

## Memory Care neighborhoods open



Touchmark team members Kaitlin Denning, CNA, (left) and Victoria Etuk, CNA, pose in a new memory care neighborhood, which opened in April. The Prairieview Memory Care Residences include 50 private studios, divided into four neighborhoods of 12-13 residences. Each neighborhood has its own kitchen and dining area, living room, space for activities, and access to a secure outdoor courtyard. A beauty salon/barber shop, two spa baths, multipurpose room, family conference room, and doctor's office will be shared by the four neighborhoods.



## Touchmark showcases memory care with 'friendship' approach

David Troxel (left) speaks not only from a professional perspective, but also from a personal experience with the disease of Alzheimer's or age-related dementia illnesses, which affect one in four American families.

"It's a terrible, difficult time. But, you can help them [those with the illness] to live the best life."

An internationally known author of four books, David has influenced how care is provided to people and created a model used at many memory-care  
*(cont.)*

(cont.) centers. The “Best Friends” approach is centered on what people with dementia need most—a “best friend.”

David traveled to Edmond last month from Sacramento, Calif., for an open house of the Touchmark at Coffee Creek Prairieview Memory Care Residences.

Speaking at the open house, David provided numerous examples of what people can do when a loved one is diagnosed with Alzheimer’s.

“Take a deep breath and start with two important steps,” David says. “First, make sure your parents’ legal/financial affairs are in order. Second, create a wonderful day for them. Compliment your loved one. Tell him he’s someone special, by remembering, ‘Gee Dad, I can’t believe you won Teacher of the Year twice.’”

David advises, “Don’t fight their memory loss. Instead, journey with them.” David’s mother had Alzheimer’s disease and passed away a year ago.

**Vaccine a real possibility**

“We’ll have a vaccine in the next decade for younger people,” says Marge Coalman, vice president of Wellness & Programs for Touchmark, who also addressed attendees at the open house. Marge played a key role in designing Touchmark’s person-centered memory care program.

Touchmark broke ground last summer on a \$15 million expansion, encompassing the memory-care



**Laura Castleberry shares her parents’ story at the open house. Her mom was diagnosed with the progressive brain disease Lewy Body Dementia and has been living in a center apart from her husband. With the opening of the Prairieview Memory Care Residences, Laura’s parents will again live near each other.**

neighborhood and three-story addition to its current community. It is scheduled to be fully open in June.

The opening couldn’t be more anticipated than by Laura Castleberry, who spoke at the open house.

The Edmond resident watched her mother’s habits change. She would say to her husband, “Oh Mike, let’s go out to dinner tonight,” masking the fact that she had forgotten how to cook.

“As mom’s issues got more severe, dad had lots of guilt associated with it.” Mike Crawley would tell his daughter, “I’ve been married to this woman for more than 50 years, and I should be able to take care of her.”

Laura convinced them to move from Tulsa to Touchmark to be closer to Laura. Then three years ago, her mom was diagnosed with the progressive brain disease Lewy Body Dementia. Shortly thereafter, her daughter moved her mom to another center. Her father visited his wife three days a week on average, driving the 10 miles in the first couple of years with assistance from Touchmark during the last few months.

Now, Carolyn Crawley will be just around the corner from her husband, within 45 feet, as the high-demand memory care opens.

“Dementia is a disease that takes a person’s dignity away from them,” says Laura. “Touchmark treats everyone here with respect.” ■

## Open house photos



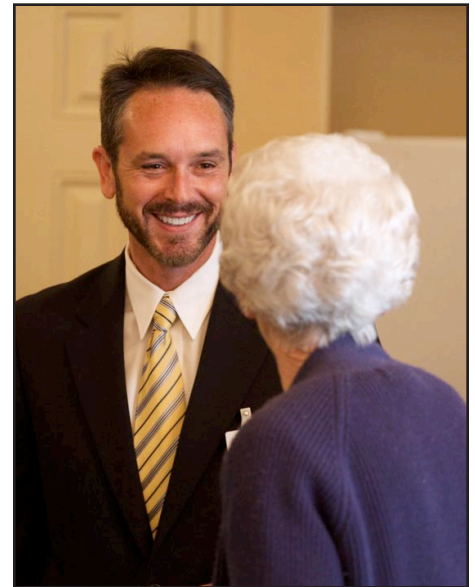
Laura Castleberry and David Troxel, with Marge Coalman, EDD, seated.



