

# Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2008, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health Promotion Institute, which is part of the National Council on Aging.

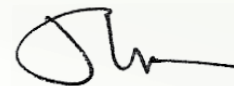
In addition, our Life Enrichment/Wellness Director received her two-year certification as a Geriatric Wellness instructor.

During this past holiday season, Touchmark gave team members the gift of giving to others. Each department received \$150 to use to help a nonprofit agency or family/individual in need.

With these team-built achievements as the foundation for 2009, I look forward to growing as a community and continuing to serve residents, their families, and the Edmond community.



Join us for another exciting year!



**Jamie Ham**  
Executive Director

## A taste of Victorian England

The Grand Hall was reminiscent of Victorian England recently for the third annual "Red Roses and Christmas Holly Victorian Tea," hosted by Concierge Rosemary Domina. Rosemary has assembled an impressive collection of tassel dolls, china, cups, plates, and saucers over the past 30 years and is generous enough to share them with her friends at Touchmark for this annual tradition. "Due to the event's popularity, we held the event in the Grand Hall this year to have enough space for tables and for the decorations that Rosemary uses to add to the festivities," says Life Enrichment/Wellness Director Cathy Bird.

The 48 women who attended this special event were treated to a variety of hot teas, mini cheesecakes and éclairs, blueberry scones, and sugar-free chocolate chip cookies.

Rosemary even brought special gifts for the attendees—Victorian note pads, trinket boxes, and calendars, to name a few—that she collected throughout the year.



**Concierge Rosemary Domina offers Ginny Morefield a variety of mini cheesecakes.**

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(cont.) “A few women brought guests to join them,” notes Cathy. “They all loved visiting with each other, enjoying the wonderful sweets, decorations, and opening their presents!”

Special thanks to all of the staff members who helped make this year’s event a success. Maintenance Supervisor Jim Domina, who also happens to be Rosemary’s husband, and Sally Savage, concierge, helped set up the room. Cathy Bird, Alison Campos-Atkinson, Life Enrichment/Wellness assistant, and Susan Layton, office assistant, helped Rosemary serve and clean up afterwards. ■



**Evelyn Clark shows her Victorian calendar gift that she received at the tea.**



**Barbara Hall (left) and Claire Bernardo enjoy good food and friends.**



**Rosemary’s Victorian Christmas decorations add a festive touch to the Grand Hall.**

## Celebrations!



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

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

The intent is multifaceted. Of course, we’ll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and (cont.)

(cont.) are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have published books. Part of Touchmark’s ongoing Let Your Spirit Soar activities, the series will be featured in newsletters and on the Touchmark Web site (Touchmark.com).

**“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”**

—John Burroughs, naturalist and essayist

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment/Wellness Director Cathy Bird at 405-340-1975. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

## Tour these homes today!



This beautiful Roosevelt home has quality workmanship throughout. Beautiful granite countertops accent the spacious kitchen. Crown molding and maple cabinetry add class to this 1,866-square-foot home. A custom-built mantel highlights a gas log fireplace. This home offers two bedrooms, two bathrooms, and a covered patio. There is plenty of room for a vehicle and storage in the 557-square-foot attached garage. Call today for your personal presentation.



The design of apartment 344 offers universal design features, including wide doorways that allow for maneuverability and a full kitchen with a raised dishwasher. This 1,016-square-foot home has two bedrooms, one large bathroom, and a private balcony.

## Recent events



Resident Faye Kelsey (right) shows Betty Matthews how to make a candy corn husk with craft paper, raffia, and wrapped candy corn during a recent Craft Corner. In the background are resident Ouida Birch (left) and Life Enrichment/Wellness Assistant Alison Campos-Atkinson.



Liz Coddling shows her Bichon Frises Amber (left) and Jasmine as they model their costumes and perform interesting tricks in the Third Annual Touchmark Dog Show held recently. Amber won "Best Dressed," and Jasmine was recognized as "Best in Show." All participants won a gift bag with dog treats, rawhide chew bones, and a toy.



Peggy Sullivan (left) and Ginny Morefield prepare welcome baskets for new residents. The baskets contain a variety of items to help new residents settle into their new home at Touchmark. A typical welcome basket includes a Touchmark calendar, a roll or two of toilet paper, a toothbrush from a local dentist, a small flashlight, cookie and cracker packets, coffee in a Touchmark logo bag, potpourri, and microwave popcorn. "What would we do without our Friendship Ambassadors?" wonders Life Enrichment/Wellness Director Cathy Bird. "They are both so good at welcoming new people, and we appreciate them so much!"



