

Community changes and grows

Touchmark has grown to more than 100 staff and 200 residents, up significantly this year. This growth is due to the opening of the memory-care neighborhood and three-story addition. The Prairieview Memory Care Residences, which include 50 private studios divided into four neighborhoods, have access to a beauty salon/barber shop, multipurpose room, and family conference room. Each neighborhood includes its own kitchen and dining area, living room, space for activities, and access to a secure outdoor courtyard. I've heard families share how much they appreciate the comfortable neighborhood and respectful, caring staff.

With the expansion, we earned the distinction of being the largest nonpublic commercial purchaser of wind energy, a form of green power, in Edmond. It's been a great year of growth.

Touchmark also received another prestigious award, the Innovator Award from the International Council on Active Aging. The award recognized our 20in10 ... 20 Tips to Wellness You Can Do in 10 Minutes™ program, which we launched nearly a year ago company wide.

I hope your 2011 is full of healthy growth and wellness, too!



Jamie Ham
Executive Director

Christmastime in Coffee Creek

For years, Touchmark's Annual Holiday Celebration has been a wonderful opportunity for residents and team members to celebrate the season with the Coffee Creek neighborhood. The 2010 celebration was no exception. In fact, it was the largest and most well-attended celebration yet, with celebrants including over 120 children.

Santa Claus joined in the festivities, donning both his traditional red attire and an old-world ensemble later that afternoon. Activities included horse-drawn sleigh rides around the perimeter of the community, letters to Santa Claus, Christmas crafts, and popcorn and movies in the Grand Hall. ■



Resident Shirley Bellomy tells Santa Claus what she wants to find under the tree this year.

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Janell (right) and Taylor Grunau write a letter to Santa Claus. They are Transportation Driver Alvin Taylor's daughter and granddaughter.



Life Enrichment/Wellness Coordinator Jenny King helps Olivia Atendido make a necklace.



Santa Claus celebrates the holidays with members of the Coffee Creek Social Committee. They are (from left) Lynn Starr, Tonya Coffman, and Cathy and Dick Lott. "They were all instrumental in making the event such a huge success," says Life Enrichment/Wellness Director Cathy Bird.

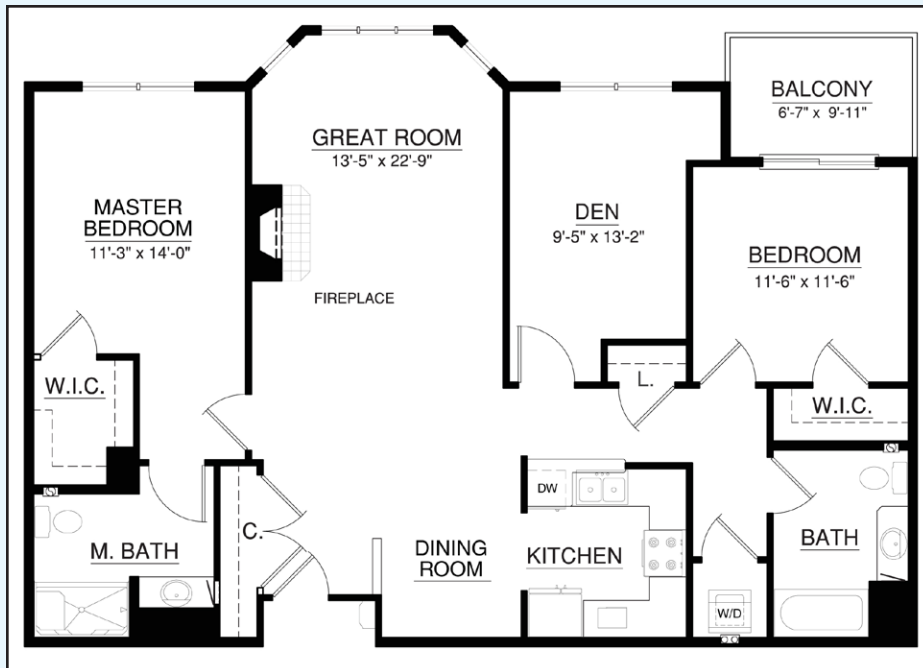
Just for laughs!

