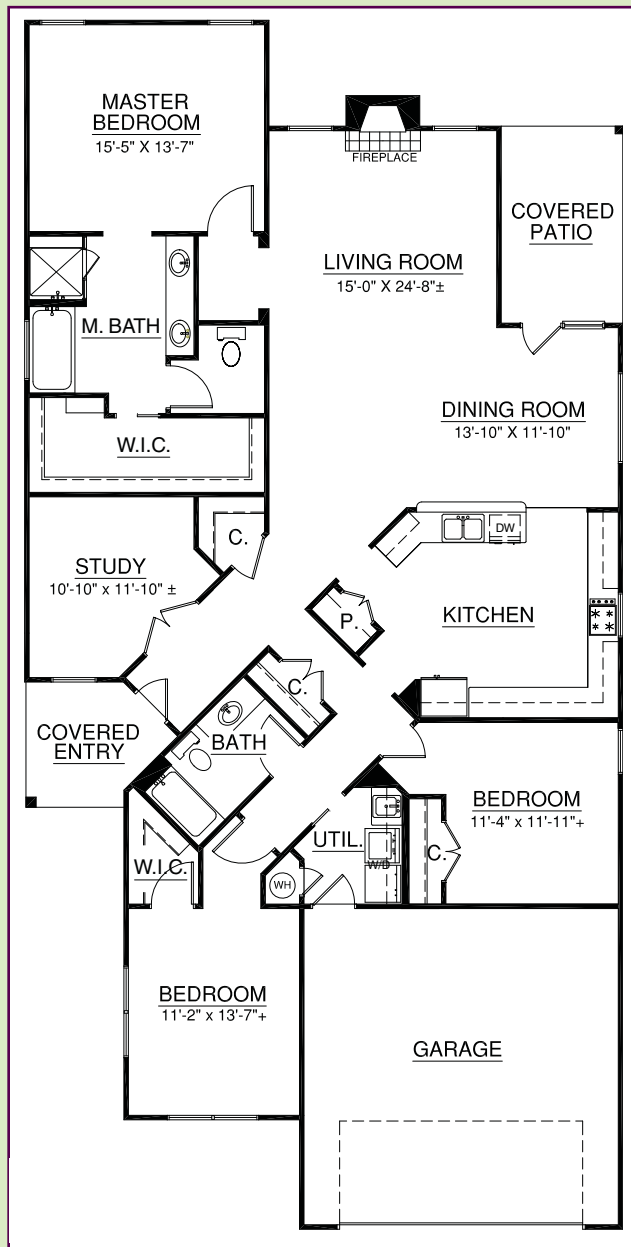


Royal Wedding Reception

Residents and friends joined the wedding festivities with a Royal Wedding Reception. People dressed for the big event, watched the wedding on a big screen, and enjoyed festive bagpipe music and “royal jewels” for the ladies. Local media, including *The Edmond Sun*, covered the event. Read the article on www.edmondsun.com.



You “may” want to see this!



If you are looking for a maintenance-free home, look no further. Touchmark offers the lifestyle you desire. This 2,149-square-foot Madison cottage home offers three bedrooms, two bathrooms, and a yard that you don't have to mow. Select from one of our tastefully appointed models or design your dream home. Call or stop by today.

There is no age limit



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

*“How old would you be if you didn't know how old you are?”
— Satchel Paige, Baseball Hall of Fame inductee, 1971.*

When we consider celebrations, many memory-making moments come to mind: weddings, births, graduations, family reunions, holidays, a child's first steps, and many others. These landmark life events are often captured in photos and videotapes to be revisited and celebrated. They are shared across generations and are historically significant for each individual who shares in the memory of the event.

Personal landmarks are achieved at any age. In the documentary series *Over 90 and Loving It*, filmmaker Susan Polis Shultz highlights life achievements by people 90-plus years. This series is currently featured on public broadcasting stations, and it is inspiring.

Consider these examples that Polis captures. A 97-year-old woman celebrates obtaining her master's degree. A couple in their 90s walk down the aisle in a marriage ceremony, and a 94 year-old is a gold-medal winner in the pole vault at the Senior Olympics. Throughout, the series explores two primary beliefs of the featured

(cont.)

Just for laughs!

Celebrate the month of May with these fun holidays.

- Hawaiian lei day - May 1
- Dance like a chicken day - May 14
- National chocolate chip day - May 15
- National tap dance day - May 25

(cont.) nonagenarians: (1) most did not expect to be here this long; (2) they seem to be completely unaware of chronological age being a limiting factor in achieving their goals and pursuing their dreams.