Leaman and Judith Harris with their dog Paco, a Chihuahua/Daschund mix, who won "Most Ear-resistant Ears" in the Dog Show. Five dogs and their owners participated in the show, emceed by Life Enrichment/Wellness Director Cathy Bird. "I interviewed the owners beforehand and then told the audience about the dogs, including their names, how old they were, their breeds, how the owners decided upon their names, and any special toys, foods, or habits," says Cathy. "Kind of like when someone emcees a fashion show and talks about the outfits as they're modeled!"

## Authors in Residence Series

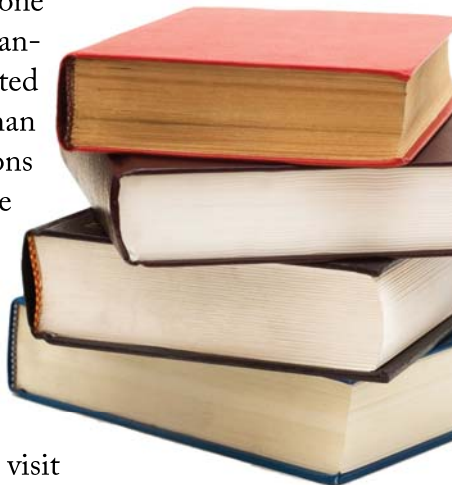
Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark’s award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. “I was surprised by the number of authors we discovered once we announced the project,” she says. “Literally, there are dozens of published authors living at Touchmark communities.”

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults.

Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark’s resident authors, visit [touchmark.com/authors-in-residence](http://touchmark.com/authors-in-residence).



## Celebrating the season with the Coffee Creek Neighborhood



Touchmark at Coffee Creek and the nearby Coffee Creek North neighborhoods share an annual holiday gathering. This year’s event featured a horse-drawn sleigh, movies with popcorn, Santa, and cookie decorating. From left: Touchmark Life Enrichment/Wellness Director Cathy Bird, Tonya Coffman of Coffee Creek North, and Mike Penning of Village of Coffee Creek. Both Tonya and Mike are Coffee Creek board members.



Jessica Rodgers, 7, gifts great-grandfather “Papa Joe” with her artwork at the Touchmark at Coffee Creek holiday gathering.

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Santa looks on as Emily sneaks a taste of cookie icing while decorating cookies.



Siblings Robby Krueger, 4-and-a-half, and Emily Krueger, 4, enjoy cookie decorating with Santa at the Christmas with Coffee Creek Neighborhood event. Emily and Robby are the children of Carla and Dave Krueger.



Cathy, Tonya, and Mike pose with Santa, who delighted the crowd with his new and old-time costumes.

## Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = \_\_\_\_\_
2. a eyeliners town sour = \_\_\_\_\_
3. weathering rye inn = \_\_\_\_\_

*Answers:  
1. happy new year 2. new year resolutions  
3. ring in the new year*

## Coming Events

### Saturday, Jan. 10, 2 pm

Greatest Generation storytelling. Bunker.

### Tuesday, Jan. 13, 3 pm

Winetasting at Coffee Creek Wine Shop. Please sign up at the front desk. Bus transportation available. Cost: \$7.

### Friday, Jan. 16, 6 pm

World premiere of *Thee and Thou* at the Jewel Box Theatre. This comedy, written by Oklahoma author Bret Jones, has two thieves stumbling into the Globe Theatre in 1599 with hilarious results of mistaken identity. Please sign up at the front desk. Limited van transportation available. Cost: \$18 for ticket and transportation.

### Thursday, Jan. 22, 2 pm

All residents are invited to a town hall meeting in the Grand Hall.

### Tuesday, Jan. 27, 10 am

Newcomers' Coffee. Welcome new residents and visit with old friends. Shortgrass Café.

### Saturday, Jan. 31, 10:30 am

Family Bingo Night. Invite your family and friends. Two bingo cards for one dollar. Grand Hall.

Stay tuned for information about a Health & Wellness Open House in the Bunker. Meet Fitness Instructors Sara Naylor and Jamie Anderson and learn about their Strength and Conditioning, and Posture and Balance classes. Healthy refreshments provided.