

Happy 2011!



From left: Lynn Simons, Ken Lisle, Norman Parker, George Murry, and Don Domek hang out in the “Men’s Corner” during the New Year’s Eve celebration. Revelers enjoyed chicken cordon bleu, cheese and crackers, sparkling grape juice, wine, and toasted the New Year with champagne.



John and Emily Gardner ring in the New Year with their daughter Deb (center). Deb stops by Touchmark regularly for the weekly social hours and enjoys visiting with residents and employees.



Faye Long (left) and Carol Stussi raise their glasses to 2011.



Ruby Stockwell shows off the festive mask she created earlier in the day at Craft Time.

Meet the Health Services director

Billie Upshaw, RN, comes to Touchmark with a wealth of experience. Most recently, Billie worked at The Fountains at Canterbury in Oklahoma City, where she developed individualized service plans for residents needing long-term care. She also worked at Oklahoma University Medical Center as a quality analyst. In addition, she also worked 10 years as the administrator of a nursing and assisted living center in Kansas and at one time served as the director of Nursing for Grant County Health Department as well as the director of Nursing for Bob Wilson Memorial Hospital, also in Kansas.

Billie holds a bachelor's degree in Nursing from Wichita State University, an Associate Arts in Gerontology from Washburn University, and an Advanced Registered Nurse Practitioner in Women's Health from the University of Texas Southwestern Medical Center. She and her husband have lived overseas in several countries, including Singapore, Iran, Malta, and the Democratic Republic of the Congo. Billie also has been active in the community, serving on several boards and committees. ■

To screen or not to screen ... an ethical debate

—Marge Coalman, EdD, Touchmark vice president of Wellness & Programs

Over the past several months, the topic of Alzheimer's disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf. ■

Opportunity's knocking



Located in the main building, apartment 343 is your ticket to a fabulous retirement lifestyle! You'll have just the right amount of space in this 1,381-square-foot, two-bedroom, two-bathroom home. Experience the privacy you desire with a community of friends and fun, rewarding pursuits right outside your front door. Stop by soon.

Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

"I liked it, but I couldn't understand why they were killing each other for 25 cents," she said.

"What do you mean?" he asked.

"Well, everyone kept yelling, 'Get the quarter back!'"

From www.basicjokes.com

Recent happenings



Diane Wood, program coordinator with the local Alzheimer's Association chapter, talks with team members about "Making Connections." The training session focused on person-centered care for people with Alzheimer's disease or other age-related dementia.



Snowmen abound at a recent snowman-themed resident tea. George and Fern Rowley enjoyed the variety of hot teas, coffee, and mini tarts served at the gathering. Snowman decorations were provided by Life Enrichment/Wellness Director Cathy Bird, who has a Sandi Gore Evans snowman collection and various snowman ornaments.



Resident Relations Director Pam Dockter joins resident Bob Osbourn at a recent storytelling event. Assisted Living Life Enrichment Coordinator Jenny King invites residents who have told their story in the *As We Lived It* series to share their life experiences with residents living in Assisted Living and Memory Care. The group enjoys the stories and reminiscing.



From left: Evelyn Clark, Florence Owens, Jean Gustafson, and Bob Osbourn mingle at a recent Newcomers Coffee. The monthly gatherings are held the last Tuesday morning of each month in the Shortgrass Café.

Coming Events

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

Wednesday, Feb. 2, 2 pm

February Birthday Ice Cream Social. North and South Activities rooms.

Friday, Feb. 11, 11:30 am

Out to Lunch at Red Robin in Oklahoma City.

Friday, Feb. 11, 6:30 pm

Men's Poker Night. Game Room.

Tuesday, Feb. 15, 2:30 pm

The Armchair Traveler is going to Oklahoma City. Enjoy an informative and entertaining DVD while tasting snacks and Oklahoma wine.

Friday, Feb. 18, 10 am to noon

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

Friday, Feb. 18, 4 to 6:30 pm

Girl Scout Cookie Sale. Cash and checks accepted. North Activities Room.

Tuesday, Feb. 22, 11 am to 1 pm

Mobility-device tune-ups provided by Smith Medical Equipment. No charge. North Activities Room.

Wednesday, Feb. 23, 2 pm

Red Heart Resident Tea in the Grand Hall.

Tuesday, Feb. 22, 3 pm

Card Making with Jenny. North Activities Room.

Tuesday, Feb. 22, 6:30 pm

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

Friday, Feb. 25, 6:30 pm

Mixed Poker Night. Game Room.

Saturday, Feb. 26, 1:30 pm

Meet and Greet in the Shortgrass Café.

TALK of the TOWN ORCHESTRA

Tuesday, Feb. 8 ♦ 7 to 9 pm

RSVP by Feb. 7 to 405-340-1975

Swing to the live Big Band sound of **Talk of the Town Orchestra**. Enjoy popular swing tunes while reminiscing of yesterday's grand style of Glenn Miller, the Jimmy Dorsey Orchestra, and many more.



Reflections on nurturing your heart



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

*“Recipe for a happy heart:
2 cups of Love
1 cup of Friendship
1 cup of Gratitude
Add a dash of Laughter
Pour into any Soul”
— Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.


Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even

when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment/Wellness Director Cathy Bird. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

Brain Builders



Do these math problems as fast as you can.

1) $2 + 3 = \underline{\quad}$	7) $12 + 2 = \underline{\quad}$
2) $7 - 2 = \underline{\quad}$	8) $20 + 9 = \underline{\quad}$
3) $8 + 4 = \underline{\quad}$	9) $16 + 11 = \underline{\quad}$
4) $1 + 9 = \underline{\quad}$	10) $15 - 10 = \underline{\quad}$
5) $10 - 4 = \underline{\quad}$	11) $30 + 30 = \underline{\quad}$
6) $5 - 0 = \underline{\quad}$	12) $19 - 5 = \underline{\quad}$

Answers: 1) 5 2) 5 3) 12 4) 10 5) 6 6) 5
7) 14 8) 29 9) 27 10) 5 11) 60 12) 14