Touchmark Vice President of Wellness & Programs Marge Coalman (left) and Touchmark resident Ginny Morefield



This spring, hundreds gathered on the steps of the Lincoln Memorial for the Alzheimer's Association's Candlelight Tribute Rally (pictured). The candlelight event was part of the association's Alzheimer's Action Summit. Touchmark resident Betty Alters attended the summit with her son and Touchmark Vice President of Wellness & Programs Marge Coalman. Betty hoped to move into the Prairieview Memory Care Residences; however, she passed away in early May.



Executive Director Jamie Ham and resident Betty Thomas

## Resident care manager joins Touchmark

Debbie Brown, RN, brings 29 years of experience in medical-surgical nursing, critical care, and case management to her position as resident care manager for the Memory Care neighborhoods.

Debbie has a Bachelor of Science from Oklahoma City University and a Bachelor of Science in Nursing from the University of Oklahoma College of Nursing.

Debbie brings a personal connection to her role. Her father had Alzheimer's disease and passed away after a three-year battle with cancer last summer. Her mother also experienced some dementia prior to her passing in 2000.

"I have a real heart for those living with dementia and for their families," says Debbie. "I can understand the challenges, and I love celebrating the joys with them."

Debbie and her husband, Bennie, have been married 21 years. Their son will graduate from high school soon. They enjoy church and school activities, and Debbie likes to cook and do some light reading in her free time. ■

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## More than meets the eye Touchmark's new memory-care artwork, furnishings placed with purpose

Touchmark's new memory-care neighborhood has the feel of home—a home that is elegant and upscale.

Eye-popping landscapes and statuettes grace the walls and gathering areas. Tactile, "fun stuff" is placed here and there to give residents items to manipulate—not only exercising their bodies but their minds, as well, says Joseph Billig, AIA, vice president, Architecture for Touchmark.



Joseph picks up a large whimsical frog art set for the Growing Together Gardens™ and describes the careful selection of each piece and its focus to be recognizable.

"For residents, this is their home, and because of the nature of Alzheimer's disease and other age-related dementia, a secured environment is necessary," he says. "Thus, most of the residents' days will be spent in their neighborhood. For that reason, it is even more important the spaces are warm and inviting and feel like home."

Joseph adds that "home" might mean prints and statuettes of cats and dogs or even hens. Birds, landscapes, and trees all add a comfortable feel to the building. Specific pieces, such as a horse facing one direction, are strategically placed to guide residents to or away from spaces or exits.

Specialty memorabilia walls in each neighborhood reflect local Oklahoma sites, universities, landmarks, and daily life. These were selected to make a connection with local residents. There is also World War II-era memorabilia, including film posters and historical photographs.

Accessories and knickknacks are chosen to be tactile and fun for residents to pick up and explore and perhaps evoke a memory or a story. All are made of nonbreakable materials.

Tuscan colors of earthy reds, browns and oranges, golds, and yellows create an upscale feel. Bright (*cont.*)

(cont.) and colorful fabrics with advanced textiles cover chairs, sofas, recliners and gliders, and window treatments are elegant.

A secure, outdoor garden provides residents contact with living plants. These thoughtfully designed gardens and courtyard include nontoxic plants, raised garden beds, seasonal plantings to provide year-round color and herbs and vegetables, which are used in the cooking program, for example.

For more information, visit [EdmondMemoryCare.com](http://EdmondMemoryCare.com). ■

## Springtime fun



From left: Leona Ball, Elizabeth Garrett, Trudy Sharp, and Marion Maier visit at the Spring Tea.

### Just for laughs!

#### Technical Terminology

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.

One co-worker said the programming we had ordered was delayed, because the vendor was suffering from a “severe nonlinear waterfowl issue.”

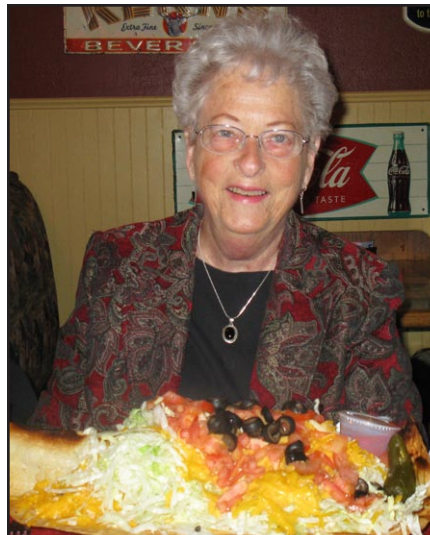
Curious, the team leader raised his eyebrows and asked, “What exactly is that?”

