

NEWS RELEASE



Touchmark at Coffee Creek

For immediate release

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Alzheimer's support group for caregivers begins Tuesday night

EDMOND, Okla. — Touchmark at Coffee Creek will host the first in a series of small-group meetings to provide a networking opportunity for those dealing with the challenges of Alzheimer's disease and other age-related dementia.

The meetings are open to the community and will be held at 6:30 p.m. the first Tuesday of each month. The first meeting is scheduled for Tuesday, March 2.

There is no charge, and all meetings will be held at Touchmark at Coffee Creek, 2801 Shortgrass Road, Edmond. This first meeting will be facilitated by Wendy Schrag, RN, memory-care manager for one of Touchmark's sister communities, located in South Dakota.

The Alzheimer's Association has found the most successful groups are ones where the members are allowed to talk about their struggles and successes, said Jamie Ham, Touchmark executive director. "We will be offering a variety of educational offerings. This support group is important, as it serves those who are living with the day-to-day challenges of Alzheimer's disease."

For more information, go to EdmondMemoryCare.com or call (405) 340-1975.

Touchmark broke ground last summer on a \$15 million expansion that includes a memory-care neighborhood and three-story addition to its current community. Memory Care services are slated to open in April.

Schrag began working in a nursing center at age 16 as a certified nursing assistant. She attended Dakota Wesleyan University and received her associate's degree in Nursing and a bachelor's degree in Behavioral Science, with an emphasis in Psychology. Schrag worked for Sioux Valley Geriatric Psych as a mental health specialist prior to joining Touchmark's sister community, Waterford at All Saints, eight years ago.

Schrag uses redirection and behavior modification to help residents. She has won several awards relating to program development, and she designed a reminiscing book, which has earned national honors.

Alzheimer's disease and age-related dementia affect one in eight people age 65 and older, according to the Alzheimer's Association. While death rates from breast cancer, stroke and heart

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disease have declined, death rates from Alzheimer's have increased dramatically – 47 percent from 2000-2006.

This year, approximately 74,000 Oklahomans will have Alzheimer's disease, and this number is expected to increase by 30 percent over the next 15 years. The number of family members and friends affected indirectly is far greater.

The Prairieview Memory Care Residences include 50 private studios, divided into four neighborhoods of 12-13 residences. Each neighborhood will have its own kitchen and dining area, living room, space for activities and access to a secure outdoor courtyard. A beauty salon/barber shop, spa bath, multipurpose room, family conference room and doctor's office will be shared by the four neighborhoods.

Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. Touchmark at Coffee Creek offers a wide range of homes and lifestyle options. For more information, contact Touchmark at (405) 340-1975 or visit TouchmarkEdmond.com.

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