



“I can now live the principle of paying it forward.”

What difference can an hour make? For Touchmark resident Steve Minich, donating an hour of his time to help others gives him the greatest joy. “Some people can retire and be OK. I’m not one of those people ... I need a purpose,” explains Steve of his decision to move to Touchmark more than three years ago.

“I had a busy career working for the same company for 47 years. I couldn’t just turn the switch off and not be helpful.” Steve welcomes Touchmark’s Full Life and regularly embraces the seven dimensions of wellness, including Occupational/Vocational. This dimension is defined as “determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering, and developing new interests/hobbies.”

The rewards of volunteering

Steve is willing to lend a hand wherever and whenever he can, whether it is helping with an event, program, or cause. “I volunteer, because it helps my mental and physical health.”

Volunteering is new to Steve, who says his career and schedule prevented him from being able to volunteer his time to organizations. “I worked odd hours, which meant I was at work when many civic groups were having meetings or events. But here, I can help out whenever I want. I can now live the principle of paying it forward.”

That desire to help has led Steve to new opportunities. He is the Vice President of the Resident Council and serves on the Dining Services Committee. He has learned new games and skills so he can help fulfill a need in his

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community. For example, the bridge group was short a player, so Steve learned to play the game; now he can stand in when needed. He also taught himself to play mahjong so that group could continue.

“Steve volunteers for everything,” says Life Enrichment/Wellness Director Nanette Whitman-Holmes, “and if he doesn’t know how to help, he will find a way to learn.”

Supporting the annual Walk to End Alzheimer’s is an activity that’s especially meaningful. “I like to work the booth and interact with the participants. It is a great feeling when someone donates \$100, and we get to ring the bell and celebrate that person’s contribution to an important cause.”

Making others “feel good”

Another favorite event to help with is Touchmark’s annual Dick Morgan Memorial Easter Egg Hunt. “I help sort the eggs, fill the eggs, hide the eggs ... anything that needs doing, I do.”

Giving blood donations is another way Steve helps others. He started giving blood in high school when a fellow student developed leukemia, and he appreciates that he can donate at Touchmark during the regular community events held on-site.

In fact, Steve doesn’t just go the extra mile to help others—he believes in going 25 miles. Despite not having volunteered during his working years, Steve strove to make his work matter. “At Food Services of America, we were encouraged to go the extra 25 miles to make a difference.” Upon his retirement, Steve was presented with all 12 of Food Service of America Founder Tom Stewart’s principle coins. He says very few employees ever earn one of the coins, and to get all 12 was truly an honor.

“Helping people gives me great satisfaction. I appreciate Nanette and the other staff’s work ethic and enthusiasm and passion for giving every resident access to the Full Life. And I like to be part of that and enrich others’ lives.”



Kim Lehmann
Director of Health &
Fitness Operations

“Life is like riding a bicycle—to keep your balance, you must keep moving.”

– Albert Einstein

Recently, a good friend posed this question:

“Do we live to exercise, or do we exercise to live?”

In a recent survey, aging adults ranked retaining the ability to perform activities of daily living and remaining independent as top priorities, right up there with cognitive health. Because exercise is the only proven way to positively affect all three, I would say the answer is easily “exercise to live!”

This is where functional fitness comes in. This unique programming is more than exercise for exercise’s sake: It’s a training program for everyday life. Functional fitness teaches the whole body to move in an integrated fashion—safely, efficiently, and easily during real-life activities in real-life positions—regardless of baseline, health status, cognition, ability, or disease. By training your muscles to work together through everyday tasks (like climbing the stairs, carrying a bag of groceries, or sitting down and getting up from a chair) your ability to move efficiently increases. This reduces the risk of injury, keeping you active and independent longer.

Functional fitness improves ...

- How the body responds to balance challenges
- Muscle balance, strength, endurance, coordination, and power
- Confidence in movement
- Gait and ability to alter gait
- Ability to avoid injury
- Independence and quality of life

Touchmark has created a comprehensive, evidence-based Functional Fitness Program within all communities that supports people’s independence goals. We’re also adding certified Functional Aging Specialists who are credentialed through the Functional Aging Institute. Imagine aging with improved function. That’s what our Functional Fitness Program is all about.

