

Enjoying an egg-ceptional day

The third-annual Easter Egg Hunt brought children of all ages to Touchmark to search for eggs, sip lemonade, nibble cookies, and spend time with the Easter bunny.

Face painting, cookie decorating, bubbles, and hula hoops also were on the docket for the popular event, attended by residents, family members, and neighbors from the surrounding Coffee Creek neighborhood.

The egg hunt featured three age groups. Lucky egg hunters who found the specially marked eggs during their search received Toys“R”Us gift cards.

In true Touchmark fashion, the collaboration of residents, team members, and members of the greater Coffee Creek neighborhood made the day a true community event. Residents and Cheyenne Middle School FCCLA (Family, Career, and Community Leaders of America) members stuffed a whopping 1,500 eggs for the event, and Edmond North High School Key Club members helped with the festivities and cleanup. ■



Above: June Busch, mother-in-law of team member Claudia McVicker, and Claudia's son Dakota race to hunt for eggs in the 3-and-under age group. Left: Cheyenne Middle School student and FCCLA member Christen Bianchi paints a flower on the face of Coffee Creek neighbor Jordan Warlick.

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Top: Christen Bianchi, a Cheyenne Middle School FCCLA member, and resident Charlotte Buchan help stuff 1,500 eggs with treats. **Bottom:** The Easter bunny, also known as Jackie Milligan, poses with Coffee Creek neighbor Colleen Bailey.

You said it!

"This is a wonderful place to live. This is my home with friends and family. I came to live here at the perfect time."

—**Mary Catherine Buck**, Resident

Welcome home!



Natural light pours into this Eisenhower home, located at 3024 Touchmark Drive. The open floor plan of this 2,048-square-foot home features two bedrooms, two bathrooms, and a den. A breakfast area, dining area, and covered patio make this the perfect place to entertain friends and family. Call today for a personal presentation, and discover the Touchmark lifestyle!



Located in the Grandview, apartment 340 features large windows and sliding-glass doors that lead out to the private balcony, which adds a spacious, open feeling to the apartment home. The 628-square-foot, one bedroom, one bathroom apartment boasts a full kitchen, giving you the option of dining in or joining friends at the Creekside Dining Room. Enjoy independent living with all the amenities Touchmark has to offer.

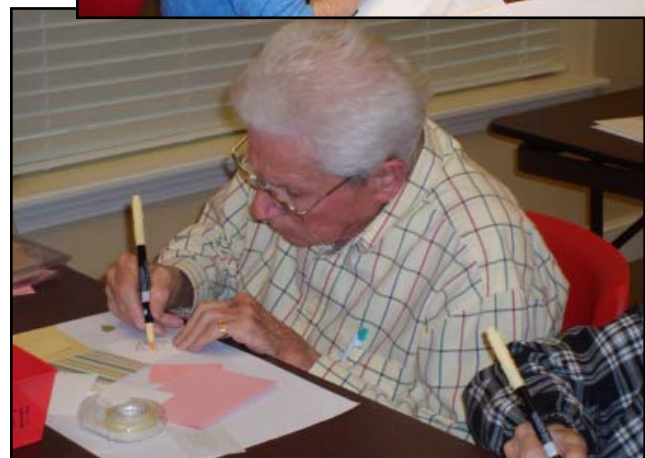
Recent events



Residents made cute washcloth bunnies for a recent craft project. They took the bunnies home and made extras, which were used as decorations around the Grandview and for the Easter tea. From left: Life Enrichment/Wellness Assistant Alisa Hiner and residents Faye Kelsey, Betty Matthews, and Evelyn Clark are pictured.



Residents Joan Gibson and C.D. Blanks learn about German wines at a recent winetasting at the Parkview model home. Dining Services Manager Mike Bates (not pictured) served the wine and shared interesting information about the wine selection.



Top: Pam Bert, a demonstrator with Stampin' Up, teaches a class on handcrafting greeting cards. Nine residents participated in the class, and each person took home two all-occasion cards and one Easter card. Bottom: Scott Kelsey, who attended the class with his wife Faye, creates an Easter card.

Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

<u>Example:</u> ASK _____	N _____
A _____	O _____
B _____	P _____
C _____	Q _____
D _____	R _____
E _____	S _____
F _____	T _____
G _____	U _____
H _____	V _____
I _____	W _____
J _____	X _____
K _____	Y _____
L _____	Z _____
M _____	

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

“Birth certificates do not come with expirations dates.”

—Walter M. Bortz II, MD, healthy aging expert and author, Dare to be 100

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on *(cont.)*

Celebrate activity—step into spring



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

May is Exercise is Medicine™ month, and the American College of Sports Medicine (www.exerciseismedicine.org) and the World Health Organization Move for Health campaign www.who.int/dietphysicalactivity/ have developed an array of tools for both the public and health care professionals.

(cont.) appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

Always time for a chuckle

They say that laughter is the best medicine. Fortunately for those who live and work at Touchmark, there are residents who love to make others laugh and are always ready with a one-liner to brighten a neighbor's day.

April was National Humor Month, and reporter John Williams commemorated the month of laughter with a column in *The Oklahoman* featuring a few wise-cracking jokes of some Touchmark residents. John quoted L.M. Sullivan, who notes, "A bicycle can't stand alone. It's two tired." L.M. is in good company around Richard Neville, who quips, "Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?"

For more of L.M. and Richard's witty and humorous words and to read the complete article, visit <http://newsok.com/time-to-tell-a-joke-its-national-humor-month/article/3360511>. ■

Coming Events

Saturday, May 2, 3:30 to 5:30 pm

Kentucky Derby Day Celebration. Enjoy mint juleps and appetizers, participate in the hat style show, choose a winning horse, and watch the race! Grand Hall.

Wednesday, May 6, 2:30 pm

Mother's Day Tea. Invite a family member to join you for pastries, hot tea, and good company. Fireside Dining Room.

Friday, May 8, 8:30 am

Trip to the Philbrook Museum in Tulsa. Tour the museum and gardens, peruse the items in the gift shop, and have lunch in La Villa restaurant inside the museum. Sign up by Wednesday, May 6. Cost for admission and transportation is \$16; please bring lunch money.

Wednesday, May 13, 3 pm

Winetasting at the Parkview model home. Sign up by May 11.

Monday, May 18, 1 pm

The Edmond First Baptist Church Senior Choir performs. Grand Hall.

Wednesday, May 20, 10 am

Aging Successfully—What to Know and What To Do, presented by Jane Carney, MSW. Grand Hall.

Saturday, May 23, 2:30 pm

Join friends and neighbors for a new game, Name That Tune, with Jim Conlin. Grand Hall.

Friday, May 29, 6 pm

Depart for Oklahoma City RedHawks baseball game in Bricktown. Sign up by May 27. Cost for admission and transportation is \$18.

Saturday, May 30, 2 to 4 pm

Card-making class. Please sign up by May 28. North Activities Room.