



Progress is marching on at Touchmark at Coffee Creek



Message from
Kathleen Best
—Chief Operating Officer

March is here with many exciting developments. The staff have moved their offices into the Grandview building and are preparing for residents to move in the first week of April. The building has been furnished with beautiful furniture and artwork. I have been interviewing staff this past month, and I am excited to announce we have hired our dining service manager and sous chef.

Mike Bates accepted the position of dining service manager and started March 6. He comes to us from Towne Village Independent Living in Oklahoma City. Mike has been in charge of several of Oklahoma City’s finest restaurants, including The Coach House, Nonna’s Painted Door, and Terra Luna. Mike has more than 16 years of management experience.

I am also pleased to announce that Cristian Di Francesco has accepted the position of sous chef. He is very experienced and has cooked at Gaillardia Country Club and Red Rock Restaurant—to name two. He has worked in the restaurant business for five years and trained at Rosario Community School of Culinary Arts in Rosario, Argentina. It is a great time to be part of this building process and to see our team coming together.

A life in balance: simplicity

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to every-

**“Simplify,
simplify ... ”**

Henry David Thoreau

one—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it’s time to simplify. Here are a few ideas to consider:

1 Just say “no.” Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don't hang onto things you don't want or need. Clean out the closet and drawers and throw or give things away. If it's broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

▶ **Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.**

▶ **If you are likely eligible for additional government benefits that can save you money on your medications.**

▶ **If it makes sense for you to start comparing the plans that are available in your area.”**

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs. Another helpful resource is www.SocialWorkers.org. And, of course, Touchmark staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

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Medicare Part D is in place, but many still have questions

by Winona Phelps, RN
—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled “BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

▶ **“How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.**

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Apartments going fast

Reservation deposits are increasing every day. Each apartment has beautiful nuances to make it a special home. Inquire about future retirement living options to make sure you secure a priority deposit.

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Residents engage life

by Miriam Knapp
—Sales Associate

We are delighted to see so many residents ready to be involved in the community. One of our first ambassadors will be charter member Dorothy Barber, who will move into the Grandview this spring and is eager to begin welcoming new residents.

The beautiful community library is currently being organized and catalogued by Parkview resident Liz Coddling, a retired librarian. Liz dove into her position as community librarian and is making the library a place for everyone to enjoy. She has been sorting book donations and making lists of necessary components to make the selection complete.

