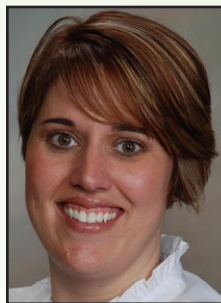


## Experts presented Alzheimer's workshop

Touchmark hosted a workshop March 30 for families dealing with the challenges of Alzheimer's disease and other age-related dementia illnesses. A pharmacist covered medications, a physician discussed brain function, and a nurse addressed life enrichment. Each presented briefly, with the majority of time spent on questions from the public.

"Caring for people with Alzheimer's disease and other age-related dementia can become complicated," says Jamie Ham, Touchmark at Coffee Creek executive director. "We brought together these experts to answer the many questions that people have." ■



**Wendy Schrag, RN, Touchmark memory care manager, spoke on memory care philosophy, incorporating life enrichment, environmental, and medical aspects.**



**Nathan Valentine, MD, Valentine Family Medicine, spoke from a medical perspective about the brain and cognitive function.**



**Lenee Lane, PharmD, consulting pharmacist with Sequoia Health Services, Oklahoma City, spoke on memory medications, why they are used, and their importance.**

## Wellness expert to present at UCO ... public invited

Nationally acclaimed wellness expert Marge Coalman, EdD, will be the keynote speaker April 6 at University of Central Oklahoma (UCO) as part of Careers in Aging Week, sponsored by the Gerontological Society of America.

Marge, Touchmark vice president of Wellness & Programs, will present *Imagine the Possibilities*. The focus will cover life enrichment in retirement living, brain building tips and exercises, and Touchmark's nationally recognized Fall Reduction and Awareness Program, which was one of 10 national programs identified in

2007 by the Falls-Free Coalition for creative programs and practices.

This lunch-and-learn presentation with questions to follow is scheduled 11 am to 1 pm in the Will Rogers Room of the Nigh University Center on the UCO campus.

Marge's presentation will be followed by a panel discussion of former UCO students who will discuss careers in geriatrics. There is no charge to attend, and the event is open to the public.

Edmond Medical Center's Autumn Life Center, UCO Gerontology Master's Program and Oklahoma Geriatric Education Center are hosting the symposium. *(cont.)*

(cont.) Careers in Aging Week is an annual event designed to bring greater awareness and visibility to the career opportunities in aging and aging research. Universities and colleges across the world participate by sponsoring events at their schools or in their communities. ■



In addition to her upcoming presentation at UCO, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, presented with Associate Professor of Psychology at Western Oregon University (and author of the book *Train Your Brain: How to Maximize Memory Ability in Older Adulthood*) Rob Winningham, PhD, at the 2010 Annual Conference of the National Council on Aging and the American Society on Aging in Chicago. More than 4,000 people from around the world attended. The title of their presentation was *From Research Laboratories to Communities: Best Practices for Memory Enhancement Programs*. Two years ago, Rob certified members of Touchmark's Life Enrichment/Wellness team as Geriatric Wellness instructors.

## Spring into the good life!



This new Parkview home is on the market ... move-in ready and waiting for you. Located at 3040 Touchmark Drive, this spacious Harrison cottage home offers 1,746 square feet of living space, complete with two bedrooms, two bathrooms, and a study. Leave home maintenance behind as you experience TotalHome<sup>SM</sup> Maintenance, inside and out. Call or stop by today for a personal presentation.

## A lifetime bond of activity helps couple stay fit

The love story starts with Daisy Mae and Li'l Abner.

Sixty years ago, University of Oklahoma sophomore John Gardner joined the Phi Kappa Psi fraternity, not knowing how much that decision would affect his life.

The fraternity organized a "Dog Patch" party one evening, and Gardner needed a date. His roommate introduced him to fellow student and OU freshman Emily

Allen. Gardner, dressed as Li'l Abner, was smitten with Allen, who was portraying Daisy Mae.

"I don't remember much about the party except that I could not take my eyes off Emily," Gardner said. "She literally swept me off my feet."

As a child, John Gardner lived on the family's farm near Guthrie. Emily, too, grew up on a farm near Verden.

As World War II raged overseas, John became fascinated with the military aircraft. He began taking flying lessons at 16 and first soloed shortly before turning 17. (cont.)

(cont.) He qualified for a pilot’s license a year later and became the youngest licensed pilot in Oklahoma.

He enrolled as a premed major at OU. Emily enrolled the next year as a home economics major. After three years, John ended his schooling to join the Air Force as conflict erupted in Korea.

They were married June 6, 1952 in Oklahoma City and moved to Illinois. They moved back to Oklahoma after John finished his tour of duty, and he returned to OU.

After nine years, they had four children—three girls and a boy.

“I was very busy,” Emily said.

John, in 1959, received his medical degree. Since then, John has been an OB/GYN and a radiologist.

The Gardners were—and still are—a busy couple.

Now retired and nearing his 80th birthday, John has continued to fly. Both sing with the Golden Harmonizers, a choral group affiliated with the Edmond Senior Center. John has been a member of the OK Chorale barbershop chorus for just under 20 years.

They have been in 12 to 15 mission trips through Volunteers in Mission. The couple takes daily walks with Reggie, the Shih Tzu. They see their family regularly and are very involved in the Touchmark at Coffee Creek community, where they have lived two years.

John’s had surgery for his heart-rhythm abnormality and suffers some hearing loss. Emily, at 78, has survived breast cancer and is now battling recent memory loss, which may be Alzheimer’s disease.

John said his wife is currently on medication to treat her memory loss, and this seems to have slowed the progress.

“There have been a few bumps along the way, but our love has sustained us,” John said.

In April, Touchmark at Coffee Creek is set to open

a \$15 million expansion, encompassing a memory-care neighborhood and three-story addition.

