

# It's a cruise night



Touchmark, Choice Home Health, and Senior Care Services co-hosted a cruise-themed evening of food, entertainment, and fun. Residents had an opportunity to learn about the services provided by each company. Palm trees, backdrops, and cruise-style food created a festive atmosphere. Residents Leona Ball (left), Marion Maier (middle) and Edna Durrett stand near the delicious spread provided by Touchmark Dining Services Manager Rudy Cisneros.



The festive drink station featured peach champagne and nonalcoholic drinks.



Stuart Malloy (left) and Lisa Berry of Choice Home Health look over resident Leslie Harrison's cruise scrapbook. Leslie won the contest for the most cruises taken—62!



From left: Shelee Stewart from Choice Home Health, Levi Heard from Senior Care Services, and Judy McDowell from Touchmark.

## The “awe” in autumn



Enjoy the Touchmark lifestyle in this 1,389-square-foot apartment with two bedrooms and two bathrooms. Apartment 307 includes a dining area as well as a den. Call today for a tour.

## Healthy aging tips from the real experts



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

*“How old would you be if you did not know how old you are?”—Walter Bortz, II, MD, author and expert on healthy aging*

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 “tips” for healthy aging. Here are the results

of that poll—along with the percentage of how many said the tip is “very important.” (Note: Interviewees could call more than one tip “very important.”)

1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)
8. Eat right. (80%)
9. Keep up with news and current events. (63%)
10. Keep making new friends. (63%)

This anecdotal collective data compare almost 100 percent to the findings published over the last decade—and especially in the last two years—by the continuing follow-up to the Framingham Heart Study, the *(cont.)*

(cont.) Nurses' Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to keep actively engaged in new learning competes directly with a good diet, exercise, and the importance of humor and a positive outlook.

At Touchmark we know the value of listening to the "experts" ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in the Life Enrichment/Wellness program, contact Cathy Bird. Your perspective and recommendations are important. ■

## Just for laughs!

### Deck the Patch (to the tune of *Deck the Halls*)

Deck the patch with orange and black  
Fa la la la la, la la la la  
Take along your goody sack  
Fa la la la la, la la la la

Don we now our scary apparel  
Fa la la la la, la la la la  
Troll the ancient pumpkin carol  
Fa la la la la, la la la la

See the great one rise before us  
Fa la la la la, la la la la  
As we sing the pumpkin chorus  
Fa la la la la, la la la la

Follow him as he ascends  
Fa la la la la, la la la la  
Join with true great  
pumpkin friends.  
Fa la la la la, la la la la



## Coming Events

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

**Wednesday, Oct. 6, noon to 4 pm**  
Flu shot clinic with Choice Home Health. Sign up in advance. Cost: \$25 (unless a Medicare card is provided). Grand Hall.

**Thursday, Oct. 7, 2 pm**  
Pet therapy with Corey and his Siberian Husky, Helix. South Living Room.

**Friday, Oct. 8, 6:30 pm**  
Men's Poker Night. Game Room. Please sign up.

**Saturday, Oct. 9, 2 pm**  
Touchmark Storytellers. Hear life stories shared by your neighbors. Bunker.

**Tuesday, Oct. 12, 11 am to 4:30 pm**  
Laura Johnson

returns with a variety of women's clothing and jewelry. Come shop in North Activities Room.

**Wednesday, Oct. 13, 1 to 3 pm**  
Jim Brown, The Watch Man, returns to replace watch batteries. Cost: \$5 per watch. Please sign up in advance. North Activities Room..

**Wednesday, Oct. 13, 2 pm**  
Goblins Resident Tea. Fireside Dining Room.

**Thursday, Oct. 14, 4:30 to 6 pm**  
Enjoy a festive German-style meal and Polka music by The Rice Band. Both dining rooms and the lobby.

**Friday, Oct. 15, 9 am**  
Shuttle and Shop at Coldwater Creek in Edmond. Personalized service and refreshments pre-opening. Please sign up.

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**Friday, Oct. 15, 10 am to noon**

Hearing Care Audiologist David Hough, PhD. Sign up in advance. Prairieview Exam Room.

**Wednesday, Oct. 20, 1:30 pm**

Low vision presentation by Pamela Holloway of the Oklahoma Department of Rehabilitation Services. North Activities Room.

**Tuesday, Oct. 26, 3 pm**

The Armchair Traveler goes to Greece. Enjoy snacks and a winetasting. Grand Hall.

**Wednesday, Oct. 27, 1:30 pm**

Card making with Jenny. North Activities Room.

**Friday, Oct. 29, 11 am**

Out to Lunch Bunch at Longhorn Steakhouse.

**Friday, Oct. 29, 3:30 to 4:30 pm**

Halloween Social Hour. Costumes are optional, but welcomed! Lobby.

## Recent events



Resident Relations Manager Pam Dockter (standing) helps serve at the Tailgate Tea (decorated football theme). Also pictured are Joan Gibson (left) and Virginia Morefield.



*I Scream, You Scream, We All Scream For Ice Cream.* Lee Mason gets ready to dive into a creamy cone at Braum's Ice Cream & Dairy Store.



Judith Harris assembles a personalized card during the craft class, taught by Jenny King. The class has been popular, as residents can create decorative cards for all occasions and holidays on a monthly basis.

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Melissa Kessler from the Oklahoma City Zoo Outreach program made her annual visit with three exotic animals. Her program is educational as well as interactive; she walks around the room for people to see the animals up close and pet them. Melissa holds an animal while resident Barbara Hall reluctantly pets it. Jenny King, Life Enrichment/Wellness coordinator, is also pictured.

Touchmark is proud to be ...



## Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

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2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5

*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

# 2010

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.

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.

## Celebrate whole-person wellness



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. Touchmark joined the celebration with a variety of fun and education events, including a Sit & Stretch class; a car care clinic; a Balance & Posture class; blood-pressure and blood-sugar-level checks; an interactive food-decorating class, and more.