The series also overturns ageism—that insidious belief that at any age, achievements are limited, not appropriate, or possible only in one’s imagination. The pervasiveness of ageism is a cultural phenomenon worldwide and is especially prevalent in the United States. A documentary like this helps to refute those myths and mistaken beliefs.

In this series and other age positive campaigns—the Dove series of ads, the Ontario Human Rights project, the National Center for Creative Aging’s Beautiful Minds photo display—people’s age is irrelevant. It’s what they’re doing that is important.

Touchmark is committed to promoting and encouraging personal experiences for all residents. We provide opportunities for people to explore, celebrate, imagine—and live—the possibilities. There is no age limit. To learn more about the Full Life Wellness & Life Enrichment Program, contact Touchmark’s director, Cathy Bird. ■

Recent events



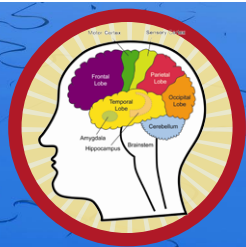
Evelyn Clark welcomes spring by potting several flowers at the potting event. She took one home, and several were displayed in the North Activities Room.



Barbara Wall pots plants at a recent potting event. Residents painted pots and potted a variety of plants in them once they were dry.

(cont.)

Brain Builders



Can you solve these mind-bending puzzles?

1. What is black when you buy it, red when you use it, and gray when you throw it away?
2. What occurs once in every minute, twice in every moment, yet never in a thousand years?
3. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

Answers: (1) Charcoal; (2) The letter “m”; (3) Yesterday, today, and tomorrow

(cont.)



Residents, family members, team members, and community neighbors celebrate Touchmark at Coffee Creek's Prairieview neighborhood one-year anniversary in Cedar Court. Participants feasted on cheese, crackers, fruit, croissant sandwiches, punch, champagne, and a large cake. The monthly Memory Care Support Group was held after the gathering. From left: Health Services Director Billie Upshaw, RN, Life Enrichment/Wellness Coordinator Verla Raines, Johnnie McGuire, LPN, Dining Room Manager Jason Lister, Resident Care Manager Cindy Vorderlandwehr, RN, and Cheryl Klaas, LPN.



Kelli Mitchell leads an iPhone Basics class for residents interested in learning more about the popular device. Seven residents participated in the class. The residents appreciated Kelli's expertise.

Coming Events

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

Tuesday, May 10, 1:30 pm
Ice Cream Social celebrating May birthdays.
North and South Activities Rooms.

Thursday, May 12, 6:30 to 7:30 pm
Piano Recital. Grand Hall.

Friday, May 13, 11 am
Out to Lunch at Charleston's in Edmond. Menu is in the sign-up book. Please bring lunch money.

Friday, May 13, 6:30 pm
Men's Poker Night. Game Room.

Wednesday, May 18, 3:30 pm
Herbert W. Armstrong College Show Choir performance. Grand Hall.

Thursday, May 19, 2 pm
Town Hall Meeting. All residents are encouraged to attend.

Saturday, May 21, 4 and 4:30 pm
Friend Dinner Night, from 4 to 5:30 pm in the Fireside Dining Room and from 4:30 to 6:30 pm in the Creekside Dining Room.

Tuesday, May 31, 10:30 am
Newcomers Coffee. Shortgrass Cafe.

“Hoppy” Easter!



Resident Mary Koop helps her granddaughter Rose Estella Yarbrough with her basket as daughter Marilyn Koop Grammer takes in the fun at the annual Easter egg hunt. About 200 people attended.



Lilly, 3, and Olivia Cardon, 11, sort eggs at Touchmark's celebration of Easter. The community prepared 900 eggs in advance for the event.



Dorothy Rupe assembles an Easter basket complete with grass, stickers, ribbon, candy, and tiny bunnies and chicks. Residents decorated baskets to display in or outside their homes, or to give as gifts.



The Easter Bunny, also known as Dining Services Server Evan Holbook, visits with Faye Kelsey at the Resident Easter Tea. Evan delighted the crowd by hopping around and welcoming everyone as they arrived at the tea.



Brynn and Zoey McDowell, from left, show off their matching dresses for grandmother Charlotte Buchan, who is a resident at Touchmark. The community and the Coffee Creek Homeowners Association co-sponsored an Easter egg hunt, which included face painting and cookie decorating.