

EPA recognizes Touchmark for leading green-power purchase Retirement community is largest nonpublic green-power user in Edmond

Touchmark at Coffee Creek's \$15 million expansion is complete. With the project's completion comes the distinction of being the largest nonpublic commercial purchaser of wind energy, a form of green power, in Edmond.

For the past four years, Touchmark has been purchasing alternative power from Edmond Electric. The expansion allows the retirement community to build on its commitment to the environment and its ongoing collaborative relationship with the U.S. Environmental Protection Agency's (EPA's) Green Power Partnership. Today, Touchmark buys more than 2 million kilowatt-hours (kWh) of green power annually. This is enough green power to meet 100 percent of the organization's electricity use.

This purchase also qualifies Touchmark for EPA's Green Power Leadership Club, a distinction given to organizations that have significantly exceeded EPA's minimum purchase requirements. Green Power

Leadership Club members must purchase 10 times the partnership's minimum requirement.

According to the EPA, Touchmark's purchase demonstrates a proactive choice to switch from traditional sources of electricity generation and support cleaner renewable energy alternatives.

"EPA commends Touchmark at Coffee Creek for its commitment to green power," says Susan Wickwire, chief of the Energy Supply and Industry Branch at EPA. "Touchmark is further demonstrating how individual businesses can substantially reduce their carbon footprint and boost renewable energy generation in this country."

The EPA estimates that Touchmark's green power purchase is equivalent to avoiding the carbon dioxide (CO₂) emissions of more than 300 passenger vehicles per year—or the CO₂ emissions from the electricity use of nearly 200 average American homes annually.

"We are proud to be recognized by the EPA," says Touchmark Executive Director Jamie Ham. "In today's world, with evidence of increasing pollution mounting, using alternative energy sources like wind power makes a great deal of sense. Green programs are environmentally friendly, and they are also good business," says Jamie.

Jamie emphasizes that Touchmark takes stewardship very seriously. "Touchmark team members and residents are proud of our green efforts, because they know that our commitment to quality extends even to how we purchase energy."



Billie LeForce enjoys her new home in Touchmark's expanded Grandview, which added 36 apartments offering independent and assisted living. Billie's residence is decorated with numerous paintings and prints, some created by her daughter.

(cont.)

(cont.)

Expansion adds 86 residences

A year ago in July, Touchmark held a ceremony that launched construction of the Prairieview memory care neighborhood and a three-story addition of apartments offering independent and assisted living. The building permit approved for the project was the largest that year, demonstrating the expanse of the project.

Prairieview covers almost 38,000 square feet and includes 50 private studios with full bathrooms. It is divided into four neighborhoods, each with 12 to 13 residences. The small neighborhoods provide a family atmosphere. Two neighborhoods can be opened to allow residents to stroll in a controlled setting.

Each neighborhood has its own kitchen and dining area, living

room, space for activities and access to the courtyard. There are two spa baths, each supporting two neighborhoods. A beauty salon/barber shop, multipurpose room, family conference room and doctor's office are shared by the four neighborhoods.

A secure, outdoor garden provides residents contact with living plants, raised garden beds and seasonal plantings.

The Touchmark memory-care program offers specialized care in an environment specifically designed for people with Alzheimer's disease or other age-related dementia illness. The design draws on the most recent research for providing a comfortable and secure environment for people experiencing memory loss.

All residences face an inviting common area decorated to create a homelike feeling. Colors and décor provide a nurturing surrounding. Specialty memorabilia walls in each neighborhood reflect local Oklahoma sites, universities, landmarks and daily life. There is also World War II-era memorabilia, including film poster and historical photographs.

A new wing on the Grandview building adds almost 35,000 square feet of apartments for people who live independently as well as those who need some assistance with their daily activities. The 36 apartments range in size and include studio; one-bedroom; two-bedroom, one-bath and two-bedroom, two-bath designs. The architectural style (cont.)



(cont.) and finishes are consistent with and complement the other buildings in the community.

Green power is electricity that is generated from environmentally preferable renewable resources, such as wind, solar, geothermal, biogas, biomass and low-impact hydro. These resources generate electricity with a net zero increase in carbon dioxide emissions, while offering a superior environmental profile compared

to traditional power generation sources. Green power purchases also support the development of new renewable energy generation sources nationwide.

The Green Power Partnership is a voluntary program that encourages organizations to buy green power as a way to reduce the environmental impacts associated with purchased electricity use. The Partnership currently has more

than 1,200 Partner organizations voluntarily purchasing billions of kWh of green power annually. Partners include a wide variety of leading organizations, such as Fortune 500 companies, small and medium sized businesses, local, state and federal governments and colleges and universities. For additional information, visit www.epa.gov/greenpower. ■

Patriotism spoken here



Margaret Newville reads *Hymn Story* during Touchmark's Patriotic Hymn Sing gathering. Red, white, and blue decorations covered the Grand Hall for the festive program. Touchmark veterans were honored as the Military Anthem Medley filled the air. Below: Jack Talley (left), Maealys Evans, and Poppy Hock are pictured.



Marilyn Olsson, who led several songs and sang *God Bless America* as a solo, thanks everyone for coming to the event. Marilyn and several other residents organized the event.



Dow Dozier plays *God of Our Fathers* on the trumpet.