The programmer replied, “They don’t have all their ducks in a row.”

*This month’s feature is from MyCleanHumor.org.*



Marilyn Olsson and granddaughter Faithanna Olsson display their Easter basket cupcakes. Residents and team members invited their children and grandchildren to join the Easter crafting.



Virginia Rowley prepares to dig into her “macho nachos” during a recent outing to The Stables Cafe in Guthrie.

## The grass is greener at Touchmark!



This spacious 1,394-square-foot Grand apartment has two bedrooms, two bathrooms, a den, full kitchen with raised dishwasher, fireplace, and washer and dryer. Call or stop by today for a personal presentation.

## Brain Builders



List possible uses for old cereal boxes. Be as creative as possible.

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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.

- Write a poem.
- Count your blessings.
- Make a cup of tea.
- Take a picture.
- Take a bubble bath.
- Brush your teeth for at least two full minutes.
- Let someone cut in front of you in a line.
- Clean out your refrigerator.
- Park at the far side of the lot and walk to the store.
- Write a note to someone special.

## National training sharpens skills, promotes exchange of ideas



During April, Life Enrichment/Wellness teams from around North America gathered in Portland, Oregon, for yearly training. Life Enrichment/Wellness Director Cathy Bird (right) attended the three days of presentations and workshops. Chuck Adams and John Rochford of Plus50 Inc., gave the keynote presentation on *Rediscovering Your Passions and Pursuing Purpose In Your Life*. The training also featured group presentations from team members. Cathy and her co-presenters discussed how to enhance lifelong learning and work with community partners.

Join the online community. Touchmark is now on Facebook!



## Unexpected consequences



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

*“Some kids are so busy they have no time to play. Others have no place to play and no one to play with. Some kids spend so much time front of TV and computer screens that they forget how to play.”*

*— Anonymous, wall mounting in children’s art exhibit area, Museum of Glass, Tacoma, Washington*

School budgets continue to be cut. Physical education and recess already are long gone in many elementary schools in North America, and art and music services are being trimmed. It seems that test scores are the only measure many school districts are paying attention to in the quest for high-tech geniuses.

Imagine having the opportunity to nurture relationships and physical activity, creativity, communication, and learning in today’s children.

Touchmark understands the need to address childhood obesity; to nurture communication (without the aid of computers and text messaging) in children and young adults; and to foster caring relationships with trusted older adults. The intergenerational programming at each Touchmark community is designed to influence all of these areas and provide lasting moments of pride and fun for participants.

As research results continue to be shared, we realize that we are raising a generation of individuals who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

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(cont.) If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact Life Enrichment/Wellness Director Cathy Bird. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

### Did you know?

#### Facts about children’s brain power

- The brain is the most unfinished organ at birth.
- The brain grows to 90 percent in the first 3 years.
- 700 new synapses (neural connections) are made every second in the first year.
- By age three, a child’s brain is twice as active as an adult’s.
- By age six, “linguistically rich” children have 20,000 words.
- When children feel secure, serotonin production helps their brain cells connect.
- When children are stressed, cortisol production activates the fight or flight part of their brains.

—The above information is drawn from research done by Harvard University’s Center for the Developing Child. For more information about children’s brain development, visit: <http://developingchild.harvard.edu/>

### Coming Events

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

#### Tuesday, May 18, 3 pm

The Armchair Traveler visits Scotland. Watch an informational DVD by Rick Steves. Refreshments provided. Grand Hall.

#### Tuesday, May 18, 6:30 pm

Bill Taylor with Prudential Insurance presents information about long-term care insurance. Questions are welcome.

#### Wednesday, May 19, 2 pm

Hymn Sing in Grand Hall.

#### Tuesday, May 25, 10:30 am

Newcomers Coffee in the Shortgrass Café.

#### Monday, May 31, 11:30 am to 2 pm

Celebrate Memorial Day with the annual cookout lunch in both dining rooms. Sign up guests at the front desk.