Health & Fitness Studio

Touchmark at Coffee Creek's newly updated Health & Fitness Studio is now open and featuring brand new, state-of-the-art equipment as well as a new group fitness studio. There are options for every fitness level. No matter your interest, we will find the right fitness program for you!

Group fitness classes include Functional Fitness, Circuit Training, and Aspire to Better Balance, and one-on-one training sessions are also available. Stop by the Studio and check out all the options.



Conductorcise® classes begin

A new fitness class for residents was recently launched by the founder of the energetic Conductorcise program, and the public was invited to participate in an interactive presentation.

Maestro David Dworkin, creator of Conductorcise, spoke about the benefits of this unique form of exercising to music and led participants in a participatory session.

Modeled after the movement of orchestra conductors, Conductorcise engages the arms and upper body in creating motion to classical music as a physical workout. Classes provide a low-impact workout for the upper body that improves flexibility, posture, and circulation.

While at Touchmark, David taught and certified staff members to be Conductorcise trainers, who will lead ongoing Conductorcise classes.

From Bedford Hills, New York, David began his career as a clarinetist and was an avid chamber musician. Within his career, he has led orchestras across the globe, including at the Manhattan School of Music, the Philharmonic on the Hudson, and the New Jersey, Vermont, and Manhattan symphony orchestras. Upon his retirement from conducting, David created and developed the Conductorcise program to share with others.





TEAM MEMBER

Spotlight

Name: Bertha Russell

Position: Concierge

How would you describe yourself?

I am easygoing and ready to assist others when possible.

Share a bit about your family and growing up.

I am from a family of five and grew up in Gary, Indiana. I attended college, married, and had four children. Two of them are pharmacists, one is a police officer, and one works in the emergency room.

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

Having healthy children, retiring from General Motors, and working at Touchmark, which is just the third job I have ever had.

How long have you worked at Touchmark?

This year will be six years. I started here working the night shift, delivering papers.

What do you enjoy most about your job?

I enjoy attending to residents' needs, and I like working with people.

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

Compassion: I do my best (plus 10% more, as my mother taught me) to help enrich all who live here daily.

Outside of work what are your favorite ...

Activities: Gaming, traveling, and flower gardening.

Food: Mexican.

Movie: *What Lies Beneath*, and the TV series, *Scandal*.

Music: Smooth jazz.



Communitywide events included Birthday Dinner, a register-to-vote campaign, the Annual Easter Egg Hunt, a Spring Social, and the first Conductorcise class. For more information on Conductorcise see page three.



In the Prairieview Memory Care Residences, we danced with the Cottonwood Creek Cloggers and enjoyed a painting workshop presented by the Oklahoma City Museum of Art.

Save the date!

ANNUAL KENTUCKY DERBY PARTY

Saturday, May 5, 4:30 pm • Grand Hall

Grab your big hats and bow ties; we're off to the races!

PRAIRIEVIEW MOTHER'S DAY SOCIAL

Wednesday, May 16, 2 pm • Maple Neighborhood

Enjoy a lovely afternoon celebrating women and moms.

RED, WHITE & BLUEBERRY BREAKFAST

Monday, May 28, 7:30 am • Fireside and Creekside Dining Rooms

Join us for a Memorial Day meal honoring those who have served and those who continue to.

THE LONGEST DAY

Thursday, June 21, noon • Touchmark at Coffee Creek

Take part in a variety of activities from sunup to sundown in a national effort to raise awareness and support for Alzheimer's disease and research!

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

The sun is shining at Coffee Creek



Once again, we have been awarded the Sunshine Award, voted best in our field by the readers of The Edmond Sun. The awards ceremony was a momentous occasion!

What others are saying ...

"One of the most important things in life is family."

-Jane Bown, resident

TOUCHMARK AT COFFEE CREEK
Full-service Retirement Community
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