

# NEWS RELEASE



## Touchmark at Coffee Creek

FOR IMMEDIATE RELEASE

September 6, 2007

For further information:  
Carol Hartzog Communications  
(405) 348-8500

### **CENTENARIAN BORN TWO MONTHS SHY OF STATEHOOD**

EDMOND, Okla. — On Sept. 11, many Americans will remember six years ago the deadliest terrorist attack on the United States. But Floyd MacClain will spend the day looking back a century as well as looking forward and celebrating with Oklahoma a birth.

The Edmond resident was born two months before Oklahoma became a state.

MacClain officially will become a centenarian on Sept. 11 and will mark the occasion with a party at Touchmark at Coffee Creek, the active adult community where he lives. On Sunday (Sept. 16), his family will join him for another celebration.

MacClain is among one of the fastest-growing demographic segments worldwide, with the United States leading all countries in the number of centenarians. It's expected the current number of approximately 100,000 will grow to nearly one million in the United States by 2050.

"I was a young man at 70," said MacClain, who remains active in spite of his diminished vision and hearing.

Born in Yale, just east of Stillwater, MacClain has lived in four states and six Oklahoma towns. Over the years, he has traveled to 27 countries, eight of which he visited with his second wife on their honeymoon.

"I did something to take care of myself, and I think the good Lord is on my side," reflects MacClain about his longevity. He says he never has been arrested or "in trouble" and didn't

- more -

drink or smoke.

MacClain worked for Amoco Oil Co. (now part of BP) 27 years, starting at the bottom in the oil industry and working up to buyer and purchaser. Today, he avidly follows the stock market.

“I wasn’t in the service, but I sure remember World War I,” he says. “In Yale, five refineries, and 10 gasoline plants blew their whistles for 15 minutes to announce the end of the war.”

The centenarian also remembers Pearl Harbor. At the time, he was living in Illinois and had sat down to eat breakfast when he heard over the radio news of the attack.

He has been married twice and has a son and daughter, seven grandchildren, 10 great-grandchildren and four great-great grandchildren.

He has lived longer than anyone else in his family. His mother lived to be a little over 90; his father lived until 89; his sister lived more than 97 years; and his brother died in a Drumright, Oklahoma, tornado at 70.

MacClain shares a bond with Touchmark concierge Rosemary Domina: She celebrates her birthday on Sept. 11 also, and is 40 years younger than MacClain.

Domina has worked for Touchmark a year-and-a-half, and has lived in Edmond with husband Jim three years. She has three children and four grandchildren.

Touchmark offers a wide range of homes and lifestyle options. The active adult community 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).

## Sidebar—Living to 100

### **How do they do it?**

How we age is determined more by one's daily choices than from the genes inherited from our parents. Touchmark corporate Vice President of Wellness and Programs Marge Coalman, Ed.D., shares the most recent research and the important choices that make the greatest difference in achieving a healthy — and long — life.

According to Coalman, the top 10 ways to age successfully include:

1. Do not smoke. If you do, stop.
2. Maintain regular physical exams and follow your physician's advice.
3. Learn new information. Engage in the complex and novel.
4. Participate in regular physical activity that includes daily walking.
5. Socialize and have fun.
6. Be financially stable. Get help from a qualified professional, if needed.
7. Honor your spirituality and engage in daily practices that nurture your spirit.
8. Eat less, but include the daily nine.
9. Maintain strong family and friendship networks.
10. Do not "retire" from an active, engaged life — even in retirement.

"There are no guarantees in this life, but following these principles is a great insurance policy," she says.

-30-

### **Photo provided/Caption:**

Oklahoma's centennial year has a special meaning for Rosemary Domina, 60, and Floyd MacClain, who is 100. They celebrate their birthdays Sept. 11. Domina is a concierge at Touchmark at Coffee Creek, the active adult community where MacClain lives.

-30-