

Honoring veterans

Neighbors, families, and friends celebrated Veterans Day with a patriotic gathering. This year's tribute was especially significant as it marked the release of *As We Lived It—Volume II*, a collection of stories of life during World War II, as told by Touchmark residents.

“It has been a joy to hear these veteran’s stories and see them captured in a timeless book,” says Touchmark Life Enrichment/Wellness Director Cathy Bird. “These individuals have given the next generation a precious gift of history.”

Residents Leaman and Judith Harris presented the new book to attendees and introduced World War II veterans and storytellers Jack Talley and Henry Salmier. The audience listened attentively as Leaman read Jack’s story from the book, and Henry read his story. Then everyone was treated to a display of photos and articles of both honored veterans.

Touchmark would like to give a special thank you to ...

- The Boy Scouts for conducting the opening and closing flag ceremonies;
- UCO Professor of Trumpet Dr. Jim Klages and his students Chris Starnes and Chad Bartlett for



Judith Harris introduces *As We Lived It—Volume II*.



Jack Talley poses with his service memorabilia .

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(cont.) providing opening and closing music;

- Resident pianist Fern Rowley, who led everyone in singing God Bless America and America the Beautiful
- Liz Codding for leading the group in the Pledge of Allegiance. ■



From left: Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, and Life Enrichment/Wellness Assistant Alison Campos-Atkinson visit with storyteller and resident Lee Mason after the program.



With its soaring ceilings, fireplace, and open floor plan, the single-level Harrison is both an entertainer’s delight and a private retreat. Its 1,971-square-foot of living space includes two bedrooms, two bathrooms, and a study, which can also be used as a third bedroom. The large master bedroom leads into a spacious master bathroom with a large soaking tub and separate shower. A 433-square-foot garage provides ample room for parking and storage. The entryway and patio are covered.

Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Touchmark offers snow and ice removal and scheduled transportation.

Visit Touchmark or call 405-340-1975 today to learn more about this winter’s featured homes. ■



Call today to schedule a personal tour of Grandview home 143. Located in the main building, this 1,105-square-foot apartment includes two bedrooms with walk-in closets, a washer and dryer, and two bathrooms. The full kitchen looks into a spacious great room with a cozy fireplace and sliding doors that lead onto the patio.

Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

“The silence allows you to listen to the wind, your step, the fragrance of love.”

—Signpost along the “walk of silence” at Lake Orta

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating,

doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Touchmark, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Director of Life Enrichment/Wellness Cathy Bird for information on the program opportunities that will provide meaningful moments throughout your day. ■

Recent events



Resident LM Sullivan (right) talks and smiles with Scott and Faye Kelsey’s great-grandson Grady Reeder at the Touchmark trick-or-treat event. Residents’ family members and Coffee Creek neighborhood families trick-or-treated after the Fall Harvest Festival. Residents distributed candy in the lobby area while the children paraded around in fun costumes.

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Resident Bob Osbourn (left) and friend Betty Zemp dance to the Rice Band.



Peggy Sullivan (left) and Faye Kelsey sing along to the fun Oktoberfest music.



Betty Thomas (left) and Mike Crawley dance at the Oktoberfest party.

You said it!

"I'm completely happy here ... this is family at Touchmark."

Virginia Morefield

—Resident

Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

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	3			5			7	
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			5		9	6	8	7
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7		6	4					2

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.

Coming Events

Wednesday, Dec. 3, 9 am

United Healthcare/AARP Member Reception in the Shortgrass Cafe. A Medicare Benefits Program will follow the reception from 10 am to 1:30 pm in the Grand Hall.

Thursday, Dec. 4, 6:30 pm

Depart for the Christmas Lights Tour. Sign up at the front desk.

Saturday, Dec. 6, 10 am

UCO musicians perform in the Grand Hall.

Tuesday, Dec. 9, 1 to 2 pm

Prime Time Travel presents the "Explorer

Coach." Climb aboard the luxurious motor coach to meet Holland America cruise guides, who will provide information and answer questions about their Alaskan cruises. Refreshments served afterward in the Shortgrass Cafe.

Wednesday, Dec. 10, 2 pm

Rosemary's Third Annual Victorian Christmas Tea in the Grand Hall. Enjoy treats and a variety of hot teas on Rosemary's personal china collection. Please sign up at the front desk.

Friday, Dec. 12, 6 pm

Depart for *One Incredible Moment*, a musical drama of Jesus' birth, life, death, and resurrection. Performance starts at 7 pm at First Presbyterian Church of Edmond. Please sign up at the front desk.

Saturday, Dec. 13, 2 to 4 pm

Christmas with Coffee Creek Neighborhood. Join families for refreshments, a visit with (and letters to) Santa Claus, a horse-drawn sleigh ride, cookie decorating, and Christmas movies.

Thursday, Dec. 18, 7 pm

Resident and Staff Christmas Party in the Creekside Dining Room.

Wednesday, Dec. 31, 7 pm

Enjoy piano music by Barbara Standage in the Grand Hall to celebrate New Year's Eve.

Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others?

Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREATBIGTHANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation and Touchmark at Coffee Creek in this joy-filled project, talk with Life Enrichment/Wellness Director Cathy Bird about contributing nonperishable food items, personal hygiene products, and/or a tax-deductible donation. The food boxes will be given to the local organization Hope Center of Edmond. ■

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 life

By **Alvin Taylor**, Touchmark Transportation Driver

God is good all the time! December 2002 found me in Integris Baptist Hospital in liver failure, from a hereditary liver disease. I was number one on the transplant list for this region, but time was running out. Christmas Day afternoon, the doctor came into the room and said a match was found, and I was going into surgery at 5:30 am the next morning.

After surgery, the doctor told my family that [without the surgery] I didn't [even] have 72 hours left, because of the condition of the old liver. December certainly is special to me and my family. December 25 we celebrate the birth of my savior, and December 26 I celebrate a new chance at life.

I am living, breathing proof that organ donation does save lives and gives families their loved one back.

Alvin's family includes McKayla, his wife of 35 years, their two daughters, Renee Davis and Janell Grunau, and three grandchildren Railyn Davis, Taylor, and Cade Grunau.

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4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Answers to the puzzle on page 5