

## New centenarian's advice: Stay active

Evelyn Clark is one of Touchmark's more active residents and recently became the newest Edmond centenarian. But even at 100, she has no immediate plans to slow down. Evelyn recently marked her 100th birthday and conceded that as the Thanksgiving holidays approach, she has much to be thankful for.

"I am just thankful for everything," says Evelyn. "I've had a wonderful life, and I'm thankful for lasting this long. I'm thankful that I'm as healthy as I am."

Her good health allows her to continue to be involved in many Touchmark activities as well as her own pursuits. She is committed to attending Touchmark's weekly Posture and Balance classes, where exercises are designed to help participants maintain as much agility, balance, and alertness as possible. Evelyn also takes advantage of the many social and mentally stimulating activities available at Touchmark while taking care of her own banking, personal finances, and laundry.

Evelyn has lived at Touchmark for three years, moving from California to Texas, where she lived close to family members. Her husband, Phil, died in 1992. Evelyn's sister, Lou Greist—the only surviving sibling out of a family of 13 children—also lives in Edmond.

She heeds her own advice that people "need to stay active." She is dismayed that too often retirees neglect themselves physically and mentally. "They think that because they're retired, they're supposed to just sit down and retire," she says.

Evelyn says she rarely watches television. Instead of sitting and watching TV, Evelyn attends concerts, participates in a broad range of classes, goes on shopping trips, plays games, and corresponds by mail with her nieces, nephews, and friends.

She especially enjoys the mentally challenging games—particularly one called Brain Builders, in which



**Evelyn Clark (right) celebrated her 100th birthday with family and friends, including friend Bennie Peters. Evelyn's family threw a party for her in Touchmark's Grand Hall and everyone joined the festivities to wish Touchmark's only centenarian a happy birthday.**

players are given an assortment of letters and must form as many three-, five-, and seven-letter words as they can assemble.

Lou says her sister's mind remains sharp. "She's smart, organized, and she's worked hard."

Evelyn was born Oct. 30, 1910 in Texas. She attended Texas Tech University but left school a year before graduating to get married. After her husband's service in the Army during World War II, the couple bought a tire recapping company in Quincy, California. The Clarks lived in California for 65 years. After retiring, they fished and traveled the US for more than 10 years.

"I never expected to live to 100," says Evelyn. "You just take it day by day and keep going. And the last few years have just gone by so fast!"

*Evelyn's story was featured in three local newspapers.* ■



## There's no place like home for the holidays



Spend the holidays surrounded by wonderful neighbors, new friends, and a calendar filled with life-enriching programs. This Madison Parkview home is a lovely 2,149-square-foot home offering three bedrooms, a study, and two bathrooms. The Parkview neighborhood was developed for people ages 55-plus who are looking to let go of home responsibilities and devote their time to careers, volunteer opportunities, hobbies, traveling, and fulfilling their dreams. Call or stop by today for a personal presentation.

### Coming Events

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

#### Friday, Dec. 3, noon

Out to Lunch at Steak and Catfish Barn in Guthrie.

#### Friday, Dec. 3, 2 to 4 pm

Premier Jewelry Show. North Activities Room.

#### Saturday, Dec. 4, 2 to 4:30 pm

Christmas with the Coffee Creek neighborhood. This event includes story time with Santa, movies, horse-drawn sleigh rides, and refreshments.

#### Wednesday, Dec. 8, 9 am to 4:30 pm

Final Touch holiday shopping event. North Activities Room.

#### Tuesday, Dec. 14, 3 pm

Make holiday cards and gift tags. North Activities Room.

#### Wednesday, Dec. 15, 2 pm

Hymn Sing in the Grand Hall.

#### Wednesday, Dec. 15, 7:15 pm

Second Presbyterian Church Christmas Carolers. Grand Hall.

#### Thursday, Dec. 16, 7 pm

Resident and Staff Holiday Party. Celebrate with entertainment and refreshments. Grand Hall.

#### Friday, Dec. 17, 10 am to noon

Hearing-Care Clinic with David Hough, PhD. No charge. Prairieview Exam Room.

#### Saturday, Dec. 18, 1:30 pm

Fourth-annual Victorian Christmas Tea. Concierge

Rosemary Domina shares her extensive teacup and plate collection and beautiful Victorian holiday decorations. Grand Hall.

#### Tuesday, Dec. 21, 3 pm

The Armchair Traveler. Enjoy refreshments while watching a Rick Steves video about Europeans' holiday traditions.

#### Monday, Dec. 20, 12:30 pm

Musician Josh Sharp sings carols as he plays the piano and guitar. Grand Hall.

#### Tuesday, Dec. 28, 10:30 am

Newcomers Coffee. Shortgrass Café.

#### Tuesday, Dec. 28, 6:30 pm

Guest Bingo Night in the Grand Hall. Cards are two for \$1.

## Touchmark wins international award!

Touchmark has received the prestigious **Innovator Award** from the International Council on Active Aging (ICAA). The company received this distinction for its **20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes™** program that was launched nearly a year ago.



This is the eighth year the ICAA has recognized companies for their creativity and excellence in active aging. Touchmark is one of five companies selected this year.

