

Touchmark is growing with the community

For the past year, the expansion has been front and center for our community. Last summer, we gathered with Edmond’s mayor and other dignitaries for the groundbreaking. In the fall, we started taking reservations for one of the four memory-care neighborhoods. This spring, we plan to open the Prairieview.

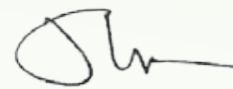
The photo below gives an inside look to some of the recent construction. If you’d like to learn more about the coming independent living, assisted living, and memory care neighborhoods, stop by and talk with me or a retirement counselor.



Even in light of the recession, Touchmark

has continued to experience growth in total campus occupancy. I invite you to come and experience the growing, dynamic Touchmark community. Our award-winning Life Enrichment/Wellness program and other services offer residents many opportunities to enjoy a well-rounded, active lifestyle.

May you and yours enjoy a year of growth, as well!



Jamie Ham
Executive Director

Tea for two—times 30!

Teacups clinked and smiles flashed as 60 residents and guests enjoyed the fourth-annual Victorian Christmas Tea, hosted by Concierge Rosemary Domina.

Rosemary shares her personal collection of teacups, saucers, plates, and decorations for the popular event. Attendees enjoyed an assortment of pastries, homemade fudge, divinity, chocolate-chip scones, pumpkin bread, and—of course—hot teas and coffee. (The scones and bread were made by Rosemary’s husband and Maintenance Supervisor Jim Domina).

The whole Touchmark family joined in the fun. Team members from Dining Services, the Concierge desk, Life Enrichment/Wellness, and the Business Office helped serve and clean up. *(cont.)*



From left: Alice Snyder, Rose Marie McKee, and Helen Snyder top off their tea with old-fashioned peppermint sticks.

(cont.) Four lucky winners received Victorian stationery, an address book, and photo frames. One person at each table went home with a holiday mug with old-fashioned peppermint sticks. ■



Concierge Rosemary Domina (standing) hosted the Victorian Christmas Tea and visited each table. Here, she chats with resident Betty Matthews.



From left: Irene Morris, Shirley Bellomy, and Betty Thomas wore shades of blue for the annual Victorian Tea.



Concierge Sally Savage serves pastries to Libby Garrett and others at her table.

A sampling of captions

Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo to the left. Here's a sample of some. Enjoy the creativity and fun!



"Trying for a hole in ten."
~ Resident Stella Mae O'Connell, Vancouver, Washington

"Hah! Bet you didn't even notice my shoes are different colors!"
~ Resident Gail Kristensen, Sioux Falls, South Dakota

"One mixed up dude!"
~ Resident Eve Broussard, Appleton, Wisconsin

"FORE!"
~ Resident Frank Battershill, Edmonton, Alberta

"Arnie Palmer could do it!"
~ Resident Daniel Reitan, Fargo, North Dakota

20in10: What's on your list today?



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

“Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor.”

— *Brian Tracy, author and speaker*

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It’s certainly not a concept without merit in today’s seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it’s up to me!”

No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark’s 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Cathy Bird. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■



Public invited to community workshop

Touchmark at Coffee Creek will host a half-day community workshop on Feb. 3 on the topic of dementia. This event will be offered to the public at no cost and will present information specifically related to memory care.

“We hope to bring help to families and those who are living with Alzheimer’s disease or other dementia illnesses,” said Jamie Ham, executive director, Touchmark at Coffee Creek. “Our goal is to be a resource for family members.”

Call 405-340-1975 for more information or reservations. Seating is limited. ■

Rounding out 2009



Alisa Hiner, Life Enrichment/Wellness assistant, demonstrates how to assemble the hot chocolate mug project for Zoe McDowell. Next to Zoe is her great-grandmother and resident Charlotte Buchan.



Sherry Hatherley, a horticulture student at Oklahoma State University, Oklahoma City, demonstrates how to arrange a bud vase. She brought the vases and a variety of flowers to help foster the talents of Touchmark's budding floral artists.



