

## Summer celebrations



From left: Leslie Harrison and Scott Kelsey listen as LM Sullivan tells a story at the Flag Day Men's Luncheon, which celebrated Father's Day. The menu included fried chicken, potato salad, coleslaw, rolls, and patriotic cupcakes.



Joan Gibson and UCO Practicum student Annamaria Pellum work on a patriotic decoration, a "God Bless America" sign for Joan's apartment.



Faye and Scott Kelsey join in the fun at the Flags and Firecrackers Resident Tea.

## Have fun in the sun at Touchmark



This Grandview apartment is an elegant and light-filled 1,015-square-foot home. Step out onto your private balcony for a breath of fresh air or lounge by the gas fireplace. This home offers two bedrooms, two bathrooms, and a full kitchen with a raised dishwasher. You may never want to leave this beautiful home, but when you do, you'll have plenty of choices for exciting outdoor pursuits and enriching community activities. Call or stop by today for a personal presentation.

## Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit [www.laughteryoga.org](http://www.laughteryoga.org).

[Click here to watch the video.](#)

## Coming Events

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

### Sunday, July 4, 11:30 am to 2 pm

Independence Day Cookout Buffet. Dining rooms.

### Friday, July 9, 2:30 pm

Bob Gerling, Outreach Coordinator with the National Cowboy & Western Heritage Museum, presents an informational program in the Grand Hall.

### Friday, July 9, 11 am

Out to Lunch Bunch at Steve's Rib in Edmond. Please sign up by Wednesday, July 7, and bring lunch money.

### Monday, July 12, 8:15 am

Coffee Connections at Oklahoma City *(cont.)*

(cont.) Zoo. Learn about the latest news at the zoo every month at the Rosser Conservation Education Center. No charge. Please sign up in advance.

**Tuesday, July 13, 6:30 pm**

*Do You Really Have Your Legal Affairs in Order?* Workshop with Attorney Byron J. Will. No charge. Grand Hall.

**Wednesday, July 14, 2 pm**

“In the Garden” Resident Tea. Fireside Dining Room.

**Thursday, July 15, 2 pm**

Town Hall Meeting. All residents are encouraged to attend. Grand Hall.

**Tuesday, July 20, 2 pm**

The Armchair Traveler goes to Israel. Enjoy snacks and beverages as you tour Israel with Rick Steves’ DVD.

**Wednesday, July 21, 2 pm**

Hymn Sing in the Grand Hall.

**Thursday, July 22, 7:15 to 8:30 pm**

O.K. City Chorus of Sweet Adelines concert at Hafer Park. Bus departs Touchmark at 6:30 pm. Please sign up.

**Tuesday, July 27, 10:30 am**

Newcomers Coffee. Stop by for an opportunity to meet new neighbors and visit with friends over coffee and pastries.

**Friday, July 30, 6 to 8 pm**

“Beat the Heat” Bingo at Edmond Senior Center, complete with a delicious spaghetti dinner, prizes, and a celebrity bingo caller! Cost is \$10, please register in advance. Bus leaves Touchmark at 5:30 pm.

## I remember when ...



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

So many shared moments of pride and defining events associated with strong emotions start with the phrase, “I remember when ...” As we come to the season of patriotic pride for Americans and Canadians,

*“Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning.”*

— *Albert Einstein*

there is value in remembering historic examples of our countries’ abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England’s Prime Minister Winston Churchill and Canada’s Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered “luxuries.” They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

In today’s world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

Touchmark’s Full Life Wellness & Life (cont.)

(cont.) Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out about opportunities at Touchmark, contact Life Enrichment/Wellness Director Cathy Bird.

You *can* make a difference. ■

## Recent events



Casey Golofski with Companion Home Health recently visited Touchmark with an Otis Spunkmeyer oven and baked fresh cookies with the residents.



Ken Lisle discusses travel destinations with Jane Scherdt from Friends International Tours. Jane stopped by Touchmark to present upcoming trips and adventures her company has planned.

# Brain Builders

Do these math problems as fast as you can.

- |                 |                   |                   |
|-----------------|-------------------|-------------------|
| 1. $8 - 5$      | 9. $32 + 36$      | 17. $11 - 2$      |
| 2. $9 + 26$     | 10. $7 - 2$       | 18. $1 \times 4$  |
| 3. $29 - 1$     | 11. $3 \times 10$ | 19. $33 + 9$      |
| 4. $9 + 9$      | 12. $12 + 30$     | 20. $22 - 6 + 1$  |
| 5. $27 - 20$    | 13. $18 - 9$      | 21. $16 + 13$     |
| 6. $2 \times 7$ | 14. $0 \times 5$  | 22. $25 \times 1$ |
| 7. $5 \times 5$ | 15. $1 + 6 - 2$   | 23. $2 \times 3$  |
| 8. $20 - 10$    | 16. $40 - 25$     | 24. $26 + 36$     |

- |       |       |       |      |
|-------|-------|-------|------|
| 24.62 | 18.4  | 12.42 | 6.14 |
| 23.6  | 17.9  | 11.30 | 5.7  |
| 22.25 | 16.15 | 10.5  | 4.18 |
| 21.29 | 15.5  | 9.68  | 3.28 |
| 20.17 | 14.0  | 8.10  | 2.35 |
| 19.42 | 13.9  | 7.25  | 1.3  |

Answers:

## Sweet goodbye



Peggy and LM Sullivan read messages written to Alisa, thanking her for her hard work, wishing her well, and offering parenting advice.

Alisa Hiner, Life Enrichment/Wellness assistant, and resident Judith Harris (front, right) say goodbye on Alisa's last day at Touchmark. Peggy Sullivan and Leaman Harris are in the background. Residents wished Alisa well and presented her with a book of cards as she prepares to have a baby.

# 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.*

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.