



Laughing ... “It gives you life!”

When Bev Kuhn is asked why she’s always smiling and laughing, she quickly answers, “It’s a good release and makes things go well.”

She says she laughs at any humor she finds. Pausing, she thinks about an example and then lights up as she describes her “fun table” of six women who enjoy eating dinner together each evening. “One woman brings a book of Yiddish phrases to share with the group. They’re common phrases we all know, and that sets the stage for a fun dinner.

“We’re all different and may not agree on everything, but we can talk about anything, laugh, and have a great time.”

Research has shown there are many real benefits of laughter, from managing pain to reducing stress, and Bev acknowledges laughter played a

big role helping her cope with the many demands of caring for her husband for five years as his Alzheimer’s disease progressed. “It was such a difficult time. I tried crying, but that doesn’t work, so I thought I might as well laugh about it. He had a great sense of humor!”

Before her husband’s diagnosis, the couple spent 20 years traveling across most of Canada and throughout the U.S. and Mexico in their RV. “He was a jokester! I’m not a joke-teller, but I love laughing at jokes when others share them.” Born in North Hollywood, California, Bev has lived most of her life on the West Coast. She and her husband owned a metal engraving business and raised three daughters. With her flair for design, Bev also was an interior decorator. Plus, she was a district manager for Avon, overseeing 150 representatives.

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Life—and laughter—at Touchmark

“I’ve had more culture here at Touchmark since I moved in almost three years now,” she says throwing her head back with a laugh. “The music is amazing, but that’s not all. You can’t do everything there is to do ... there’s lots and lots to do.”

In addition to all the cultural events and activities, you can find Bev bubbling with enthusiasm at happy hours, chatting with people while she walks her dog, and signing up for “most anything.”

At the top of her list is the A-MAY-Zing Race, an activity patterned after the popular TV show, the *Amazing Race*. “I love it! That is the most fun! It’s a challenge, and I didn’t realize I was so competitive, but I jumped into it.” Her team (the Sweet Chicks) has won for the past two years. “And we plan to do it a third year: We’re tough!”

That competitive spirit also shows itself when she plays Wii Bowling, another favorite pastime.

Having crisscrossed North America with her husband, Bev still enjoys traveling and appreciates Touchmark’s organized trips. “We went to Cape Cod last fall, and we plan to go to Philadelphia, Pennsylvania, later this year. I’m excited to go to the Panama Canal next year.”

But ask Bev what she likes the most, and she quickly says, “The people! Not only the residents but the staff, too: They’re wonderful and very caring.”

When she’s not talking and laughing with friends and neighbors or playing Pegs and Jokers, Bev is busy with projects in her home. “I adore quilting and have an embroidery machine and a pretty extensive collection of quilts.”

Whether she’s bent over her sewing or raising a glass and toasting life with friends, the one common thread running through Bev’s full and fascinating life is laughter. “It gives you life!”



Melissa Conrad
Vice President, Wellness & Marketing

“Humor is mankind’s greatest blessing.”
— Mark Twain

Most people have heard the saying “laughter is the best medicine,” and while that may be an overstatement, laughter does offer some profound benefits.

In fact, recent studies have shown that laughter has the power to reduce stress and anxiety by shutting down stress hormones like cortisol and triggering dopamine production. It also increases oxygen intake by stimulating the heart, lungs, and muscles, and it is a natural pain killer.

Here are a few suggestions for increasing your laughter levels:

Laugh when others laugh. Sometimes your body just needs to get warmed up, and a few false chuckles can help you get started on the real thing.

Learn to laugh at yourself. Laughing instead of getting angry at yourself when you make a mistake will give you more reasons to laugh and may help you be a happier person overall.

Browse YouTube. Type in “funny videos,” and you will find thousands of opportunities to tickle your funny bone.

Change up your radio stations. There are a variety of ways to listen to recorded comedy, including CDs, humor podcasts, and satellite radio comedy stations.

Schedule a weekly funny movie night. Invite friends or neighbors and suggest taking turns hosting and selecting the film. When accompanied by others, many people are 30 percent more likely to laugh than when on their own.

Embrace every opportunity to laugh: after all, our health can be a laughing matter.

Health & Fitness Studio Update

We have an exciting change coming to the Touchmark Health & Fitness Studio. Recently, it has undergone a complete renovation with the addition of both cardio and resistance training equipment as well as a new room for group fitness classes. We're also adding a new and improved group fitness schedule with a variety of options, including Functional Fitness programming and modified kickboxing. We invite you to stop by the Health & Fitness Studio today and join us on **Monday, March 26, at 3 pm** for the grand reopening celebration. More details to come.



