

Celebrating independence



Executive Director Jamie Ham and residents Faye and Scott Kelsey visit during the Patriotic Social Hour in celebration of Independence Day.



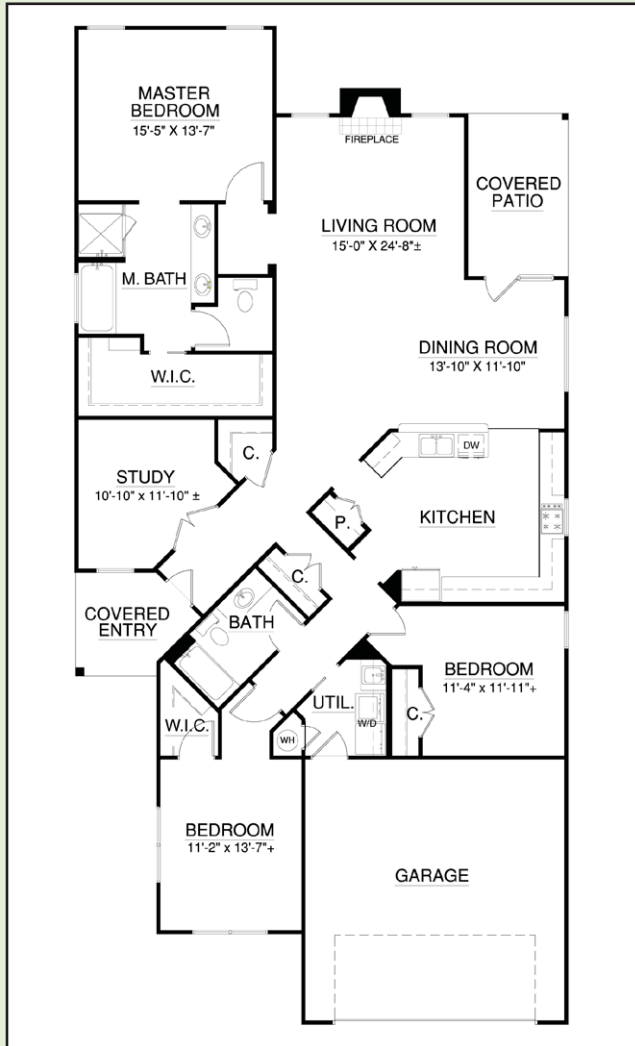
Chef and Dining Services Manager Rudy Cisneros prepared a decorative and tasty spread for the Patriotic Social Hour. Residents enjoyed his melon and cheese flag with crackers, watermelon, cantaloupe, honeydew melon, strawberry punch, and various wines.



Residents Joan Gibson and Dorothy Rupe enjoy wine, treats, and friendship during the social hour.



This is it!



Now is the time; Touchmark is the place! This 2,149-square-foot Madison Parkview home offers three bedrooms and two bathrooms. Select one of our tastefully appointed models or design your dream home. But Touchmark offers so much more than just a comfortable, well-appointed home. You'll be surrounded by a community of friends and fun, life-enriching pursuits.

Coming Events

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

Friday, Aug. 12, 11 am to 4 pm

Clothing and Accessory Sale with Laura Johnson. North Activities Room.

Wednesday, Aug. 17, 10 am

Book Club meeting to discuss *Snow Flower and the Secret Fan*. South Activities Room.

Wednesday, Aug. 17, 2 pm

Western-themed Resident Tea. Enjoy a variety of hot teas, "cowboy coffee," and cinnamon rolls. Fireside Dining Room. Yee haw!

Friday, Aug. 19, 10 am to noon

Hearing Care Clinic with David Hough, PhD. Please sign up. Prairieview Exam Room.

