



THE {FULL} LIFE

Touchmark at Coffee Creek Newsletter

2018
ISSUE 1



Discovering new fitness possibilities

“Exercising is critical! If you want to feel good and not be tired, you have to move,” declares Barbara Bruno, adding, “If I can do it, anyone can.” Rather than slow her down, the fact that she has had three knee surgeries for a torn meniscus motivates her to exercise more.

A board-certified internist and cardiologist for 20 years, Barbara was the first female cardiologist in Scottsdale, Arizona, and was the leading expert in pacemaker implantation. She had been a registered nurse before returning to school and obtaining her medical degree.

In addition to creating a sense of well-being, Barbara appreciates how daily exercising gives her a sense of accomplishment and supports her independence. Her favorite exercise? “Pickleball!” Earlier in her life, Barbara was an avid tennis player and had never heard of pickleball, but now she enjoys it more. “It’s a quicker game, and I find it more interesting. By the time we finish playing one-and-a-half to two hours, we’ve had a great workout, and it’s so much fun.” She says it has been rewarding to see how she and other players have improved through practice.

Variety keeps it interesting

In addition to playing pickleball three times a week, Barbara takes advantage of the classes and equipment at Touchmark daily. “I’m taking tai chi, which actually provides a lot of movement from one side to another, and that’s helpful with balance.” She also does strength training and is going to work with Touchmark’s personal trainer for a few sessions. “Getting strength training is so important to prevent falls. We lose muscle if we don’t work out regularly, and that ups your risk of falling.” She appreciates how Touchmark trainers make sure you’re doing things safely and correctly.

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This is the first issue with our new design and bimonthly schedule!

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Barbara also has a treadmill and hand weights in her home and uses those to limber up before heading out to play pickleball. Hiking with the Touchmark Trekkers is another favorite pastime. “About a dozen of us go on these hikes, which is a comfortable number, and it’s fun being with a group of people and exploring different trails.” She appreciates how Touchmark staff scout the trails in advance and know the distances and whether they are most appropriate for beginning or intermediate hikers.

Exercising offers even more benefits

Both as a doctor and from her own personal experience, Barbara knows exercising’s benefits, and she quickly lists four:

1. “It’s good for your whole body, particularly for your heart and brain.”
2. “It’s a great stress-reducer. Sitting all the time is the worst thing you can do. Sedentary behavior can be just as risky as smoking. You must get up and move every hour.”
3. “It combats fatigue! If you don’t move, your body just starts to freeze.”
4. “You just feel better!”

Added benefits of the Full Life

Before moving to Touchmark, Barbara and her husband were living isolated in the woods, so she especially appreciates having a sense of community. “I love being in a community, being around other people. There are so many things to do here, there’s never a dull moment. You have to pick and choose.”

She’s part of a health book club, where members read books relating to nutrition, stress ... anything relating to health. “We meet twice a month. The next book we’ll be reading is *The Alzheimer’s Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age*.

“There’s never a boring moment here—and that’s a good thing!”



Steve Ferrarini
Vice President,
Hospitality

“One cannot think well, love well, sleep well, if one has not dined well.” – Virginia Woolf

Food is amazing! A meal can impact each of our lives in so many ways. Not only does food feed our bodies, the social aspect of eating a meal with others nourishes our souls. In addition, familiar flavors and foods can harken us back to wonderful

memories and another time and place. In other words, meals and the whole dining experience have the potential to enhance our overall well-being.

At Touchmark, we’re working to make people’s meals delightful every time they dine with us. By detailing, perfecting, and providing supportive tools for every aspect of the dining experience—from how chefs slice onions to when servers clear empty plates—we’re making Touchmark’s dining program one of the best in the business and better than many standalone restaurants.

In fact, we just completed a series of culinary and service manuals for every Touchmark kitchen that thoroughly describes and illustrates cooking techniques and hospitality excellence. We also recently gathered all executive chefs and Dining Services managers for several days of training and discussions about all aspects of food and service. Our talented chefs are taking the information from the training and sharing it with their teams to create a dining experience that will be delicious and memorable, one people will love.

Another aspect of Touchmark Dining Services that we are very proud of is the way our servers and staff interact with residents and guests. Our mission at Touchmark is *to enrich people’s lives*, and Touchmark team members take this to heart. Our values—Hospitality, Compassion, Excellence, Teamwork, and Integrity—support this mission, and team members work every day enriching the lives of everyone they meet and have the opportunity to serve.

For many of our servers, working at Touchmark is their first job. By instilling the fine points of service excellence and etiquette into these young workers, we are able to help them gain a solid foundation of skills that will serve them well in their future endeavors.

Health & Fitness Club Updates

This winter make a simple fitness goal ... get moving and keep moving! Whether you choose one of the following activities or not, stay active this winter. A sedentary lifestyle puts you at greater risk for many health problems.

Functional Fitness: Level 1

Functional Fitness helps strengthen muscles, improves movement, and increases overall daily function, making day-to-day activities easier.

Cardio, Core, and More: Level 1

This class helps increase cardiovascular health and provides core exercises that strengthen the lower back and tighten the tummy.

Seated Weight Training: Level 3

This class is designed for people who are interested in strengthening their muscles but need a lower intensity environment.



