

The zoo comes to Touchmark



Lee Mason pets Sylvester the chinchilla while Margaret Burkett and Clifford Shahan look on. Gathered in the Grand Hall, people could get a closer look at animals from the Oklahoma City Zoo during a recent visit. Zoo representative Melissa Kessler carried the animals around the room and discussed the creatures' natural habitats, diets, how large they grow, etc.



Peggy Sullivan feels the scaly back of Paddywag, a five-year-old alligator, while LM watches.



Betty Thomas (second from right) reaches out and touches Spaulding the Ball Python.

Cozy up to the Touchmark lifestyle



This Eisenhower cottage home at 3024 Touchmark Drive offers a spacious open floor plan with room for hobbies, entertaining, and basking in the retirement of your dreams. Step into the stately entryway and you'll know you've found something special. Beautiful maple cabinetry and crown molding are just a few of the finishing touches of this 2,048-square-foot, two-bedroom, two-bathroom home with den. Enjoy easy access to the amenities offered in the Grandview with the use of your own golf cart. Call or stop by today for a personal presentation.

Fall ... a time for change



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

"Happiness is not something you postpone for the future; it is something you design for the present."

—Jim Rohn, author, *The Art of Successful Living*

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the "autumn years." Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to *thrive* not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one's goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

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(cont.) Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Touchmark, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Cathy Bird. ■

Recently on the Touchmark calendar



Faye Kelsey shows off her Wii bowling skills while Bill Parrish (left), Faye’s husband Scott, and Karen Jones watch and await their turns.



From left, around the table: Richard Newville, Bill Parrish, George Murray, Ben Koop, and Dow Dozier try out Touchmark’s new poker tabletops as Jack Talley visits and watches the action.

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From left: Fern Rowley, Judith Harris, and Ginny Morefield model pint-sized cowboy hats at a recent Oklahoma Tea. Bandanas, Oklahoma flags, and cowboy hats adorned the tables for the state-pride event. Residents were quizzed on their knowledge of Oklahoma history and trivia, and the crowd sang *Oklahoma*.



Chaplain Stuart Malloy (right) with Choice Home Health and resident LM Sullivan share stories after Stuart's program *Keeping Your Dream Alive—Discovering Purpose, Joy, and Fulfillment As We Age*.

Coming Events

Tuesday, Oct. 6, 6:30 pm

Invite your family and friends to Guest Bingo Night in the Grand Hall. Cards are two for \$1.

Wednesday, Oct. 7, 2:30 pm

Fall Harvest Resident Tea in the Fireside Dining Room.

Friday, Oct. 9, 6:30 pm

Men's Poker Night in the Game Room.

Saturday, Oct. 10, 2 pm

Touchmark Storytellers in the Bunker.

Thursday, Oct. 15, 4:30 to 6:30 pm

Touchmark Oktoberfest. Get

into the "oompah" spirit while enjoying bratwurst, beer, and entertainment by The Rice Band. Dining Rooms and Lobby.

Saturdays, Oct. 17 and 24, 10 am to noon

Climb Your Family Tree. Research your family tree with the help of residents Liz Coddling and Marilyn Merett. North Activities Room.

Saturday, Oct. 17, 6:30 pm

"The Big Doin's" with Name That Tune, The Price is Right, and Let's Make a Deal with Jim Conlin in the Grand Hall.

Friday, Oct. 23, noon to 4 pm

Flu shots administered by the Visiting Nurses

Association. Provide Medicare card when signing up at the front desk. Cost without Medicare card: \$25. Grand Hall.

Friday, Oct. 23, 10 am to 12:30 pm

Greek Festival at St. George Orthodox Church in Oklahoma City. Please bring lunch money.

Tuesday, Oct. 27, 10 am

Newcomers Coffee in the Shortgrass Café. All are welcome.

Friday, Oct. 30, 3:30 to 4:30 pm

Halloween Social Hour. Costumes are optional, but welcome! Lobby.