Saturday, Aug. 20, 4 to 6:30 pm

Friend Dinner Night. Dinner is served from 4 to 5:30 pm in the Fireside Dining Room and from 4:30 to 6:30 pm in the Creekside Dining Room. Bring an age-qualified potential "new neighbor" to check out the Touchmark lifestyle. Invite two guests per family, compliments of Touchmark! Reserve a spot by Wednesday, August 10.

Tuesday, Aug. 23, 3 pm

The Armchair Traveler visits one of the natural wonders of the world. Enjoy snacks, winetasting, and National Geographic's *National Parks Collection: The Grand Canyon*.

Friday, Aug. 26, 11 am

Out-to-Lunch Bunch at Cattlemen's Steakhouse in Oklahoma City. Please sign up and bring your lunch money.

Tuesday, Aug. 30, 3 pm

Card Making with Jenny. North Activities Room.

Creativity and community intertwined at Touchmark



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

“Creativity is our greatest legacy.”
— Gene Cohen, MD, PhD

Is there a limit to the amount of creativity anyone has in their DNA? Opportunity, environment, support, and feedback are certainly vital in nurturing the creative aspect of anyone, and the potential seems limitless across the lifespan for expressing oneself. Individually and collectively, the creativity of people who reside in Touchmark communities results in the Touchmark Full Life Wellness & Life Enrichment Program™, in place at all Touchmark communities.

This award-winning program supports all areas of whole-person wellness through specific programming areas based on resident’s interests, talents, skills, and creativity. The wellness dimensions that comprise each person—physical, social, emotional, vocational, intellectual, and spiritual—interact with the environmental dimension through activities and offerings provided at each community.

The opportunities are not limited to the categories defined in the program description. They are enhanced by Touchmark team members and the dynamic and creative residents who contribute and participate in the day-to-day activities and events. The role of Touchmark team members is to support and facilitate a variety of offerings and encourage involvement from each resident. Residents engage in the programs of their choice and are provided opportunities to explore new interests and experiences.

This collective pool of creativity creates a unique fabric and culture in each community. Quilters, authors, gardeners, artists, athletes, book lovers, singers, and

more creative groups than can be listed in this column meet together and encourage and support each other in pursuing interests both old and new.

To participate in planning and activities that support creativity and programming, contact a member of the Full Life™ team. Ideas, talents, skills—and creativity—are welcome! ■

Out and about



Residents John Wayant and Joan Crooks ready their iPods for the audio tour of the Passages exhibit at the Oklahoma City Museum of Art. Passages is a 14,000-square-foot interactive multimedia exhibition featuring rare biblical manuscripts, printed Bibles, and historical items. Residents toured the exhibit and enjoyed a delicious lunch at the Museum Cafe Catering.

Just for laughs!

National Mustard Day ~ August 6

National Relaxation Day ~ August 15

National Dog Day ~ August 26

National Trail Mix Day ~ August 31

Brain Builders



In honor of the NFL reaching an agreement, unscramble these football words. *Example: OGLA is goal*

1. AURBQTEKCAR _____
2. LAKHAFBC _____
3. BOFLTOLA _____
4. CEIREREV _____
5. UHDOCNTOW _____
6. NUTP _____
7. CKKI _____
8. MATE _____
9. AGEM _____
10. ASRDY _____

Answers: quarterback, halfback, football, receiver, touchdown, punt, kick, team, game, yards

Three cheers for bone health!



Shirley Garrison (left) visits with Charlyce Davis, MD, of Integris Coffee Creek, about her bone-density results from the previous day. Dr. Davis spoke about osteoporosis at a recent Coffee Talk gathering and answered questions.



Charlyce Davis, MD, (left) poses with Touchmark team member Maggie Darcey.

Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national health promotion event helps advance active, healthy aging. The event is from Sept. 25 to Oct. 1. Look in next month's newsletters for details about Touchmark's Active Aging Week celebration.



Carol Vaeth has her bone density checked by Teresa Stokes of Integris Coffee Creek. Integris offered bone-density checks as a free service to Touchmark residents and the greater Edmond community.