



Join us in welcoming Amy Connaway, Life Enrichment/Wellness director



Message from
Kathleen Best
—Chief Operating Officer

We are pleased to introduce the newest staff member to Touchmark. Amy Connaway began her duties as Life Enrichment/Wellness director on April 3.

Amy is married and has lived in Oklahoma for just over a year with her husband and two dogs. She completed her undergraduate degree in psychology at Columbia College in Missouri and her Master's of Public Administration at the University of Missouri.

"I am looking forward to meeting new residents as individuals and developing programs that will enhance their lives in the areas where they want to expand personal experiences," says Amy.

Shelee Stewart will also be making a change in the Touchmark team organization as she transitions her sales position from the Grandview independent-living apartments to the Parkview home sales. We are excited to have Shelee taking on this role and helping develop the Parkview community.

Celebrate National Senior Health & Fitness Day

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

This year, the President's Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled Get Americans Moving. One of the Council's areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council's work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn't hard to see why they didn't apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- **Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.**
- **Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.**
- **Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.**
- **Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers.**

- **Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.**

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health-and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Touchmark. Life Enrichment/Wellness Director Amy Connaway is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.

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Touchmark and Edmond Chamber of Commerce celebrate with ribbon-cutting ceremony

On May 18, Touchmark will host the official Touchmark at Coffee Creek ribbon-cutting ceremony with the Edmond Chamber of Commerce, followed by a VIP reception.

“We will welcome business leaders from around Edmond as well as officers of Touchmark,” says Chief Operating Officer Kathleen Best. The celebration will feature music, hors d’oeuvres, a gourmet coffee bar, and tours of the community.

Touchmark cruise winner sets sail May 26

Spokane-area resident and Touchmark’s 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband depart for Europe May 26. Once arriving in Athens, the couple will travel 15 days on the ms Rotterdam of Holland America Line and will visit Rome, Monte Carlo, Paris, Lisbon, Barcelona, and other “grand European capitals,” which is the title of the cruise they selected.

A self-proclaimed art enthusiast, P.J. knew Europe would present an enriching experience. “The biggest draw was Paris. I literally tear up when thinking about standing in front of the Mona Lisa,” says P.J.

P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark’s 25th Anniversary Life Enrichment cruise drawing. “This is really a coveted trip for me,” says P.J. “I started dreaming about the trip at 17. ... I’m just very grateful [to Touchmark]. ... It will be life enriching—a once-in-a-lifetime gift.”

To follow the couple’s cruise adventures, visit touchmark.net/com/cruise/index.aspx.

