



Winter activities abound!

It may be snowy and cold this time of year, but that won't stop winter-loving residents from getting outside and moving. Whether you enjoy skiing, sledding, or strolling in the snow, there's something for everyone. Perhaps the most popular winter pastime among Touchmark residents is snowshoeing.

Bob Crist was always an avid downhill skier, but after he underwent back surgery several years ago, he decided to hang up his skis. Missing the crisp air and the feeling of being on the mountain, he gave snowshoeing a try.

"Out in the snow, with the sun shining on the snow and through the trees, it's just lovely.

The beauty of nature and being outside is just great." He says snowshoeing is an ideal way to get exercise with relatively low risk for injury. Several Touchmark communities offer guided snowshoeing outings, and obtaining a spot on the list has become quite competitive, with sign-up sheets filling in five minutes.

Randy Levin's first time snowshoeing was arranged and guided by the Forest Service and included an informational presentation. She learned about native trees, tree wells, trails and their levels of difficulty, and technique. "I started snowshoeing because I wanted to stay active and have fun during the winter!"

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Ruth Burlingham agrees. “Snowshoeing trails are so beautiful and peaceful. It’s also a great workout. You are never cold, and it’s a fun time!”

Betty Keener has been hooked on the sport for over 10 years. In an impressive effort, she took it up following a hip replacement and fell in love. Her advice? “Go with a group somewhere flat, and have a good time. It’s just fun to be out in the beautiful snow!”



MICHAEL STOCKMAN
Executive Director

“Tell me, what is it you plan to do with your one wild and precious life?”
– Mary Oliver

It’s hard to believe that we are here at the start of yet another year, but such is life! This time of year is often a time of reflection, and lately, I have been pondering the idea of “what comes next?”

As “retirees,” each of you has the opportunity to design this chapter of your life with more flexibility than perhaps any other period before. Yes, planned activities and classes are abundant at Touchmark, but I am speaking of something more profound. What motivates you to seize each day? What excites you and inspires you to contemplate new ideas? What is happening around you that makes you want to jump in and take action?

Throughout 2019, Touchmark will continue to focus on this concept, and we want you to be as involved as possible. We are further bolstering our fitness offerings, coming together from multiple communities to travel to thrilling destinations, and working with others in the local area to contribute positively to worthy causes.

Last year, some residents across Touchmark communities completed personal bucket list items, such as hot air ballooning, skydiving, and riding in an original Model T convertible. What have you always wanted to do but haven’t for one reason or another? Is it something your Life Enrichment/Wellness team members or neighbors can help you facilitate?

We encourage you to make 2019 a year of embracing moments and trying new things. You never know what sparks in yourself you might ignite, and what those sparks could light in the world around you.

Health & Fitness Studio

New year, new you

As the new year begins, people are looking for ways to better themselves mentally and physically. Here at the Health & Fitness Studio, we encourage a healthy and active lifestyle year-round, but the new year is a great time to start taking advantage of all of the excellent fitness programming options available. Whether you want to attend group fitness for all levels, take advantage of the new fitness equipment, or participate in personal training, we have it! Our certified fitness professionals are ready to help you become the best you! Strength and conditioning is a new class that will increase your overall fitness level and leave you feeling stronger and full of energy. Stop by the Studio to check it out.

American Heart Month

February is American Heart Month, during which various national and local health organizations urge people to learn how to keep their hearts healthy, assess risks for heart problems, and adopt more active lifestyles. Here are some ways you can protect your heart:

- Maintain a healthy weight.
- Get your cholesterol and blood pressure checked regularly.
- Drink alcohol in moderation, if at all.
- Reduce saturated fats and sodium in your diet.
- Engage in physical activity for at least 2.5 hours per week.



What others are saying ...

"Touchmark is such a blessing for our family! Mom used to live 800 miles away; now it's only eight. She is in a safe, social, caring environment. She loves her new home, and I love that she's happy and that I can see her as much as I want now!"