Welcome Mackenzie!



Mackenzie Love describes herself as “passionate about civic engagement” and is overjoyed to join the Touchmark team. “I’m inspired by everyone’s dedication to inclusive values, and it’s gratifying to work for a company that has such a strong commitment to community,” she says. “Touchmark’s mission is one in which I believe wholeheartedly!”

She brings a great range of experience to her new role as Touchmark’s Life Enrichment/Wellness Director. Most recently, she was at Rebuilding Together OKC serving as Development Manager, planning events and working with volunteers. She also served as Program Coordinator and Executive Assistant while at the nonprofit.

Other experience includes work with Starbucks, Planned Parenthood of Central Oklahoma, and Boys & Girls Club. She earned her Bachelor of Arts in Sociology from Drury University and a Master of Arts in Gerontology from the University of Central Oklahoma.

She and her fiancé Josh have been together seven years, and the couple are planning an October wedding. “Our dogs Oscar and Leo are as thrilled as we are!” Her interests include tending her cacti/succulent garden (that requires no watering!), delving into genealogy, enjoying Saturday brunches, traveling to Colorado, and being “Aunt Kiki” to two nephews.

“If I haven’t met you yet, please stop by and say hello!”



TEAM MEMBER

Spotlight

Name: Hannah Eckel, BS, EP-C
Position: Health & Fitness Director

How would you describe yourself?

I would describe myself as reserved, passionate, and an old soul. I like to give my all in any situation in both my work and personal life. I have always been very shy, but I love getting to work with great people every day. I have always been interested in history and continue to study it when I'm not working.

Share a bit about your family and growing up.

I am originally from the small town of Grangeville, Idaho. I have a small family of my parents and two sisters. I grew up in a logging family, so we spent a lot of time outside. I spent a lot of time as a child reading and exploring the outdoors.

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

I am only the second person in my family to graduate from college.

How long have you worked at Touchmark?
Since April of 2017.

What do you enjoy most about your job?

I really enjoy the fact that I get to help people every day. Growing up, I always knew I wanted a career where I would be able to help people. Now I get to share my love of fitness and help make people's lives just a little bit better.

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

Compassion: No one is immune to tough times in life, and being compassionate is the easiest thing you can do for another person.

Outside of work what are your favorite ...

Activities: Hunting, fishing, weightlifting, running, reading, hiking.

Food: Pizza.

Movie: John Wayne movies.

Music: Classic country.



The 2018 Resident Council team was elected. "Congratulations and thank you for your commitment to serving your fellow residents and the community," says Michael Stockman, Executive Director.



We played a fun game of seated volleyball, and residents teamed up to win prizes.



In the Prairieview Memory Care Residences we enjoyed a close game of horse racing. Residents rolled foam dice and advanced their horse on the horseshoes for the win!



The Knotty Ladies made their 400th blanket. The group meets weekly to make the 36- by 54-inch "Comfy Blankets" by knotting two pieces of fleece material together.

Save the date!

ST. PATRICK'S DAY CELEBRATION

Friday, March 16, 3:30 pm • Grand Hall

Join us as we celebrate this Irish holiday with authentic food and drink as we tap our toes to festive Gaelic tunes.

SPRING CRAFT

Thursday, March 22, 10:30 am • Oak Neighborhood

Help us craft tissue paper flowers in a variety of pastels. The lovely creations will be placed in vases to adorn our dining room tables.

EGG-STRAVAGNZA

Saturday, March 24, 10:30 am • Main Lobby

Friends and families of all ages are invited to this fun-filled Easter egg hunt featuring crafts, face painting, and delicious food.

OKLAHOMA CITY MUSEUM OF ART OUTING

Monday, March 26, 2 - 3:30 pm • Main Lobby

Residents with an interest in art are invited to a fascinating museum visit. We'll take in the latest exhibit, and then we will spend time creating our own piece of art while enjoying a light snack.

HEALTH & FITNESS STUDIO REOPENING

Monday, March 26, 3 pm • Health & Fitness Studio

Join us as we celebrate the newly remodeled Health & Fitness Studio. Come in to view the new equipment and meet with a team member to discuss your fitness goals. It's never too late!

LUAU & PIG ROAST

Tuesday, April 24, 4 pm • Main Lobby

Join us for this annual celebration featuring food, fun, and dancing!

HAFER PARK OUTING

Wednesday, April 25, 2 pm • Main Lobby

Climb aboard the Touchmark bus for this visit to a local park to enjoy the abundant and colorful tulip gardens.

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

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