

Public invited ... Active aging spotlighted at Active Aging Health Fair

Touchmark again will be the setting for the Edmond Active Aging Health Fair, which this year is being held during Active Aging Week.

Touchmark invites people to participate **Saturday, Sept. 20 from 1 to 4 p.m.** There is no charge for the event.

Local experts will provide educational information during the fair. Groups participating include:

- Event cosponsor Choice Home Health, Inc.
- Citizens Bank of Edmond
- Susanne Crenshaw with Churchill-Brown
- Hearing Care by Audiologist David Hough, PhD
- Senior's Helping Hands, LLC
- New Balance (shoe company)
- Active Care Chiropractic
- Alzheimer's Association®

- Oklahoma/Arkansas Chapter
- Senior Transitions (A referral service to connect older adults with senior living communities)
 - Humana® One Insurance
 - Tim Rudd, DDS, from Coffee Creek Family Dentistry
 - Chase Hunter, OD, from Within Sight
 - The Autumn Life Center at Edmond Medical Center
 - Touchmark fitness instructors

Complimentary copies of the Centennial Edition of the Guide to a Strong and Healthy Oklahoma will be available. This publication was produced by the Strong and Healthy Oklahoma initiative.

Touchmark will provide refreshments, such as fruit, cheese, smoothies, flavored iced tea, and nutrition bars.

“We designed these events to help



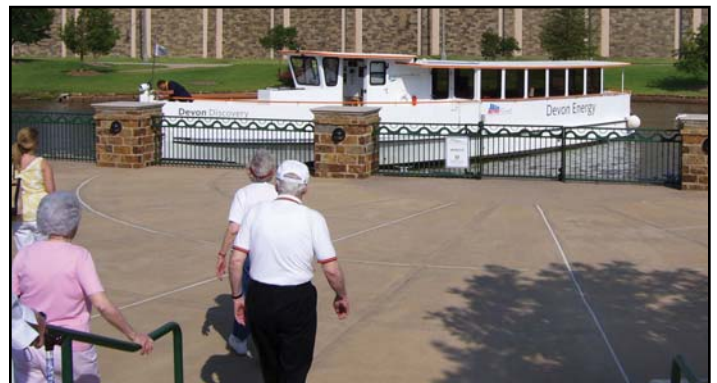
people gather useful information that can assist them in achieving healthy, fuller lives,” says Touchmark Life Enrichment/Wellness Director Cathy Bird.

People can call 405-340-1975 for more information.

Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■

Residents try out Oklahoma City's unique public transportation

A group of 20 residents recently went cruising down the Oklahoma River on the Devon Discovery, one of a few boats named after the Devon Energy Corp. that donated \$2 million toward the city's water taxis project. *(cont.)*



The group from Touchmark gets ready to board the Devon Discovery Oklahoma River Cruiser.

(cont.) The cruiser, which accommodates up to 40 people, provides an air-conditioned section, where people can escape the summer heat. People also enjoyed the scenery from the bow and stern.

“People at Touchmark understand the importance of being green; plus this was a fun way to travel,” says Life Enrichment/Wellness Director Cathy Bird. ■



The group poses for a quick picture before boarding.



Liz Coddling (left) and her daughter Susie Coddling get settled before the boat leaves the dock.



Peggy and LM Sullivan relax during the scenic boat ride.

Use it or lose it—redefined!



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

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive enhancement activities that can delay—and even interrupt—the onset of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all (cont.)

(cont.) Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes and subsequently move from independent living to assisted living; from assisted living to memory care or skilled nursing.
- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Touchmark Life Enrichment/Wellness Director Cathy Bird. ■

Enrich your life

Touchmark features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a

Posture & Balance class.

Touchmark offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 405-340-1975 today to learn more about the Touchmark lifestyle and dynamic Life Enrichment/Wellness program—and the fall’s featured homes. ■



The Madison offers 2,030 square feet and a 461-square-foot garage. This cottage home features two bedrooms, two bathrooms, and a den. The home includes quality crafted cabinets and large patio. Call today for a personal presentation or to learn more about custom building your home.



Located in the main building, a 1,394-square-foot apartment is currently available. It offers two bedrooms, two bathrooms, a large living room, a fully equipped kitchen with a raised dishwasher, and a washer, dryer, and fireplace. The apartment is conveniently located near the Creekside Dining Room.

Recent events



From left: Dana Moore, Virginia Morefield, Karen Jones, Life Enrichment/Wellness Assistant Alison-Campos Atkinson, and Liz Codding stand with a nine-foot edition of The Guardian while touring the Oklahoma State Capitol Dome.



From left: grandson Geoffrey Shaw, Margaret Burkett, daughter Deborah Cox, and son-in-law Van Cox take a family picture during the Greatest Generation gathering, where residents and families shared their stories of World War II. Margaret and her daughter shared the Burkett's story and pictures. Margaret's husband was CWO₂ Gordon W. Burkett with the U.S. Air Force. His picture is now displayed in the Bunker on the veteran wall.



Oklahoma Redhawks AAA baseball team mascot, Rowdy, sits with Gladys Hicks, Robert Newville, and John Deal at an evening game.

Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative. *(cont.)*

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“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.

The Journal on Active Aging

In the July/August issue of *The Journal on Active Aging*, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” states Marge.

She later writes that “along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead fuller, more satisfying lives.”

Read the full article online at touchmarkedmond.com/common/pdf/civic-engagement-enrich-lives.pdf. ■



Coming Events

Wednesday, Sept. 17, 10 am
Performance by the Golden Harmonizers, featuring residents Leaman and Judith Harris, Dow Dozier, Peggy Sullivan, Fern Rowley, and John and Emily Gardner. Grand Hall.

Saturday, Sept. 20, 1 to 4 pm
Edmond Active Aging Health Fair. See article on page one for more information.

Wednesday, Sept. 24, 10:30 am to 3:30 pm
Clothing and jewelry show by Laura Johnson. North Activities Room.

Thursday, Sept. 25, 11:30 am to 1 pm
Voter registration day. Come register, change your address, or fill out an absentee ballot for the big election in November. Shortgrass Café.

Friday, Sept. 26, 10 am
Tidal School Vineyards in Drumright. Tour, lunch, and winetasting. Cost: \$25, which includes transportation.