Ingrid Murry (left) and Alice Snyder assemble food and supply boxes for the Hope Center of Edmond. Touchmark raised \$385 in donations, along with a generous amount of nonperishable food, cleaning, and personal hygiene items for the center. Through the generosity of residents and team members, the community assembled 24 boxes (up from 20 boxes in 2008).



Santa Claus reads a story during the annual Christmas with Coffee Creek event. Residents, their family members, and families of the Coffee Creek neighborhood gathered at Touchmark for visits with Santa, movies, refreshments, cookie decorating, and more.

Have you heard of TotalHomesm Maintenance?



Located in Parkview at Coffee Creek, this Madison cottage home (625 Touchmark Court) offers TotalHome Maintenancesm (inside and out). For example, the Touchmark team will keep your driveway and the sidewalks free from snow. This 2,313-square-foot home offers elegance and comfort. All granite countertops, rich crown molding, and cabinetry with designer hardware add the “wow” factor to this three-bedroom, two-bathroom home with study. The open floor plan is perfect for entertaining family and friends. Call or stop by today and experience the Touchmark lifestyle.

Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

3. Charcoal

2. The woman was a photographer. She shot a picture of her husband,

developed it, and hung it up to dry.

1. Yesterday, Today, and Tomorrow

Answers:

Coming Events

Friday, Jan. 15, 11 am

Out to Lunch Bunch outing to P.F. Chang's China Bistro in Oklahoma City. A menu is posted at the front desk. Please bring lunch money.

Friday, Jan. 15, 10 am to noon

Hearing Care with David Hough, PhD. No charge. Please choose a time when signing up. South Activities Room.

Wednesday, Jan. 20, 2 pm

Join your neighbors for gospel Hymn Sing in the Creekside Dining Room.

Thursday, Jan. 21, 2 pm

Town Hall resident meeting. All are invited and encouraged to attend for an update on new Resident Council officers. Creekside Dining Room.

Wednesday, Jan 27, 4:30 pm

Kitchen Tour. Get a behind-the-scenes look at the Touchmark kitchen.

Friday, Jan. 29, 1 pm

First-ever Chili Cookoff. Enjoy the tasty creations and vote for the best.

Important signs to know

As family members gathered for the holidays, adult children, grandchildren, siblings, and others who live long distance may have discovered what the aging process—and especially dementia—can do to their loved one’s ability to live independently.

According to Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, the following are signs that an older person may be experiencing some form of age-related dementia or Alzheimer’s disease. These revelations require further discovery and decisions.

- Unpaid bills. Sometimes utilities, subscriptions, and even the garbage service have been cut off because of the loss of executive function that helps us all remember to pay things on time. It’s true we all forget a bill from time to time, but individuals in early and mid-stage dementia forget consistently—and don’t remember that they forgot.
- Declining health of the spouse if s/he is the primary caregiver.
- Weight loss or other evidence of malnourishment. People with a dementia illness forget to shop, cook, and eat.

- New dents and/or other problems with the family vehicle.

- A distinct absence of friends who used to call or come by regularly.

- Exaggerated stress over the demands of the holiday.

- Regular habits and routines have changed. They may not go to church, the book club, or the neighborhood block party that they have always attended in the past. They can’t remember or just can’t navigate the social demands of the various settings.

- Unopened mail and or packages.

- General health declines of both the individual with dementia and the spouse or caregiver.

- A difference in sleep patterns—circadian rhythm is greatly disrupted.

- Complete bewilderment at a meal out at a restaurant or a shopping trip to the mall.

- Clutter—lots of it everywhere. Conversely, they are discarding and giving away valuables and even family treasures.

- In some cases, they do not recognize family members who are visiting. At this stage, it is more than time for a move to a protective environment.

It is important to remember that some or all of these may be present or not. People with dementia are “great actors” and can usually rise to the occasion for a brief visit.

With assistance and support, family members can look deeper and longer for the telltale signs of a dementia illness.

Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, recently talked with KFOR NewsChannel 4 Anchor Linda Cavanaugh about these issues mentioned above. ■