



Shawn Paul Dziub

One at a time, dreams are coming true

We kicked off the new year asking residents and team members, "What comes next?" What are you itching to do in 2019? If you've yet to set some goals, we have inspiration from Touchmark on West Century residents Dorothy Krogen and Eunice Balzer. Last year, both women were able to complete a final bucket list item they happened to share: to see North Dakota's beautiful landscape from up high in a hot air balloon.

The event came together with the proactive help of Life Enrichment/Wellness Director Destiny Sisk. "When I first started, some of the staff told me about Dorothy's bucket list item. And then, I met Dorothy and I was like, we've

got to make this happen. Yep, we're going to do it this year," Destiny says.

Tickets to the Medora Hot Air Balloon Rally are by invitation only and it took Destiny a string of phone calls and some investigative skills to contact the right person, but when she explained the situation, organizers were more than happy to help. "I got connected with this guy who said he would love to have Dorothy and a guest, so that was luck," she says.

Fortunately, the weather also held up its end of the bargain on the day of the ride, and Dorothy and Eunice got the experience for which they had waited so long. They proved that

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while patience is sometimes necessary, good things come to those who reach out to others for help achieving their goals. Furthermore, neither let anything get in the way once the plans were in motion. "It's tough getting in the basket, anyway, when you have an artificial knee," Eunice laughs.

Since their ride, Dorothy and Eunice have both committed to making new bucket lists. There's simply so much more to do! What bucket list items will you complete this year?



Photos by Shawn Dziuk

"To eat is necessary, but to eat intelligently is an art."

– François de La Rochefoucauld



STEVE FERRARINI
Vice President,
Hospitality

March is National Nutrition Month, which inspires us to consider the critical role nutrition plays in our overall health and well-being.

While healthy eating is important

for everyone, it is especially vital in contributing to our health as we get older. Recent scientific studies show that maintaining a well-balanced, nutritional diet is one of the most effective strategies for living a vibrant life and preventing illness.

Eating nutritious, healthy meals can also provide a powerful emotional boost. When you eat something that you know is good for your body, you feel happy knowing you've made a solid choice that will propel you through your day. The prospect of exercising or engaging in a fulfilling activity will seem much more appealing after you've eaten a satisfying, nourishing meal.

At Touchmark, we take pride in helping people reach optimal health, and we understand how nutritious eating fits into whole-person wellness. We also realize that dining is a complete sensory experience, which is why we focus on providing a balanced menu with options for all tastes. Tell us your preferences and needs, and we'll do our best to accommodate them while providing a delicious, enjoyable dining experience.

Resident Juanita Ryan says, "I have never eaten so many vegetables as I have since I came here! I talk with the chef at least once a week. He's very good. He listens. Our servers are really good, too."

Health & Fitness Studio

It's never too late to improve your health!

Personal training is a great way to achieve all of your fitness goals. Get customized, one-on-one attention that is specifically designed for you! It's a brand new year and the perfect time to improve your health and fitness. Stop by the Health & Fitness Studio to learn more.



What others are saying ...



Speaking on the exciting refurbishments happening, resident and Resident Council President Doris Schnuelle (right) says, "It's a bit of a mess now, but you have to keep your eye on what it's going to look like when it's all done. It's going to be really nice when finished!"



Exercise—and Support—is Medicine



April is Parkinson's Awareness Month and this year's theme is #StartAConversation. So let's talk about the support and programming available for those living with Parkinson's disease (PD) as well as their caregivers who are often their spouse or another family member. It is normal for caregivers to experience challenging symptoms of their own, such as exhaustion and isolation. All those affected by this condition can benefit from additional support.

Though Parkinson's often impairs mobility, regular exercise is vital to maintaining health and quality of life. At Touchmark on South Hill, Director of Health & Fitness Lori McCormick has worked to build robust fitness offerings for residents and community members. She leads PWR! Moves, PWR! Challenge, and PWR! Agility, all of which are certified PD classes.

