



## One foot in front of the other

Most people view running as the best way to engage in cardiovascular activity, but did you know that walking has the same benefits with hardly any of the risk for injury? More and more health care professionals and physical therapists recommend walking versus running as a healthy way to stay active throughout one's life.

At Touchmark, there are many opportunities for walking. All communities have Touchmark Trekkers, a walking club with varying routes and outings appropriate for different seasons and abilities. Indoor walking paths get you moving without having to brave the elements, and you're likely to run into familiar faces as you do so. Outdoor courses provide the opportunity to engage with nature and enjoy the fresh air. Some of the key benefits of regular walking include:

### **Improved circulation**

Walking gets the blood pumping, which lowers blood pressure over time and strengthens the heart muscles, reducing the risk of heart disease.

### **Increased bone density**

One of the lesser known benefits of walking is its effect on stopping and reversing bone density

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loss. A Brigham and Women's Hospital (Boston) study of postmenopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

### More socialization



Unlike running, it's easy to hold a conversation while walking. Taking a walk with a friend or group of

people is a great way to tend to both your physical and mental health.

### Release of endorphins

If you're in a lousy mood, research shows going for a walk outdoors is sure to turn it around. Walking releases endorphins: the body's natural painkillers and mood elevators.

Resident Joanne McCann is an avid fan of walking. "I like to be out and active. All my life, I've done it. It's easy to do, and I feel good when I do it. I go different places and I get to see different things. I walk on the Centennial Trail with the Touchmark Trekkers. I actually like to walk outdoors best, but in the winter, I walk indoors," she says.

For those seeking adventure, check with your Health & Fitness or Life Enrichment/Wellness team members about upcoming Trekkers outings.



*"In every walk with nature, one receives far more than he seeks."*

– John Muir



April is a special month for considering the natural world and our connection to it. Earth Day happens in April, and it may be the first month of the new year that brings enough sunshine and

thawing to begin spending more time outdoors again.

In keeping with this year's theme of contemplating life's greater meanings, I've been thinking about the many gifts nature presents, and several come to mind. Forget for a moment the idea of going out to exercise, and instead take a step outside to experience what it feels like to simply stand in a lush green area. Do you hear the sounds of birds and insects? Can you feel the warmth of the sun on your face as you turn it up to the sky with your eyes closed? Even spending a few moments outdoors brings peace.

There is joy in taking our cues from nature. Seasons do not change overnight; they transition over time. If you feel your body needs time to catch up with the mind, listen to it. Start increasing your time outdoors and in the benefits of nature by taking a 10-minute walk with a friend or reading a chapter of your book outside. Focus on how nice it is to pause and inhale fresh air rather than rushing to your next destination.

Do not be surprised if you feel compelled to spend more and more time outdoors, and don't underestimate how doing so strengthens your mind-body connection. Mother Nature is the friend who is always happy to hear your thoughts.



# Health & Fitness Studio

## Spring into fitness

Join one of our many fitness classes or take advantage of one-on-one personal training. This month get heart healthy by attending cardio classes like Cardio HIIT or Circuit Training. They are sure to get your blood pumping and put a smile on your face. If you have a specific fitness goal or want more personalized instruction, be sure to sign up for personal training.



## What others are saying ...

*"Everyone is so friendly here. The staff is the best and they are the kindest people, and so are the people who live here. We all take care of each other and I will be here until the end."*

– Ellie Lottinville, resident

## Celebrating the solstice with purpose



Millions of people worldwide are living with Alzheimer's or other age-related dementia. Touchmark is committed to supporting them, their families, and caregivers. Each year, every Touchmark community participates in the Alzheimer's Association's The Longest Day fundraising efforts. The Longest Day falls on the summer solstice, the day of the year with the most light to symbolize overcoming the darkness of the disease.

