

Helping those in need



Touchmark held a food drive to benefit The Hope Center of Edmond, which provides food, clothing, and some financial assistance to local people in need. Touchmark residents and team members filled 20 boxes with nonperishable food, personal hygiene, and cleaning products. A total of \$445 was collected to aid the Center's work, and an additional \$95 donation benefited the Touchmark Foundation, which aims "to enhance the well-being of seniors." Some team members and residents gathered for a photo before delivering the boxes. From left: Jamie Ham, Faye Kelsey, Betty Matthews, Cathy Bird, and Scott Kelsey.

Look what's available at Touchmark!

Enjoy the large living-room windows and the private balcony in apartment 346. This 628-square-foot home offers one bedroom, one bathroom, and a raised dishwasher in the kitchen.



(cont.)

(cont.)



Quality craftsmanship can be found throughout this 1,857-square-foot Monroe home, located at 618 Touchmark Court. It offers two bedrooms, two bathrooms, and a study. The spacious master bedroom, which includes a walk-in closet, can be your private retreat. Plus, it's easy to get to the Grandview using your golf cart. Visit TouchmarkEdmond.com for a virtual tour or call for a personal presentation.

Pursuing whole-person wellness



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Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can (cont.)

10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

(cont.) make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

At Touchmark, we offer a range of opportunities to

Dr. Marge’s Smoothie Recipe

Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Cathy Bird, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

Celebrating in four-part harmony

Harmony filled the air at the annual resident and staff holiday party. Generation Gap, an intergenerational barbershop quartet, provided entertainment. The group features Ed Sturn, resident John Gardner, MD, John’s son-in-law David Roman, and grandson Isaac Roman, who is a member of Touchmark’s Dining Services team. Residents enjoyed their gospel song renditions as well as the favorite, *Oklahoma!* ■



John Gardner, MD, (left) and Ed Sturn serenade John’s wife, Emily, with *Let Me Call You Sweetheart* at the closing of Generation Gap’s musical program.

A taste of tea



Tea: introduce your palate to diverse flavors while savoring the company of friends. For the Touchmark community, teas have become popular gatherings for year-round celebrations. During last year's Valentine's Tea (pictured), people enjoyed delicious treats and teas and lively conversation. This year, enjoy tasty tea and learn about heart health at the "Go Red For Women" Tea on Wednesday, Feb. 18 at 2:30 pm. Please sign up at the front desk.

Coming Events

**Wednesday, Feb. 4,
3 to 4 pm**

Chocolate and Wine Festival in the Grand Hall. Sample fine wines and a variety of chocolate delicacies, including white and dark chocolate fountains. Tickets

are \$15 per person in advance and \$20 per person at the door. Please sign up and purchase tickets at the front desk.

Friday, Feb. 6, 2 pm

The Oklahoma History Center presents *Pioneer Woman/Land Run Participant*. Living History Presentations involve

a person dressing and talking like an historical character telling the story of his/her experiences. Questions are encouraged. Grand Hall.

Saturday, Feb. 14, 2 pm

Touchmark Storytellers share World War II experiences. Bunker.

**Wednesday, Feb. 18,
2:30 pm**

“Go Red For Women” Tea in the Fireside Dining Room. Please sign up at the front desk. Wear red (optional). Enjoy a tasty tea and learn about heart health.

Saturday, Feb. 21, 1 to 3 pm

Celebrate Make-a-Blanket Day by making no-sew fleece blankets for Project Linus, which

provides children with cozy blankets. North Activities Room. Cost: \$5 for supplies. Sign up at front desk.

Tuesday, Feb. 24, 6:30 to 8 pm

Get out your beads and masks for the Mardi Gras celebration, complete with refreshments, Mardi Gras King and Queen, and live, festive music from the Rice Band. Lobby.

Build your brain

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

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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.



Fern Rowley stands with the snowman she brought to the January Winter Tea. The event featured snowman figurines and ornaments.



Margaret Burkett displays her beaded snowman, handcrafted by her sister-in-law. *(cont.)*

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A large group of residents attended the musical drama *One Incredible Moment* at First Presbyterian Church of Edmond. This was so popular that both the Touchmark van and bus were required to transport all participants. From left: Jennie Stinson, Charlotte Buchan, Shirley Bellomy, Betty Thomas, and Betty Matthews.

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

Answers to the puzzle on page five