Judi Sloane has been attending PD exercise classes at Touchmark for several years. "Parkinson's is a moving target," she says. "It changes day to day. You have good days and you have

not-as-good days. Having the opportunity to come to a class like this gives you balance." Judi says the group helps participants mentally, too. "We're always really supportive of each other and we always try to make each other laugh. We just have a good time."

Tending to the emotional challenges that often accompany PD is equally as important as managing the physical symptoms. Many Touchmark communities offer support groups for those with PD and those close to them that are also open to the public. If you or someone you know could benefit from PD programming or support, help them seek it out at Touchmark or the greater community.



TEAM MEMBER

Spotlight

Name: Sylvia Slaughter

Position: Certified Medication Aide,
Prairieview Neighborhoods

How would you describe yourself?

Happy, outgoing, and according to my co-worker, LaShanda, “a ball of joy.”

Share a bit about your family and growing up.

I was born in Boley, Oklahoma, and I’m the fifth of seven children.

What are some of the most significant events in your life?

My family, church, friends, and my job.

How long have you worked at Touchmark?

Almost eight years!

What do you enjoy most about your job?

I like the contact with residents, taking care of them, and giving them that personal touch. Bringing laughter and fun and seeing their faces light up brings me joy!

What Touchmark value do you most closely relate to and why?

I am a Giver, because it fills my heart to give to others.

Outside of work what are your favorite ...

Activities: Church.

Food: Anything from Chili’s.

Movie: *Madea Goes to Jail*.

Music: Gospel; *Take me to the King* by Tamela Mann is one of my favorite songs.



At the Ladies Night In Pajama Party, we enjoyed food, friendship, and the movie If A Man Answers featuring Sandra Dee and Bobby Darin.



Thank you Joan Crooks and Terry Todorovich for making beautiful floral arrangements for our monthly Birthday Dinner celebration.



As the renovation continues, we found a creative way to repurpose some of the furniture and art that will be replaced. Student volunteers from Oklahoma Christian School helped move and set up the furniture and art for an auction. With their help and the efforts of all team members and residents, we raised \$8,757, which was then donated to the Alzheimer's Association.



We enjoyed a fascinating presentation by resident Bill Talley. Bill shared about his experience being a POW who was shot down and held prisoner in the Hanoi Hilton during the Vietnam War. Coincidentally, when residents Poppy Hock (far left) and Ellie Lottinville (middle) were younger, they had bracelets of soldiers they prayed for during the war. During the presentation, they realized the bracelets of the soldier they prayed for was Bill Talley! They are pictured here with Bill, along with residents Judith and Leaman Harris.

SAVE THE DATE!

MEET AND GREET WITH LESLIE OSBORN, OKLAHOMA LABOR COMMISSIONER

Tuesday, March 5 at 2 pm · Grand Hall

Enjoy refreshments and get to know more about Leslie, who was elected Oklahoma Commissioner of Labor on November 6, 2018.

MARDI GRAS CELEBRATION

Tuesday, March 5 from 5:30 - 7 pm · Grand Hall

Enjoy king cake and other Cajun cuisine, drinks, music, costumes, and dancing! No cost.

ART WITH BOB WILLIS

Thursday, March 7 at 2 pm · Grand Hall

Sculptor Bob Willis will be here to speak about his process as he sculpts for us! Bob is the featured artist at the Passion Play in Eureka Springs, Arkansas. He will share messages of hope and laughter.

MEN'S DINNER

Thursday, March 14 at 5 pm · Grand Hall

NFL Referee Mike Weatherford will be here to talk about his experience working in professional football as we enjoy dinner. No cost.

NIGHT ON THE TOWN

Thursday, April 25 from 1 - 8 pm

We will be taking a road trip to Weatherford, Oklahoma to visit the Stafford Air and Space Museum with dinner to follow.

View our {FULL} Life calendar online for a complete list of events: TouchmarkEdmond.com



Prairieview residents enjoyed birthday dinner and a special serenade!

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