$10 plus cost of
lunch. Sign up at front desk.

**Join Touchmark for
Active Aging Week
Sept 22 to Sept 28**

