

Celebrate *active* aging!

Join Touchmark in a week-long celebration of a healthy lifestyle. Scheduled events will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

Monday, Sept. 21

- 9 am—Individual walking
- 10 am—Marsha Triplett with Humana Insurance. Grand Hall.
- 1:30 pm—Strength & Conditioning Class with Sarah Naylor. Grand Hall.
- 6:30 pm—Computer 101 class in Business Center.

Tuesday, Sept. 22

- 9 am—Individual walk
- 10 am to noon—Wii bowling tournament for residents and staff.
- 1 pm—Brown Bag Program with Hospital Discount Pharmacy. North Activities Room.
- 3 pm—Arm Chair Traveler Program, Italy's Countryside, with wine and appetizers.

Wednesday, Sept. 23

- 9 am—Wellness Center.
- 9 am to noon—Spa Day with hand massages from Tara Goodwyn from Sacred Touch. North Activities Room.
- 10 am to noon—Book sale, proceeds to benefit Alzheimer's Association Memory Walk®



- 1 pm—Balance & Posture Class with Jamie Anderson. Grand Hall.
- 3 pm—Elite Feet Foot Health and Shoe Fitting. Grand Hall.

Thursday, Sept. 24

- 9 am—Individual walk.
 - 9 to 10 am—Voter registration in Shortgrass Café.
 - 1 to 3 pm—Choice Home Health offering blood-pressure checks, blood-sugar screenings, and more. North Activities Room.
- 1:30 pm—Strength & Conditioning with Sarah Naylor. Grand Hall.

Friday, Sept. 25

- 9 am—Walk
 - 10 am—Seated Stretching class in the Grand Hall.
- 1 to 3 pm—Poker Walk sponsored by Citizen's Bank of Edmond.
- 3 pm—Library tour with resident Liz Codding.
- 7 to 9 pm—Casino Night with Universal Home Health. Grand Hall.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■

Summer cruisin'



Several residents joined in the fun on a 90-minute river cruise from Meridian Landing to Regatta Park. Dorthy and Dean Nichols step out onto the bow of the boat for fresh air.



Back on land, the river cruise group pauses before boarding the bus back to Touchmark. Front row, from left: Cory Graham, Evelyn Clark, and Shirley Bellomy. Back row, from left: Dean Nichols, Dorthy Nichols, Marion Conlin, Dorothy Rupe, Gladys Hicks, Joan Gibson, Judith Harris, and Leaman Harris.



From left: Gladys Hicks, Joan Gibson, Marion Conlin, and Dorothy Rupe spend a hot August afternoon relaxing in the air-conditioned cabin of a river boat.



Judith Harris (left) and new resident Cory Graham look over an Oklahoma River Cruises brochure.

Construction update



Work continues on the Prairieview building, which will add 34,812 square feet of apartments for people who live independently as well as for those who need some assistance with their daily activities. Fun fact: this project can generate as many as 180-plus construction jobs.

Proactive aging



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

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too late to

change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Touchmark's Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

"Today, gerontologists are discovering that age in years doesn't necessarily correlate with physiological age. In fact, normal physiological aging is quite variable."

—Baltimore Longitudinal Study of Aging

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Touchmark at Coffee Creek's event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

TotalHomesm Maintenance ... inside and out!

Touchmark offers several ways to live in a beautiful home at Parkview:

- Home Deposit Plan with low monthly service fee for a preconstructed home or one that can be built just for you.
- Try Before You Buy Plan.
- Rental Plan, which includes most all of our services.

Whichever option you choose, you'll soon enjoy the luxury of maintenance-free living. Rest, play, travel, work, volunteer, or participate in the many award-winning Life Enrichment/Wellness activities offered while Touchmark takes care of home maintenance and cleaning. Now is your time to have "the time of your life." Call to learn more. ■



Recent events



Jennie Stinson (left) and Charlotte Buchan chat with Don Soard with Operation Veteran Aid after Don's presentation on possible benefits for veterans and their widows.



Scott and Faye Kelsey get into the spirit at the recent Luau Buffet in the Creekside Dining Room. leis, shells, candles, and mini paper umbrellas transformed the dining room into a tropical oasis. Roasted pig, coconut shrimp, and fried bananas were some of the tantalizing items on the menu.



Shirley Bellomy (left) and Life Enrichment/Wellness Assistant Alisa Hiner look over one of the many model train displays at the Old Santa Fe Train Depot in Guthrie. After lunch at the R & R Restaurant, the group walked through the museum, amazed by the impressive variety of model train and automobile displays.

Coming Events

Wednesday, Sept. 2, 2 pm
Oklahoma City Zoo will visit. Invite your friends and family members to stop by to meet three exotic animals. Grand Hall.

Friday, Sept. 4, 9:30 am
Prix de West art exhibit at the National Cowboy Museum and Western Heritage Center. Peruse over 300 Western paintings and sculptures. Admission is \$8.50; lunch at Persimmon Hill inside the museum is extra. Sign up by Sept. 2.

Wednesday, Sept. 9, 2:30 pm
Resident tea in Fireside Dining Room.

Friday, Sept. 11, 11 am
Out to Lunch Bunch at

Freddy's Frozen Custard in Edmond. This restaurant serves Chicago-style hot dogs and steakburgers. Sign up by Sept. 9. Please bring money for lunch.

Tuesday, Sept. 15, 10 am
Dr. Tracey Alden with Waggin' Wheels veterinary house call service explains the offerings she can provide for Touchmark pet owners. Grand Hall.

Thursday, Sept. 17, 2 pm
Town Hall resident meeting. All residents are invited to attend. Grand Hall.

Monday, Sept. 21, 10 am
Marsha Triplett with Humana Insurance presents information choices regarding Medicare. Grand Hall.

Tuesday, Sept. 22, 1 to 3 pm
Hospital Discount Pharmacy hosts a complimentary "brown bag" program to help with prescription medicine questions. Bring all medicine bottles and a list of all medications. Sign up at front desk. North Activities Room.

Thursday, Sept. 24, 1 to 3 pm
Choice Home Health is providing blood pressure and blood sugar checks and more. North Activities Room. No charge.

Friday, Sept. 25, 7 to 9 pm
Casino Night, compliments of Universal Home Health. Join neighbors for refreshments, black jack, craps, and poker.

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.