

# NEWS RELEASE



## Touchmark at Coffee Creek

### **FOR IMMEDIATE RELEASE**

September 10, 2008  
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### **Public invited** **Active aging spotlighted at Active Aging Health Fair**

EDMOND, Okla. — Touchmark at Coffee Creek again will be the setting for the Edmond Active Aging Health Fair, which this year is being held during Active Aging Week. Touchmark invites people to participate Saturday, Sept. 20 from 1 to 4 p.m. There is no charge for the event, which will be held at 2801 Shortgrass Road in north Edmond.

Local experts will provide educational information during the health fair. Groups participating include:

- Event cosponsor Choice Home Health, Inc.
- Citizens Bank of Edmond
- Susanne Crenshaw with Churchill-Brown
- Hearing Care by Audiologist David Hough, Ph.D.
- Senior's Helping Hands, L.L.C.
- New Balance shoe company
- Active Care Chiropractic
- Alzheimer's Association® Oklahoma/Arkansas Chapter
- Heartland Home Medical
- Senior Transitions, a referral service connecting people with senior-living communities
- Humana® One Insurance
- Tim Rudd, D.D.S., from Coffee Creek Family Dentistry
- Chase Hunter, O.D., from Within Sight
- The Autumn Life Center at Edmond Medical Center
- Touchmark fitness instructors

- more -



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TouchmarkEdmond.com

Complimentary copies of the Centennial Edition of the Guide to a Strong and Healthy Oklahoma will be available. This publication was produced by the Strong and Healthy Oklahoma initiative.

Touchmark will provide healthy refreshments, such as fruit, cheese, smoothies, flavored iced tea and nutrition bars.

For more information, people can call (405) 340-1975.

“We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Touchmark Life Enrichment/Wellness Director Cathy Bird. “It’s clear that the key to living longer — and better — is to stay active. Several recent studies have shown there’s a strong relationship between physical activity and mental acuity, and other research links social connectedness to healthy aging.”

A recent article in *The Journal on Active Aging* supports this connection. Touchmark Vice President of Wellness & Programs Marge Coalman, Ed.D., writes in the July/August issue that “individuals engaged in the greater good of all ... are experiencing a better quality of life as they age.”

Her article, titled “Enrich the lives of older adults through civic engagement,” highlights the benefits of social involvement, provides several examples and offers tips to supporting civic engagement work. “Along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead fuller, more satisfying lives.” The full article can be seen at [TouchmarkEdmond.com/common/pdf/civic-engagement-enrich-lives.pdf](http://TouchmarkEdmond.com/common/pdf/civic-engagement-enrich-lives.pdf).

Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

Touchmark offers a wide range of homes and lifestyle options. It is located just north of Covell Road between Broadway and Kelly. For more information, contact Touchmark at (405) 340-1975 or visit Touchmark’s Web site at [TouchmarkEdmond.com](http://TouchmarkEdmond.com).

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