

Bearded dragon, screech owl, and others visit Touchmark

Touchmark was recently visited by a group of wild animals from the Oklahoma City Zoo's Zoo Mobile program. Outreach Coordinator Melissa Kesler brought a screech owl, hedgehog, bearded dragon, and South American three-banded armadillo to show people. She shared several interesting facts about the animals' names, history, and habits.

Melissa let everyone get a close look at the animals. Some even had the opportunity to touch the wild creatures. The Zoo Mobile program offers an educational opportunity for people to learn more about nature and unusual wildlife.

At the end of the presentation, Peek-a-Boo, the armadillo, opened up, and people were able to get a better view of the light, flexible plates that cover her body. ■



Shirley Bellomy pets Stickers, the spine-covered hedgehog.



Betty Thomas touches Puff, the bearded dragon.

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Melissa presents Sheldon, a screech owl.



Claire Bernardo gets a closer look at Peek-a-Boo, the tightly closed South American three-banded armadillo.

Nutrition news—eat those blueberries



Marge Coalman, EdD
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“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a

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(cont.) “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Touchmark, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Life Enrichment/Wellness Director Cathy Bird or Dining Services Manager Mike Bates. It’s never too late to make good dietary choices that support active aging. ■

Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore, I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Touchmark team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Touchmark lifestyle—and the fall’s featured homes—call 405-340-1975 today. ■



The Eisenhower offers 2,048 square feet, two bedrooms, two bathrooms, and a spacious den. This home features a large living space, fireplace, and covered patio. Call today for a personal presentation.



Apartment 324 features 1,015 square feet, two bedrooms, and one bathroom. This residence offers a full kitchen with raised dishwasher, large refrigerator, and fireplace.

Recent events



Residents Evelyn Clark (left) and Shirley Bellomy compete in a game of Jenga.



People recently took a trip to the Oklahoma City Museum of Art to see the exhibit Roman Art from the Louvre and have lunch at the Museum Cafe. From left, Leaman and Judith Harris, Lee Mason, Karen Jones, Peggy and LM Sullivan, Shirley Bellomy, Betty Matthews, and Gladys Myers sit in front of the Eleanor Blake Kirkpatrick Memorial Tower, by Dale Chihuly.



From left: Virginia Morefield and Life Enrichment/Wellness Assistant Alison Campos-Atkinson look through Karen Jones' wedding album at the Newcomer's Coffee. Residents were asked to share their wedding photos for the August resident display, which can be viewed in the Fireside and Creekside Dining Rooms.



Dale Haworth, with the Central Oklahoma Bonsai Society, shares the art of bonsai and demonstrates how to create a bonsai tree. During the presentation, Dale showed several of his own bonsai creations, the oldest is approximately 25 years old.

Coming Events

Tuesday, Oct. 14, 6:30 to 8 pm

Family bingo night. Cards are two for \$1. Grand Hall.

Wednesday, Oct. 15, 2 pm

Tea and dessert at Inspirations Tea Room. Please sign up at the front desk.

Friday, Oct. 24, 4:30 to 6:30 pm

Oktoberfest celebration. Experience "oompah" at its best. Bratwurst, beer, spaetzle, and live polka music. No lederhosen required.

Sunday, Oct. 26, 4 to 5:30 pm

Families and members of the Coffee Creek neighborhood are invited to trick-or-treat at Touchmark.

Tuesday, Oct. 28, 10 am

Newcomer's Coffee. Welcome new neighbors and visit with old neighbors with pastries and coffee. Shortgrass Cafe.

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

"This study underscores the important role assisted living services can play in the overall care of older adults," says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark's care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■