This is a fun and meaningful day due to its creative nature. Teams engage in a variety of activities to bring awareness and raise money for care and research. For example last year, Touchmark teams hosted a wide range of events, including a 5K fun run culminating in an explosion of color, a pickleball tournament, karaoke, NuStep Challenges, and more.

Check the {FULL} Life calendar on the back page for 2019 Longest Day events and learn how your participation can make a difference at Touchmark and beyond.

**TOGETHER, THE STRENGTH OF OUR LIGHT  
WILL OUTSHINE THE DARKNESS OF ALZHEIMER'S.**





# TEAM MEMBER

## *Spotlight*

**Name:** Amberly Collins

**Position:** Kitchen Supervisor

**How would you describe yourself?**

Hardworking, energetic, creative, and fun!

**Share a bit about your family and**

**growing up.** I was born and raised in east Texas and I love the outdoors. I am an avid hunter and fisher. My husband, James, and I live on a farm in Guthrie. I have two brothers, a sister, nieces, and nephews, and we are a very tight-knit family.

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

When James and I got hitched, and when I graduated from culinary school in 2014. Purchasing the farm was also a momentous occasion.

**How long have you worked at Touchmark?**

Three years.

**What do you enjoy most about your job?**

The creativity I get to express and the parties I help plan and prepare. Hanging out with the residents brings me great joy. And I love my work family!

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

I am a Giver. Giving the residents smiles and joy through my culinary talents and seeing them happy and content is a huge reward.

**Outside of work what are your favorite ...**

**Activities:** Hanging out with family and all the hunting, fishing, and shopping I can squeeze in!

**Food:** Mexican food and chocolate chip cookies.

**Movie:** *Elf*.

**Music:** I am a country music fan.





*Each year the City Rescue Mission has a fundraiser called Hearts for Hope Tea. We went to the Cowboy Heritage Museum and enjoyed a wonderful meal, inspiring speakers, and the talent of Sandi Patti, award-winning singer, songwriter, and author.*



*Mark Bays (third from left) is the son of resident Joann Bell and the arborist in charge of the Survival Tree planted on campus. Each year seeds are collected from the original American Elm and grown at a nursery. The seedling trees are then distributed around the world in remembrance of the 1995 Oklahoma City bombing.*



*We toured Lutheran Braille Workers, where resident Norman Loeber volunteers all day every Tuesday.*



*At the Black & White Ball, the Tyler Smith Duo entertained as we danced the night away.*



# SAVE THE DATE!

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## **TOUCHMARK STORYTELLERS WITH FRANK ECKHART**

**Tuesday, May 7 at 3 pm • Grand Hall**

Frank has an amazing story of success in his flying career. On June 4, we will spotlight Damon Wingfield.

## **5TH ANNUAL ESCAPE TO PARADISE LUAU**

**Wednesday, May 22 from 4:30 - 6:30 pm • Lobby**

Enjoy hula dancers, live music, amazing food, and lots of Tiki bar fun.

## **TIGER SAFARI**

**Thursday, May 23 at 2 pm**

Tiger Safari will be bringing kangaroos, monkeys, and many other exotic animals to our campus for us to view and visit. This will be a wild time.

## **MEN'S DINNER**

**Thursday, June 13 at 5 pm • Grand Hall**

Jim Whitefield is a professional billiard referee and tournament player and is also in Building Services at Touchmark. He will share some fun stories while we play pool in our new game room, complete with a regulation pool table. Get some great tips from our very own pool shark!

## **ALZHEIMER'S ASSOCIATION THE LONGEST DAY EVENTS**

**Friday, June 21 • All day**

The Longest Day is an annual tradition dedicated to raising awareness of and funds for the Alzheimer's Association. We'll have a full day of events, including a doughnut sale, dance-a-thon, games, ice cream social, and our Purple Tie Soiree.

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

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*Prairieview residents enjoyed a beautiful day outdoors at the Easter Garden Party.*

**TOUCHMARK AT COFFEE CREEK**  
**FULL-SERVICE RETIREMENT COMMUNITY**  
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