- Dorothy Offerman, family member

Touchmark Foundation Food Drive

Each year, Touchmark residents, team members, families, and friends from all communities and Touchmark's company headquarters collect food items for the annual Holiday Food Box Project. These boxes are specifically intended to alleviate hunger in older adults and families in need.

Since 1997, Touchmark and the Foundation have donated approximately 10,000 food boxes (1,262 in 2017), which have been making a difference in people's health and well-being and brightening their holidays. Coming together for this cause benefits staff and residents as well, as being able to help those in need provides a greater sense of purpose during this time of year.

Touchmark Foundation Director and Chairman Bret Cope says, "The rate of hunger among seniors aged 60 and older has increased steadily. Nearly 5 million senior citizens currently face hunger in our country (Feeding America). The food drive is a celebration of fellowship that provides a small gift of hope during the holidays.

"We want to thank and convey our appreciation to those of you who have donated your time and effort to help make a difference in someone's life."





TEAM MEMBER

Spotlight

Name: Michael Dick

Position: Executive Chef, Dining Services

How would you describe yourself?

Up to the challenge. Coming to Touchmark is a new environment for me. I look forward to experiencing what is ahead and what we can accomplish together.

Share a bit about your family and growing up.

Some of my closest “family” are my closest friends.

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

I graduated Paris Island Marine Corp boot camp, visited 10 countries in nine months, and was fortunate to be there when my nieces and nephew were born.

How long have you worked at Touchmark?

Since December 2018.

What do you enjoy most about your job?

Interacting with the residents and listening to their stories. Many times it’s an audiobook of history that was not necessarily written down anywhere.

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

I am an ally! The little things that we do that may not be a big deal to us or seem that significant are a big deal to the residents and make a difference to them in their daily lives.

Outside of work what are your favorite ...

Activities: Being outdoors and metalworking.

Food: Barbecue.

Movie: *Sands of Iwo Jima*.

Music: It depends on the mood I’m in.



The decorations are up, and we are ready to celebrate this JOY{FULL} season.



At Ladies' Night In we enjoyed a delicious dinner followed by a wreath-making class.



Judith and Leaman Harris enjoyed a carriage ride, one of many festive events at the Christmas Tree Lighting Party.



Shelia Whitley, Sylvia Myatt, Mary Aveard, and Ellie Lottinville enjoyed helping at the Prairieview Thanksgiving Feast!



Left: The Knotty Ladies have made and donated over 518 blankets to date! Above: Holiday festivities included a performance by the Golden Harmonizers.

SAVE THE DATE!

SOCIAL HOUR

Friday, January 11 at 4 pm

Join us every Friday for social hour! Gathan Graham will provide live music for us. He is here monthly and has just returned from his special performance at the White House! No cost.

NEW YEAR, NEW YOU INSIGHT{FULL} WEEK!

Monday, January 21 - Friday, January 25

INSIGHT{FULL} stations will be placed throughout the community. On Wednesday at noon, join us for a Lunch & Learn panel discussion. Chef Michael will be demonstrating healthy meal ideas for us to try, and Hannah Eckel, our Wellness Director, will be presenting fitness education. Yoga expert Dorothy Wright will also be sharing tips on managing stress. No cost.

BLOOD DRIVE

Friday, January 25 from 9 am - 2 pm

January is Blood Donor Month. Join us and the Oklahoma Blood Institute to donate blood and save a life.

BLACK AND WHITE BALL

Tuesday, February 19 from 5 - 7 pm

Dance the night away at our Black and White Ball! It will be a night to remember. Chef Michael and the talented Dining Services team will dazzle your taste buds. No cost.

[View our {FULL} Life calendar online for a complete list of events: TouchmarkEdmond.com](http://TouchmarkEdmond.com)



Prairieview residents enjoyed a special visitor during their holiday celebration.

TOUCHMARK AT COFFEE CREEK
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