



The year ahead



Message from
Kathleen Best
—Chief Operating
Officer

The year ahead for us at Touchmark at Coffee Creek is sure to be an exciting one.

Upcoming months will be full of firsts: our first day in the Grandview, our first move in, and our first meal in the dining room.

As I walk through the halls of the Grandview, I can picture scenes of residents playing cards, having birthday parties, celebrating anniversaries, and making new friends. I can already feel the energy of our new community and can't wait to share it with others.

We will also be undertaking the most important aspect of our community, hiring the right employees to make our house a home. As I think about the people who will directly affect the lives of residents on a daily basis, the search for staff becomes a top priority for me. The executive chef, Life Enrichment director, housekeeping staff, hair stylists, and concierge, just to name a few, are all people who will make a daily difference to the residents of our community. We already have such great staff; I have no doubt we will find the rest, and I am eagerly awaiting the opportunity to meeting each of them.

I hope everyone shares in our joy in community building. We all look forward to each great adventure ahead of us.

The heart of the matter

Marge Coalman, EdD
—Wellness & Programs Director, Touchmark

“The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart.”
—Helen Keller

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: **heart**: n. **1.** The chambered, muscular organ that pumps blood received from the veins into the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one's being, feelings, and emotions.” How did one word get to be so “bipolar” in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

In today's world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less prominent risk factors all contribute to the viability of the body's most important organ in sustaining life. Further, there are multiple medications, surgeries, and treatments to improve the function of this hardworking

muscle. Rating one's "heart health" via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine's Day and chocolates.

What others are saying

"You're so good to us, and we've loved living here and look forward to many happy days here with you all—thanks for everything."

—Liz and Skip Codding
Residents

Upcoming events

February—Luncheons and hard-hat tours for persons interested in the Grandview apartments.

Call 405-340-1975—limited space available.

It's time to make your reservation!



If you're interested in participating in Touchmark's Fall Foliage cruise, which sails October 21, 2006, it's now time to make a \$250 deposit to hold your room and guarantee the price.

The cruise is open to all Touchmark residents, family, friends, investors, and staff. The special group rate is based on availability and is per person with double occupancy in each cabin:

- Outside cabin-\$1,585
- Outside cabin with balcony-\$1,785

The cost includes insurance, taxes, and round-trip transfers. (Travel to and from New York not included.)

The Star Princess will depart New York City for a stunning seven-night cruise that will take in the fabulous fall foliage of the eastern seaboard. Travelers will visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island. Brochures are available at Touchmark with more details.

Sign up now for a colorful and memorable cruise. For more information and to make your deposit, call Edwards LaLone Travel at 800-288-3788.

Guests discover Touchmark

In January guests enjoyed delicious food and grabbed a glimpse into the Grandview building. Interest in Touchmark homes and apartments has increased with the passing of the holidays and the public, Sneak Peek of the beautiful Grandview building. With two new sales team members on board, Kristy Jennings and Miriam Knapp, spaces are expected to fill quickly. Call 405-340-1975 today to find out more about resort-style retirement at Touchmark.



Guest at Touchmark's Sneak Peek event study the blueprint for the Grandview building.