According to Colin Milner, ICAA's founder and CEO, "With the right opportunities and supportive environments, people of all ages can strive toward better health and well-being, enjoy new challenges, and continue to learn and grow." Touchmark exemplifies the drive we see in the active-aging industry to provide these opportunities and environments. Through the innovative approach shown in 20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes, Touchmark has engaged older adults with a new opportunity to improve health, wellness, and quality of life. On behalf of ICAA, I congratulate Touchmark on the excellence and creativity of this effort." ■



**Executive Vice President Brian Pryor (from left), President Tom Moe, Vice President of Wellness & Programs Marge Coalman, EdD, and Founder and CEO Werner G. Nistler, Jr., pose with the Innovator Award from the International Council on Active Aging.**

# 20in10

## 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.*

- Chew your food slowly.
- Water the houseplants.
- Sing a holiday song.
- Fix a salad for lunch.
- Do squats while watching TV.
- Read a different newspaper.
- Watch an educational program.
- Write and send a holiday card.
- Work on a Sudoku puzzle.
- Memorize a favorite quote or scripture passage.

## Remember to get your flu shot

National Influenza Vaccination Week is December 5 to 11. For more information, visit the Centers for Disease Control and Prevention's website [www.cdc.gov/flu](http://www.cdc.gov/flu).

# Hail to the veterans

The 45 veterans who live at Touchmark received much-deserved recognition for their selfless contributions to their country at Touchmark’s Veterans Day celebration.

The Grand Hall was filled with 92 residents and guests for the tribute, which included recitation of the Pledge of Allegiance, The American’s Creed, and The Veterans Day Prayer. Fern Rowley played the piano as soloist Marilyn Olsson sang America the Beautiful and God Bless America. Veterans stood as their branch of service’s song was played during The Armed Services Medley.

Dow Dozier played Reveille and Taps on the cornet, and LM Sullivan shared his War and Remembrance presentation.

The 2010 Veterans Day celebration marked the release of *As We Lived It, Volume IV*. The book is a labor of love for Leaman and Judith Harris, who document the life stories residents share at monthly gatherings throughout the year and compile them into an impressive bound volume. The couple presented copies to all who had stories in this year’s edition, and sold additional books after the program. Proceeds from book sales benefit the Touchmark Foundation.

## As We Lived It, Volume IV now available

The fourth installment of the *As We Lived It* books



continues to tell the stories of men and women who served overseas and at home during World War II. Residents Leaman and Judith Harris collected and edited the stories in all four books.

These hardcover books are available for \$34.95 with the proceeds benefiting the Touchmark Foundation. Order online at [TouchmarkEdmond.com](http://TouchmarkEdmond.com) or call 405-340-1975. ■



Liz Codding reads *The American’s Creed*.



Leaman Harris presents *As We Lived It, Volume IV* to Marion Maier.



Emily and John Gardner, MD, enjoy the Veterans Day program after leading the Pledge of Allegiance.

# The spirit of renewal



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

*“May you live every day of your life.”*

— Jonathan Swift, author of *Gulliver’s Travels* (1726)

As 2010 ends and the New Year approaches, it’s an ideal time for reflection and renewal. I want to share some of the collective words of wisdom I’ve gathered from the very pragmatic older adults I have interviewed—formally and informally—over the course of this year in Touchmark communities.

**Stan:** “The most important decision is to wake up to each new day with an attitude of gratitude and to face the day regardless of what it brings. Although my activities and abilities are altered by age, I have a long list of ‘doings’ that I bring to the day and select from. Usually I cannot get them all done, which is a good problem to have!”

**Phyllis:** “I believe that the ‘good old days’ were filled with moments of joy and fulfillment, but the focus of my day—every day—is to be in the moment. The memories of days gone by, and unknown events of tomorrow will always impact my journey, but I cannot live there. I need to be in the here and now.”

**John:** “By my age [101], most people will have outlived everyone else that was part of their life in a significant way. New relationships—friends, neighbors, fellow travelers—are the sustenance I need to remediate the sadness of so many losses and goodbyes. I am friends with the past and future but anchored in today.”

**Mary:** “I honor my body, mind, and spirit with good food, adequate rest, and many moments of giving back to my fellow travelers. Helping others is my greatest mission in this time of my life, and I seek opportunities to support those who can most benefit from my efforts and contributions.”

When I look back over my interview notes and recreate the many encounters, I realize that the universal spirit of renewal is one of the keys to active living every day. The optimism and wisdom of so many elders creates an environment for hope and success. To share your words of support and renewal, contact Life Enrichment/Wellness Director Cathy Bird. ■

## Recent events



**Touchmark Chef Rudy Cisneros shows Fox 25 Reporter Terre Gables how to create a healthy, edible centerpiece for the Thanksgiving table.**

*(cont.)*

(cont.)

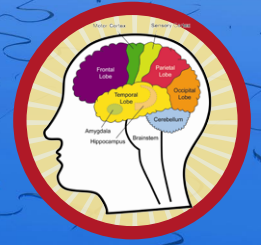


Lee Mason shows off a cross-stitched baby quilt she recently completed in anticipation of the birth of her great-grandson.



Joan Gibson (left) and friends welcome Dorothy Rupe back to Touchmark after a short stay in the hospital. The group waited for her to arrive in the lobby.

# 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.

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

© 2010 KrazyDad.com

Answers:

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

*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).*