Meet the new Executive Director



“I am so excited to be a part of Touchmark at Coffee Creek,” says Michael Stockman, who has joined Touchmark as the new Executive Director. Michael has over 20 years of hospitality experience managing full-service as well as select-service properties

in almost every type of market. He has served as a General Manager and Regional Director of Operations across all brands of luxury hotels, including Marriott, Hilton, IHG, and Hyatt. Within those positions, he consistently earned awards for excellence, quality, and customer service and has extensive experience with new openings, renovation planning, and asset management.

In addition, Michael has worked for top management companies, such as The Procaccianti Group, Chesapeake Hospitality, and Noble Investments, to name a few. His expertise and talents have earned him a reputation as being one of the best in the industry.

The son of an Air Force officer, Michael moved often while growing up, living all over the U.S. and the Philippines. His love for hospitality began in college when he worked at a Marriott hotel in Austin, Texas. After graduating from the University of Texas with a bachelor's degree in Business Administration, he entered the hospitality field and has never looked back.

Michael and his wife Laurie have been married 17 years. They met on a long-distance flight when Michael was flying to Chicago on business, and she was the flight attendant. By the time the plane touched down, he had convinced her to have dinner with him the following day. Sparks flew, and they married three months later. The couple have two children, Emma Rose (14) and Russell Paul (12) along with two rescue dogs, Snickers and Rolo. Michael's hobbies include woodworking, camping, hiking, traveling, animal rescue, and spending time with his family. Favorite foods are Mexican, Italian, home cooking, old-fashioned hamburgers, and bacon.

Michael is looking forward to meeting everyone and invites people to stop by and introduce themselves.



TEAM MEMBER

Spotlight

Name: Debi Sims, RN, BSN, BF-CMT

Position: Memory Care Manager

How would you describe yourself?

I am the Matriarch of my family. Deeply spiritual and serious about my purpose in my time and space. I love to laugh and have fun and find humor every day to encourage others.

Share a bit about your family and growing up.

I was born in California and grew up poor with little money but strong family values. I earned my RN and BSN later in life after a traumatic divorce. I raised my three children alone after completing nursing school. I have two grandsons I adore; Luke and John. I try to keep priorities always in line; God, family, and work.

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

Parenting. I have three children; Jillian, April, and Hunter, two grandsons; Luke and John. I am single and have been for 10 years! I have one amazing dog, Lexi, who is a black and tan mini dachshund.

How long have you worked at Touchmark?

Two years

What do you enjoy most about your job?

Impacting lives of residents and families, staff and co-workers and visitors who come through Memory Care and share stories. I enjoy helping them by answering questions that help them place their loved ones. It gives great purpose to my life.

What Touchmark value do you most closely relate to and why? Integrity: honesty in all things. I always seek the truth in all phases of my life and work.

Outside of work what are your favorite activities: Church, family time, traveling, sports and scrapbooking!



Everyone enjoyed the carolers from a local church at Christmas Dinner.



Left: The table was full at our Monthly Birthday Dinner celebration. Right: Nana Clause made her way through the community spreading holiday cheer!



Flo and Marjorie enjoy a therapeutic musical program.



Flo and Diane work with an Edmond Fine Arts Institute instructor to learn how to sculpt different shapes in clay.

Save the date!

WINTER CRAFT

Wednesday, January 10, 3:30 pm • Cedar Room

We will be creating colorful snowflakes to decorate our bulletin boards in our dining areas.

PRAIRIEVIEW LOCAL LUNCH OUTING

Thursday, January 18, 11 am

Residents will visit the The Heat, a new local pizzeria.

MYSTERY LUNCH OUTING

Friday, January 19, 10:30 am - 2:30 pm

Join us at this local Oklahoma restaurant that specializes in home-cooked meals! Cost should be \$30 or less. RSVP by January 18.

VALENTINE'S DAY CRAFT

Wednesday, February 7, 10:30 am • Maple Room

We will be creating valentines to place on everyone's doors!

MARDI GRAS PARTY

Tuesday, February 13, 4:30 - 6:30 pm • Lobby

Throw on your masquerade mask and celebrate New Orleans style with festive live music, great food, and delicious drinks! RSVP by February 12.

VALENTINE'S DAY SINGALONG

Wednesday, February 14, 2 pm • Grand Hall

Join us as we sing everyone's favorite love songs.

CHOCOLATE EXTRAVAGANZA RESIDENT TEA

Wednesday, February 21, 2 pm • Grand Hall

Bring your sweet tooth and a friend for hot tea and an abundance of gourmet chocolate! RSVP by February 20.

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



Benefits of Functional Fitness

Each day, residents in our Prairieview neighborhoods gather and exercise with caregivers. Based on global research published in the *Journal of Gerontology*, Touchmark's Functional Fitness program began in 2015. "The goal is to improve functional ability in lower- and upper-body strength, flexibility, and mental engagement," says Kim Lehmann, Director of Health & Fitness Operations.

"Since we began the program, we are averaging an increase of approximately 25% in all three areas of functional ability, and our tracking systems for mental engagement show a 10 - 15% improvement in as little as 16 weeks."

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