Touchmark hires former OKC Country Club chef

Chef Manfred Westerwelle has been named Dining Services manager for Touchmark and will be responsible for the planning, preparation, and serving of all meals for the 140 residents.

Born in Germany, Manfred earned a Business Administration/Culinary Arts degree from the University of Bonn. He then spent years perfecting his craft across Europe and in Holland, Norway, Sweden, Belgium, Switzerland, and Austria. When he moved to America, he began working in country clubs as well as served as the chef in a French restaurant in Los Angeles.

Prior to joining Touchmark, Manfred spent 24 years as the general manager for Oklahoma City Golf and Country Club, directing the \$10 million annual budget for the 1,000-plus members and overseeing seven kitchens and the \$3.5 million banquet facility, among the other leisure-time services. Chef Manfred retired from his position at the club. However, he soon felt the longing to return to the culinary arts.

According to Manfred, first and foremost, he is a chef, and he is excited to bring his talents to Touchmark. "I love to cook with fresh, seasonal fruits and vegetables, and I seek the best products available on the market today," he says.

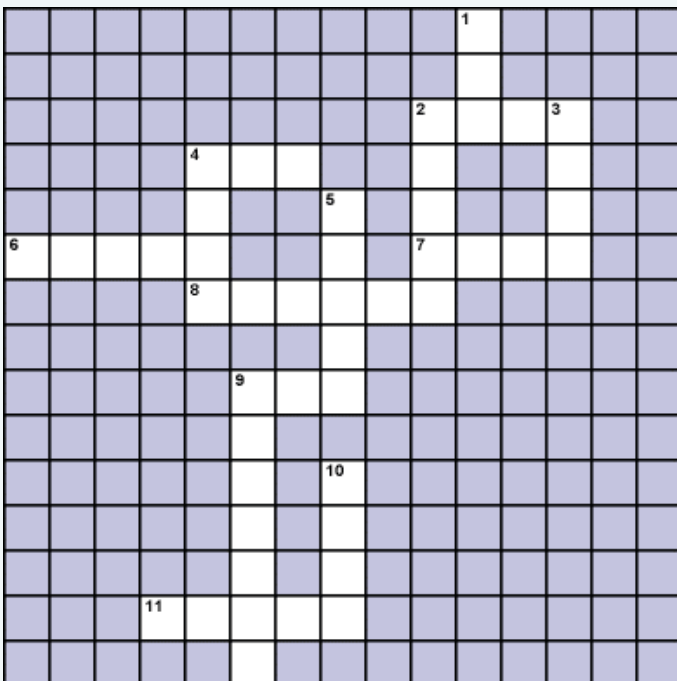
Manfred enjoys offering variety and plans to add German and Mexican meals and themes to the



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menu. Communication also is very important to him. "I like to receive feedback from residents and to hear their suggestions for different dishes. This dialogue helps me as I am planning menus," he shares. ■

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

- | Across | Down |
|------------|-----------|
| 2. red | 1. sea |
| 4. by | 2. write |
| 6. clothes | 3. dear |
| 7. our | 4. blue |
| 8. wait | 5. knight |
| 9. aunt | 9. aloud |
| 11. there | 10. for |

ANSWERS
ACROSS: 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their.
DOWN: 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

Construction continues on the Prairieview building



The Oklahoman recently highlighted Touchmark at Coffee Creek and the new addition of memory care during an interview with Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. Marge discussed the difference between dementia and Alzheimer’s disease and how Touchmark’s coming memory care neighborhood will provide an enriching, supportive environment, including assistance with daily activities. To see the interview, visit: www.newsok.com/multimedia/video/36378170001.

It’s flu season

—Winona Phelps, RN
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also

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(cont.) encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

Celebrating an active lifestyle



What do strength-training classes, craps tables, Wii bowling, and hand massages have in common? All of these and more were offered to residents and the entire Edmond community as part of Touchmark's celebration of Active Aging Week. The annual health promotion event is organized by the International Council on Active Aging to promote healthy and active lifestyles.