

## Celebrating Grandparents Day



Family members celebrate Grandparents Day with an afternoon of crafts, family photos, root beer floats, and Wii bowling. Above: residents Scott and Faye Kelsey and their great grandchildren Grady and Ella Reeder enjoy the celebration. Right: Kemper, great grandson of resident Charlotte Buchan, gets ready to Wii bowl.



## October highlights well-being



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

It is interesting to note that October has two significant wellness days that complement each other: World Mental Health Day (October 10) and Make A Difference Day (October 22). These make a good pairing, as both are forces for self-empowerment. Recognizing the importance of mental health in a person's well-being as well as the positive impact of volunteering—both mentally and physically—can be important keys to your overall health.

Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior. The relationship between volunteering and overall health benefits has been well-studied. In one of the larger, most recent studies done by United Healthcare and Volunteer Match (2/2010), the following data were gathered from more than 4,500 American adult volunteers:

- 68 percent agree that “volunteering has made me feel physically healthier.”
- 89 percent agree that “volunteering has improved my sense of well-being.”
- 92 percent agree that “volunteering enriches my sense of purpose in life.”

Complete results of the survey can be viewed at [www.DoGoodLiveWell.org/OurCommitment.html](http://www.DoGoodLiveWell.org/OurCommitment.html)

(cont.)

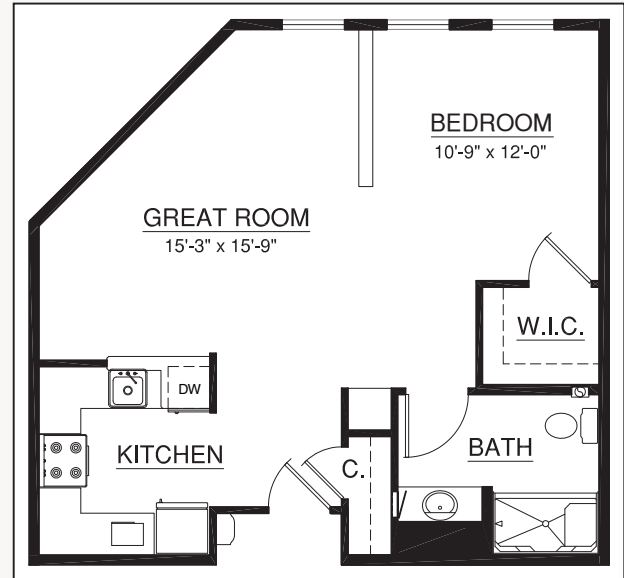
(cont.) The most compelling data for Touchmark is to talk with those who have personal experiences with volunteering. Across Touchmark communities, there are hundreds of residents, team members, family members, and community partners who volunteer their time, talents, and resources to a variety of causes that improve

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the quality of life for others—both on the campus and in the community at large. They experience enhanced well-being through their chosen volunteer opportunities. They also report feeling they receive even more benefits than the recipients.

Opportunities for giving back are not limited to one Saturday in October. The Touchmark Full Life program is diverse and invites each of you to participate in altruistic endeavors that enrich people’s lives. To find out about existing opportunities or bring suggestions and ideas for outreach experiences, talk to a member our Full Life team. Your perspective, recommendations, and participation are important. ■

## Experience Touchmark



**Location, location, location! Apartment 234 is a lovely 641-square-foot studio apartment conveniently located near the Fireside Dining Room and all activities. The light and open floor plan is great for mobility and ease of living. Call or stop by today for a personal presentation.**

## CNBC and MoneyRates.com rank Edmond and Oklahoma in top 10

Residents and team members think Edmond is a great place to live—and CNBC and MoneyRates.com agree. CNBC recently listed the top 10 suburbs and ranked Edmond as number one. Read more at <http://www.cnbc.com/id/44347217?slide=11>.

MoneyRates.com listed Oklahoma as the third best state to retire. The website states, “Oklahoma got the best overall score for economics, because its cost of living, unemployment and tax burdens are all among the 10 lowest in the nation.” ■

### *Just for laughs!*

*Enjoy a sample from AFI’s top 100 movie quotes.*

**“Toto, I’ve got a feeling we’re not in Kansas anymore.”**  
*The Wizard of Oz*

**“Here’s looking at you, kid.”**  
*Casablanca*

**“Bond. James Bond.”**  
*Dr. No*

**“You’re gonna need a bigger boat.”**  
*Jaws*

*from <http://www.afi.com/100years/quotes.aspx>*

## Out and about



Life Enrichment/Wellness Coordinator Verla Raines and resident Frank Morrison cool off with ice cream at Braum's Dairy Store during Oklahoma's record-setting heat.



From left: Joan Crooks, Lee Disbrow, Rena Lindemann, and Marilyn and Roger Olsson sit down for lunch at Cattleman's Steakhouse in Stockyard City at recent Out to Lunch Bunch outing. Cattleman's is the oldest continuously operating restaurant in Oklahoma City.



Judith Harris dons a wig and costume while singing a Willie Nelson song for a recent Golden Harmonizers performance. The choir performs weekly at area retirement communities and is made up of members of the Edmond Senior Center, including several Touchmark residents.



Shelee Stewart (left) and Denise Wills with Choice Home Health share chocolate treats with 50 residents at their first Chocolate with Choice event. The social events will be held on a monthly basis, with chocolate, socializing, and information about the services offered by Choice Home Health.

## Coming Events

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

### Friday, Oct. 28, 9:30 am

Bring a friend to Coffee Talk and stay for lunch. *Balance and fall prevention ... plus top ten safety tips for your home*, presented by Rob Caruso, PT, of Encompass Home Health. *Yoga Exercises to aid in balance and fall prevention*, demonstrated by Debbie Cope, certified yoga instructor at 3rd Street Yoga Studio. No charge. Space is limited. Coffee and scones will be served. Door prizes provided by Citizens Bank of Edmond. Grand Hall.

### Friday, Oct. 28, 3:30 pm

Social Hour. Shortgrass Café.

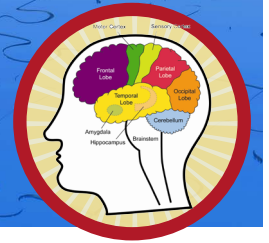
### Saturday, Oct. 29, 10:30 am

ARTS Dance Program. Grand Hall.

### Saturday, Oct. 29, 1:30 pm

Tricks and Treats Halloween Party for residents, family members, and staff. Shortgrass Café. Costumes are optional.

## Brain Builders



Fill in the blank to read the whole quote.

1. W\_\_ t\_\_rn \_\_ot o\_\_der \_\_ith  
y\_\_ \_\_rs, b\_\_ \_\_ ne\_\_er e\_\_ery d\_\_ \_\_.  
~ Emily Dickinson

2. Gi\_\_ \_\_ a m\_\_ n a \_\_ish a\_\_d y\_\_u  
f\_\_ \_\_d h\_\_ \_\_ fo\_\_ a d\_\_ \_\_.  
T\_\_ \_\_ch a \_\_an to fi\_\_ \_\_ an\_\_  
y\_\_ \_\_ fe\_\_ \_\_ h\_\_ \_\_ f\_\_ r a  
life\_\_ \_\_me. ~ Chinese Proverb

~ Chinese Proverb

2. Give a man a fish and you feed him for a day.  
Teach a man to fish and you feed him for a lifetime.

1. We turn not older with years, but newer every  
day. ~ Emily Dickinson

Answers: