

Keep your brain and body active

Celebrate Active Aging Week. Join Touchmark for fun events that will motivate you to incorporate healthy activities into your daily life.

There is no charge. For more information, call 405-340-1975.

Monday, Sept. 13

- 12:30 pm: Gather to learn more about “walking” along Route 66. During Active Aging Week (Sept. 20 to 26), participants will track their fitness activity, which will be translated into mileage on a map of Route 66. (North Activities Room)

Monday, Sept. 20

- 10 am: Facebook 101—Learning the Basics of Social Networking with Stacey Wolfe. Please sign up in advance. (Grand Hall)
- 1:30 pm: Strength & Conditioning class. (Grand Hall)

Tuesday, Sept. 21

- 10 am: Sit & Stretch class. (Grand Hall)
- 10 am to 1 pm: Car Care Clinic. Kwik Kar of Edmond will provide complimentary car maintenance and safety inspections. Please sign up in advance. (back parking lot)

Wednesday, Sept. 22

- 1 pm: Balance & Posture class. (Grand Hall)
- 3 pm: Join Chef Rudy Cisneros for an interactive food-decorating class. (North Activities Room)

Thursday, Sept. 23

- 1:30 pm: Strength & Conditioning class. (Grand Hall)

Friday, Sept. 24, 10 am to noon

Gather useful tips and receive complimentary services during Health Day (Grand Hall):

~ Choice Home Health: blood-pressure and blood-sugar-level checks.

~ David Hough, MD: hearing testing.

~ Smith Medical Equipment: mobility device tune-ups.

~ Hospital Discount Pharmacy: Brown Bag Program.

~ New Balance Store Manager Jason Majors: foot health.

Saturday, Sept. 25

~ 1 pm: Learn how to make loom-knitted hats that will be given to infants and children in need. The group will meet twice a month on Saturdays, beginning in September. (North Activities Room)

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. ■



Edmond in top 100

Money lists Edmond at number 35 in its list of America’s best small cities. The magazine describes Edmond as super family friendly with jobs and a low crime rate. To read more, visit <http://money.cnn.com/magazines/moneymag/bplive/2010/snapshots/PL4023200.html>. ■

Caps for a cause



Richard Newville works on a cap while resident Barbara Hall watches. Richard set up a display in the lobby promoting the knitting club that he and his wife, Margaret, formed. “Richard approached me with this project; he wanted to start a club that would reach out into the broader community and help others,” says Cathy Bird, Life Enrichment/Wellness director. Cathy also shared that Richard knitted all the hats that are pictured.

Successful aging lived by a mentor



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

“Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives.” — Robert Butler, MD, 1927-2010

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early '70s—before I even knew that I would be interested in a career in the emerging field of “healthy aging.” I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word “aerobics”).

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other “firsts” under his leadership are coining the work “ageism,” creating a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts who presented the keynote at the American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; (*cont.*)

productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is "... reaching one's potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others." (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact Cathy Bird, Life Enrichment/Wellness director at Touchmark. ■



Dorothy Rupe paints a terra cotta pot at a recent Craft Time gathering.



Charlotte Buchan tries on a jacket during the recent Shuttle and Shop event at Edmond's Coldwater Creek store. Residents were invited to shop at the store before it opened to the general public, enjoying refreshments and personalized customer service.

Snapshots of summer



Scott and Faye Kelsey enjoy refreshing frozen yogurt with Evelyn Clark at Orange Leaf, a self-service frozen yogurt shop near the Touchmark campus. The cool treat was a welcome diversion from the 100-degree heat.

Discover Touchmark



Free yourself from home- and lawn-maintenance and experience the Parkview at Coffee Creek lifestyle. Part of the national award-winning Touchmark at Coffee Creek community, Parkview offers beautiful homes designed for everyday living and entertaining. The lifestyle amenities of the luxurious Coffee Creek community are near at hand, including an 18-hole golf course, swimming pool, tennis courts, and meandering paved walking trails. Call or stop by today.

A visit from baby



Life Enrichment/Wellness Assistant Alisa Hiner stops by Touchmark during her maternity leave to show off her newborn daughter, Annie. From left: Barbara Hall, Concierge Rosemary Domina, Community Coordinator Margo Thomas, and Sales Associate Harriet Havenstrite admire Alisa's bundle of joy.



Rose Marie McKee holds Annie.

(cont.) **Friday, Sept. 17, 2 to 3 pm**
 Kyle Lynn with Premier Jewelry hosts an open house shopping event in the North Activities Room.

Saturday, Sept. 18, 4 and 4:30 pm
 Invite a friend to join you at Touchmark's monthly Friend Dinner Night! Sign up by September 15.

Monday, Sept. 20, 10 am
Facebook 101—Learning the Basics of Social Networking with Stacey Wolfe. No charge. Please sign up in advance. Grand Hall.

Tuesday, Sept. 21, 3 pm
 The Armchair Traveler journeys to seven of the most amazing places on earth. Watch the film *The Greatest Places* with dazzling IMAX footage while tasting various wines and nibbling snacks.

Wednesday, Sept. 22, 2 pm
 Hymn Sing, featuring a variety of gospel songs. Grand Hall.

Wednesday, Sept. 22, 3 pm
 Play with your food! Join Chef Rudy Cisneros in the North Activities Room for this fun, interactive food-decorating class.

Tuesday, Sept. 28, 10:30 am
 Newcomers Coffee. Visit with neighbors in the Shortgrass Café.

Tuesday, Sept. 28, 7 to 9 pm
 The Talk of the Town Orchestra. Refreshments served.

Join the Fiesta!



Help Touchmark Foundation win a \$1,500 donation and more than two hundred, 30-second commercial TV spots featuring staff and residents from Touchmark and Waterford. It's easy!

www.landmarkford.com/fiesta-voting.htm

*Please note! Only one vote per day, per location.
 So please vote from your home computer.*

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?
 Because he was in high school.

Why did the student eat his homework?
 The teacher told him it was a piece of cake.

What is the tallest building in any city?
 A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.