

Touchmark hosts workshop prior to memory-care neighborhood opening this spring

National published author Anne P. Hill (right) provided suggestions for families coping with the everyday challenges of Alzheimer's disease and other age-related dementia at a half-day community workshop at Touchmark. Anne is the author of *Unforgettable Journey - Tips to Survive Your Parent's Alzheimer's Disease*, which is based on her own experiences. The workshop also included a presentation on the Safe Return Program, presented by Diane Wood (front, left), program coordinator for the Central Regional Oklahoma office of the Oklahoma/Arkansas Chapter of the Alzheimer's Association.



A three-person panel of experts (left) on dementia from across the country shared firsthand information about creating whole-person wellness for people with age-related memory loss. Touchmark Resident Care managers, all nurses by training and experts in memory care, participated in the panel. Right: Marge Coalman, EdD, Touchmark vice president of Wellness & Program, facilitated the panel and moderated the event.

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Facts on Touchmark expansion

Touchmark broke ground last summer on a \$15 million expansion project, encompassing a memory-care neighborhood and three-story addition to its current community. It is scheduled to open in April.

The Prairieview Memory Care Residences include 50 private studios, divided into four neighborhoods of 12 to 13 residences. Each neighborhood will have its own kitchen and dining area, living room, space for activities, and access to a secure outdoor courtyard. A beauty salon/barber shop, spa bath, multipurpose room, family conference room, and doctor's office will be shared by the four neighborhoods. ■

Hearts a beatin' and minds a buzzin'

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research."

If you'd like to learn more about Touchmark's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on (cont.)

(cont.) our preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Touchmark, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

Brain Builders



Word Mine Activity

Inside the phrase "You're my hero" are several words, using two or more letters. Two examples are below. Find as many as you can.

You're my hero

emyr

hey

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

roun	eye	ye	home
rum	myr	humor	homer
her	more	our	or
moo	myr	hour	you
rhy	moor	oh	hey
	hurry	rye	here

Answers (other answers may be possible):

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 pre-constructed home or one that can be built just for you.
- Try Before You Buy Plan.
- Rental Plan, which includes most 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 events and activities Touchmark offers. Touchmark staff will take care of your home maintenance and cleaning. Now is your time to have "the time of your life." Call to learn more or visit ParkviewCoffeeCreek.com. ■



In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.

A Food Valentine

Cabbage always has a heart;
Green beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care;
So Lettuce get together,
We'd make a perfect Pear.

Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips meet.

Don't Squash my hopes and
dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.

I'll Cauliflower shop and say
Your dreams are Parsley mine.
I'll work and share my Celery,
So be my valentine.

www.basicjokes.com



Recently spotted at Touchmark ...



Resident Benny Benson plays tic-tac-toe with Olivia Atendido. Olivia's mother, Shawn Atendido works in the beauty and barber salon. There is a mutual affection between Olivia and the residents, who have gotten to know each other during Olivia's regular visits.



Betty Thomas (center) shows off her completed snowman figure. Residents decorated small fishbowls with pom-pom eyes, a clay nose, and a painted smile. Battery-operated candles provided a warm glow, and the creations were topped off with a decorated straw hat. Marion Conlin (left) and Karen Jones are in the background.



When duty calls, American soldiers answer. Ron Davis, Community Relations representative with Universal Home Health, is no exception. Ron bids a fond farewell to Jennie Stinson during a recent bingo gathering. An Air Force Reservist, Ron has been called to duty in the Middle East and expects to return home within a few months. Residents have grown to love Ron during his monthly visits to Touchmark to call bingo. Several residents promised to write to Ron during his deployment and send him care packages.



Libby Garrett greets Daisy, a goldendoodle therapy dog who visits Touchmark monthly.

Coming Events

Saturday, Feb. 13, 2 pm

Touchmark Storytellers meet to share life stories. Bunker.

Saturday, Feb. 13, 6:30 pm

Men's Poker Night. Game Room.

Monday, Feb. 15, 1 pm

Decorate a mask for Mardi Gras. No charge. South Activities Room.

Tuesday, Feb. 16, 7 to 8:30 pm

Mardi Gras celebration with entertainment by Talk of the Town Orchestra. Enjoy refreshments and the crowning of a king and queen. Bring your masks and beads. Lobby.

Friday, Feb. 19, 12:30 pm

Visit with Daisy, a goldendoodle therapy dog. South Activities Room.

Tuesday, Feb. 23, 10:30 am

Newcomers Coffee. Welcome new neighbors over pastries and coffee. Shortgrass Café.

Friday, Feb. 26, 11 am

Out to Lunch Bunch outing to Bravo! Cucina Italiana in Oklahoma City. Sign up at front desk; bring lunch money.

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

New year, new decade!



Scott and Faye Kelsey ring in 2010 at the Countdown to the New Year social hour. Everyone enjoyed refreshments and peach champagne and sang *Auld Lang Syne*.



The winners of the Decorate Your Door/Entry contest were announced at the social hour. George and Fern Rowley (left) won for their third-floor home, and Margaret and Richard Neville won for their Parkview home.



Leaman Harris celebrates New Year's Eve (and his birthday) with Assistant Executive Director Kelli Mitchell. Everyone joined in singing happy birthday.