The Gardners are committed to remaining active in the Touchmark community and in their music programs. “Our future is uncertain and largely will be determined by our health,” John said. “I hope to continue flying as long as I feel that I can do so safely.” ■



**John and Emily Gardner sing with the Golden Harmonizers, a choral group affiliated with the Edmond Senior Center.**

### Staying fit

The health of your brain plays a critical role in almost everything you do: thinking, remembering, working, and playing. The good news is you can do a lot to help keep your brain healthy as you age.

- **Stay physically active.** Physical exercise is essential for maintaining good blood flow to the brain and encourages brain cell growth.
- **Adopt a brain-healthy diet.** The Mediterranean Diet is good for your heart and your brain.
- **Remain socially active.** Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels.
- **Stay mentally active.** Mentally stimulating activities strengthen brain cells.

## Coming Events

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

### Friday, April 2, 11 am

Out to Lunch Bunch: Charleston's in Edmond. Menu is at front desk. Bring lunch money.

### Saturday, April 3, 10 am

University of Central Oklahoma musicians perform. Creekside Dining Room.

### Saturday, April 3, 10:30 am

Easter Crafts and Cupcake Decorating. North Activities Room.

### Saturday, April 10, 8:30 to 10:30 am

Wellness Doctor Nathan Valentine, MD, visits. Sign up at front desk for appointment.

### Saturday, April 10, 1 pm

Heartland New Day BookFest at First Nazarene Church in Edmond. Enjoy presentations, displays, and book sales by 60+ authors, illustrators, and publishers.

### Wednesday, April 14, 2 pm

Spring Resident Tea. Fireside Dining Room.

### Friday, April 16, 8:30 am

Depart for the Muskogee Azalea Festival with lunch stop in Chouteau at Mrs. Norman C. Miller's, a family-style Amish restaurant, and a visit to The Amish Cheese House.

### Sunday, April 18, 1 pm

Depart for matinee of *Thoroughly Modern Millie* at Pollard Theatre in Guthrie. Tickets are \$22.50 per person. Sign up by April 9.

### Tuesday, April 20, 2 pm

Hymn Sing in the Grand Hall.

### Wednesday, April 21, 10:30 am to 4:30 pm

Laura Johnson returns with a variety of women's clothing and accessories. North Activities Room.

### Friday, April 23, 10 am

Kentucky Derby hat decorating. Sign up by April 21. North and South Activities rooms. No charge.

### Wednesday, April 28, 10:30 am

Enjoy music from the First Baptist Church of Bethany. Grand Hall.

### Friday, April 30, 12:30 pm

Daisy, the goldendoodle therapy dog, visits. South Activities Room.

## Recent events



From left: Dorothy Rupe, Evelyn Clark, and Faye Kelsey create cozy no-sew blankets in celebration of Make a Blanket Day for the Project Linus Haiti Project. Residents made donations to help pay for the supplies and then gathered to pin, mark, cut, and tie the fringes together.



Members of the new Resident Council prepare for another enriching year. Front row, from left: Liz Coddling, Joan Gibson, Rose Marie McKee, Marty Rose, Margaret Newville, Faye Kelsey, and Scott Kelsey. Back row, from left: John Gardner, Judith Harris, Bobbie Weber, Charles Weber, Dorthy Nichols, George Murry, Ingrid Murry, Richard Newville, Marilyn Merett, Peggy Sullivan, and Gloria Kilborn.

(cont.)

(cont.)



Placing a paper crane on her head, resident Lee Mason causes Mary Koop (far right) to laugh while Ruth Magnello focuses on her creation. Right photo: Kate Spurgeon, a volunteer from Oklahoma Christian High School, assists Dorothy Rupe during a recent beginning Origami class. Residents learned how to make a crane and a lotus flower from brightly colored origami paper. Kate even folded a dollar bill into a miniature t-shirt and taught the class how to do it themselves.

## A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



**"Stick 'em up! This a robbery."**  
~ Resident Marion VanDinter

**"Two naughty raccoons minus the dunce cap."**  
~ Resident Eve Brouard

**"Hallelujah."**  
~ Resident Nancy McLaughlin

**"What's the big deal. We didn't mean to do it."**  
~ Resident Larry VanZummeren

**"Thank you ladies and gentlemen, and for our next number ..."**  
~ Resident Clare Peters

# 2010

in

## 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.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

# Moments of Pride—in the future



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

*“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.”*

*—Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe*

The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

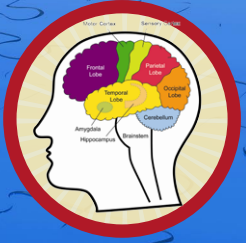
ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life

Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

1. DREAD: __ bread__	10. SOUL: _____
2. MILL: __ milk__	11. EGO: _____
3. BATTER: _____	12. BATON: _____
4. HEAT: _____	13. HAT: _____
5. MEET: _____	14. RIDE: _____
6. BORN: _____	15. STEAL: _____
7. DEMON: _____	16. DISH: _____
8. FORK: _____	17. TUNE: _____
9. REEF: _____	18. OATH: _____

**ANSWERS**

1. bread 5. meat 9. beef 14. rice  
 2. milk 6. corn 10. soup 15. steak  
 3. butter 7. lemon 11. egg 16. fish  
 4. beat 8. pork 12. bacon 17. tuna  
 13. ham 18. oats

## Looms of enrichment



Wanda Nobbe of Mountain View Weavery demonstrates weaving techniques for residents and team members, who were fascinated by the looms and Wanda's stories of how she started weaving. Wanda shared samples of different weaving techniques and tartans, including the Oklahoma State Tartan, the Oklahoma State University Tartan, the Texas State Tartan, and other scarf and crib cover samples.



Wanda shows Peggy Sullivan how to work the mini loom.

