

Classic game shows

Jim Conlin, son of resident Marion Conlin, recently returned to Touchmark for a repeat of his popular Big Doin's event. Jim brought his talent as a piano player and his passion for fun and games and created a memorable evening. Local merchants provided prizes for *Name That Tune*, *The Price is Right*, and *Let's Make a Deal*. Prizes included cash, restaurant gift certificates, and Touchmark dining gift certificates. A beautiful flower arrangement was given to the couple married the longest (Scott and Faye Kelsey have been married 66 years). ■



From left: Auston Ingram (standing) and Betty Alters test their musical knowledge against Betty (standing) and Benny Benson in *Name That Tune*.



Ginny Morefield (standing) and Marilyn Merett try to guess the retail prices of items in *The Price is Right*.



Jim Conlin awards cash prizes to Dow Dozier (left) and Leaman Harris during *Let's Make a Deal*.



Charlotte Buchan (standing) and Betty Johnson tell Jim Conlin their guess during *The Price is Right*.

Ring in the new year in your new home!



The Parkview at Touchmark lifestyle can enhance your productivity and *playability*! All homes include TotalHomesm Maintenance (interior and exterior). And this 2,048-square-foot, two-bedroom, two-bathroom home with den is the perfect “home base” for the retirement of your dreams. Call today for a personal presentation.

Nurturing our spiritual selves



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

“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, National Interfaith Coalition on Aging

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don't quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual connection. Overall, they also report better health and

daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Touchmark at Coffee Creek encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment/Wellness Director Cathy Bird. ■

New expansion in the news



The Oklahoman recently highlighted Touchmark's \$15 million expansion, which includes independent living, assisted living, and memory care neighborhoods. The paper quotes Executive Director Jamie Ham as saying, “we have taken deposits already for all three parts we are building.” Use the following link and read the article. <http://newsok.com/touchmark-in-edmond-is-getting-15-million-expansion/article/3418218>

Recent happenings



From left: Richard Neville, Karen Jones, Irene Morris, Shirley Bellomy, and Betty Thomas pause next to a replica of *The Guardian*, an American Indian statue that stands atop the dome of the Oklahoma State Capitol. A group of residents toured the capitol building and learned about the usage and history of the building, the art, and the architecture.



Joan Gibson looks over an informational pamphlet about pomegranates during the Pomegranate Day festivities in the Shortgrass Cafe. Residents tasted the unique fruit, learned about the origins of pomegranates, how to serve them, and their health benefits. They also sipped on blueberry-pomegranate juice and pomegranate lemonade.



LM Sullivan shares his *War and Remembrance* presentation at Touchmark's Veterans Day program. Several residents were involved in the planning and delivery of the program. Leaman Harris opened the program, and Judith Harris led a reading and spoke about the arrival of *As We Lived It Volume III*. Liz Coddling led the Pledge of Allegiance and shared a reading. The musical talents of several residents played an important role in the tribute. Fern Rowley played the piano, Marilyn Olsson sang *God Bless America* and led other patriotic songs, and Dow Dozier played his cornet, opening the program with *Reveille* and ending with *Taps*.

Coming Events

Friday, Dec. 4, 6:30 pm

Holiday lights tour.

Saturday, Dec. 5, 10 am

University of Central Oklahoma musicians are back by popular demand. Grand Hall.

Monday, Dec. 7, 12:30 to 2:30 pm

Scentsy Show. Scentsy wax warmers are decorative, flameless, and available in over 80 scents. North Activities Room.

Tuesday, Dec. 8, 3 pm

Low Vision Support Group meets with the Oklahoma League for the Blind. Library.

(cont.)

(cont.) **Wednesday, Dec. 9, 1:30 pm**
Fourth-annual Victorian Christmas Tea. Rosemary Domina shares her extensive teacup and plate collection as well as beautiful Victorian holiday decorations. Enjoy time with neighbors, pastries, and a variety of hot teas. Grand Hall.

Thursday, Dec. 10, 6 pm
Depart for Candlelight Trolley Tour in Guthrie. Cost is \$3 per person. Dessert following the tour.

Friday, Dec. 11, 11:30 am
Out to Lunch Bunch. Choose from pizza, salads, and sandwiches at Jo's Pizza in Edmond. Bring lunch money.

Friday, Dec. 11, 2 pm
Join the Edmond Police Department's Community Relations Officer

Randy Payne for information about home, Internet, and shopping safety as well as an update on current events in the community.

Saturday, Dec. 12, 2 to 4 pm
Christmas with the Coffee Creek neighborhood. Story time with Santa Claus, movies, refreshments, and more!

Tuesday, Dec. 15, 3 pm
The Armchair Traveler goes to France this month! Enjoy winetasting and snacks as you watch Rick Steve's DVD about France. Grand Hall.

Friday, Dec. 18, 7 pm
Resident and Staff Christmas and Holiday Party. Celebrate with entertainment, refreshments, and good cheer! Grand Hall.

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!

Web site highlights Touchmark

The National Senior Living Providers Network shares the story behind the three volumes of *As We Lived It*, a collection of stories from veterans and their families and other members of the Greatest Generation. Residents Judith and Leaman Harris compiled the three books.

The article quotes Life Enrichment/Wellness Director Cathy Bird: "The storytelling allows residents to share their remarkable and often untold history with others." Read the whole story online at http://nslpn.com/index.php?option=com_content&view=article&id=430. ■