Pamper yourself at Parkview!



Parkview at Coffee Creek is part of the national award-winning Touchmark community, where you'll find homes designed for everyday living and entertaining. Touchmark offers TotalHome Matintenancesm (inside and out), which will free you to spend time on other things. Coffee Creek's lifestyle amenities are close by, including an 18-hole golf course, swimming pool, tennis courts, and paved walking trails. Experience the Touchmark lifestyle.

Going Green: the 7th dimension of whole-person wellness



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

"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both." — T.S. Elliot

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet,

playwright, and a man ahead of his time—is truer today than it was in his generation. Harmony with nature and conservation of natural resources are on the agenda of organizations around the world.

In North America, we are fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with preserving the environment for your enjoyment—and generations to come?

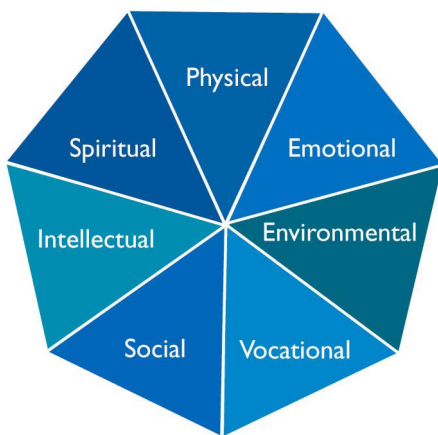
Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live

(cont.)

(cont.) and work in the communities. It's truly the residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

These individuals garden, recycle, use scheduled transportation instead of single-car transport, add green energy options to their homes, and participate in neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its "Going Green" initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join the efforts of residents and team members at Touchmark, contact Life Enrichment/Wellness Director Cathy Bird. ■



Recent events



Dorothy Rupe looks on as Transportation Driver Alvin Taylor demonstrates how to work with leather. Several residents came to learn from Alvin, who has made wallets, belts, and custom-made saddles. He explained the basics of leather tooling and then helped each resident make a bookmark using the decorative tools.



Joan Gibson carefully designs her bookmark in Alvin's class.

(cont.)

(cont.)



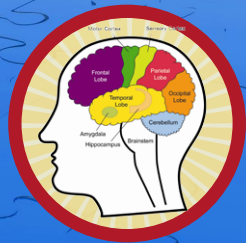
Bob Gerling, Outreach Coordinator for the National Cowboy & Western Heritage Museum, visits with Lee Mason (left) and Mary Coulson, who each served as docents for the museum. Bob stopped by Touchmark to share information about the museum and upcoming exhibits.

Active Aging Week September 20 to 26

Be active your way. It's the theme for this year's annual health promotion event, which was created by The International Council on Active Aging. Look for details in next month's newsletter and the Life Enrichment/Wellness calendar.



Brain Builders



Think of first names for each letter provided. Fill in the blank using the letter provided as the first letter.

Example: Adam

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	

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.

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.

Edmond in top 10

A *Family Circle* survey ranks Edmond as one of the 10 best US towns for families. Towns listed in the top ten offer “affordable housing, good neighbors, green spaces, strong public school systems, and giving spirits.” For more information and to see the full list, visit www.familycircle.com/family-fun/money/10-best-towns-for-families-2010/. ■

The Oklahoman features As We Lived It



Stories of independence, service, and family fill the newest volume of *As We Lived It - Volume 3*. *The Oklahoman* recently featured the book, which was produced by Touchmark residents and received third place in the nonfiction category at this spring’s Heartland New Day Bookfest. Some of the stories featured are from (left to right) Leslie Harrison, Henry Saulnier, and Johnnie Pfenning.

Coming Events

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

Monday, Aug. 9, 1:30 pm

Pet Therapy with Corey Watson and his Siberian husky, Helix.

Wednesday, Aug. 11, 11 am to 4:30 pm

Laura Johnson presents her clothing and jewelry collection. North Activities Room.

Wednesday, Aug. 11, 2 pm

Aloha Tea. Clothes with bright colors or prints are encouraged. Fireside Dining Room.

Friday, Aug. 13, 11 am

Out to Lunch Bunch goes to Red Lobster in Oklahoma City. Sign up at front desk and bring lunch money.

Saturday, Aug. 14, 6:30 pm

Men’s Poker Night. Game Room.

Tuesday, Aug. 17, 3 pm

Armchair Traveler, featuring the Best of Europe Tour. Grand Hall.

Thursday, Aug. 19, 6:30 to 8 pm

Choice Home Health and Senior Care Program presentation in the Grand Hall. No charge. Refreshments provided.

Friday, Aug. 20, 10 am to noon

Hearing Clinic with David Hough, PhD. Please choose an appointment time in advance. Prairieview Exam Room. (cont.)

(cont.)

Saturday, Aug. 21, 4:30 to 6:30 pm

Invite a friend to join you for dinner at Touchmark.

Friday, Aug. 27, 8:30 am

Outing to the Oklahoma Aquarium in Jenks. Bring money for lunch at Corkie's Deli & Grille. Cost: \$23 for admission and transportation. Sign up by August 25.

Tuesday, Aug. 31, 10:30 am

Newcomers Coffee in the Shortgrass Café.

Just for laughs!

Enjoy the Dog Days of Summer ...