Hilarious Newspaper Headlines

1. Police Begin Campaign to Run Down Jaywalkers
2. Stolen Painting Found by Tree
3. Two Sisters Reunited after 18 Years in Checkout Counter
4. If Strike Isn't Settled Quickly, It May Last a While
5. Man Struck by Lightning Faces Battery Charge

From www.basicjokes.com

Ring in the new year in a new home



The retirement of your dreams is closer than you think—apartment 307, to be exact! This roomy 1,389-square-foot home offers two bedrooms, two bathrooms, and a den. Make Touchmark at Coffee Creek your base camp for the active lifestyle you deserve.

Football star visits Touchmark



University of Oklahoma and NFL football great Joe Washington stops by Touchmark to meet residents and share stories about his football career and opportunities since he left the game. He was joined by local sportscaster Bob Barry Jr., former OU players Steve Zabel and Gerald McPhail, and Miss Oklahoma City Ashley Edwards. Joe signed autographs and took pictures with residents and staff. Poppy and Joe Hock (left) are friends with Joe and were thrilled to introduce him to their neighbors. Joe Washington signs Marion Maier's book.

Helping those in need



The Glad Hatters deliver 150 baby caps to the Infant Crisis Center. The group gathers monthly to loom knit baby caps to donate to the center. Richard and Margaret Neville, who are on the Resident Council's Volunteer Committee, lead the group. From left:

Charles Weber, Bobbie Weber, Barbara Hall, Richard Neville, Concierge Sally Savage, Karen Jones, and Bea Coleman. Up front, Shirley Bellomy holds one of the recipients of a new cap!



Faye Kelsey (left), Joan Gibson, and Shirley Garrison rest after filling 22 food boxes for the HOPE Center of Edmond. Throughout the month of December, residents and team members gathered food and monetary donations, raising \$305 and filling 22 boxes for those in need.

Coming Events

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

Friday, Jan. 7, 11 am

Out to Lunch at Tana Thai Bistro in Oklahoma City.

Wednesday, Jan. 12, 2 pm

Snowman Tea in the Fireside Dining Room.

Friday, Jan. 14, 10 am to 2 pm

Jewelry and handbag shopping in the North Activities Room.

Friday, Jan. 14, 6:30 pm

Men's Poker Night in the Game Room.

Saturday, Jan. 15

Invite a friend to the monthly Friend Dinner Night. The Fireside Dining Room will be serving from 4 to 5:30 pm, *(cont.)*

(cont.) and the Creekside will be serving from 4:30 to 6:30 pm. Please sign up by Wednesday, Jan. 12.

Tuesday, Jan. 18, 3 pm

The Armchair Traveler is going to Sicily. Enjoy Italian wines and food while watching Rick Steves' Best of Sicily DVD.

Wednesday, Jan. 19, 10 am

Musical performance by The Golden Harmonizers, featuring several Touchmark residents.

Friday, Jan. 21, 10 am to noon

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

Friday, Jan. 21, 1 pm

Second-annual Chili Cookoff. Warm up on a cold day while sampling delicious chili recipes prepared by team members. Cast your vote for the best recipe! Grand Hall.

Tuesday, Jan. 25, 10:30 am

Newcomers' Coffee in the Shortgrass Café.

Tuesday, Jan. 25, 3 pm

Card making with Jenny. North Activities Room.

Tuesday, Jan. 25, 6:30 pm

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

Friday, Jan. 28, 10 am

Resident and Staff Wii Bowling Tournament. Players and spectators are welcome! Please sign up by Wednesday, Jan. 26. Grand Hall.

Friday, Jan. 28, 6:30 pm

Mixed Poker Night in the Game Room.

Imagine—and Live—the Possibilities!



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

"We all have possibilities we don't know about. We can do things we don't even dream we can do." — Dale Carnegie

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.


To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to students who need extra help, hospitals, organizations serving meals, and other charitable causes.

There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to willing learners. All of these came from imagining—and living—the possibilities.

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(cont.) This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact Life Enrichment/Wellness Director Cathy Bird. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

Brain Builders



Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. heat: _____
4. meet: _____
5. born: _____
6. demon: _____
7. fork: _____
8. reef: _____
9. soul: _____
10. ego: _____
11. baton: _____
12. hat: _____
13. ride: _____
14. steal: _____
15. dish: _____
16. tune: _____

Answers: milk, butter, beat, meat, corn, lemon, pork, beef, soup, egg, bacon, ham, rice, steak, fish, and tuna.