



For immediate release

Sept. 11, 2014

For more information:

Carol Hartzog

Carol Hartzog Communications

405-348-8500

## **Active social life keeps aging adults healthy, happy**

EDMOND, Okla. – A recent study of more than 5,000 older citizens by British researchers showed the value of maintaining social relationships long after retirement age.

Researchers from London's University College found that people who had low contact with others were more likely to die than those who had greater social contact, according to "Provider" magazine. The study suggests that social activities for older people might be good for their own sake.

The positive effects of socialization are among the many reasons that Donna Antosh and Ellie Lottinville chose to move into a retirement community in Edmond.

Through the years, Antosh raised a family, educated thousands of young people as a college professor and served as a missionary in Japan.

Now that she is retired, and even her grandchildren are grown, Antosh decided it was time to step into a new stage of retirement life

"It's been a complete cycle of age stages, and I've looked forward to each one of them," Antosh said.

About six months ago, she moved into an apartment at the Touchmark at Coffee Creek retirement community. Since then, Antosh has embraced an active life that includes plenty of social activities, such as a book club and weekly card games, exercise classes and group sightseeing trips around the state.

"I really like the exercise," Antosh said of her new community. "I'm active and enjoy the stretch and balance and all the exercise programs they have."

Meals are also a special time.

"The fellowship at dinner time is wonderful," she said. "I meet and visit with many people during meals."

The same is true for Lottinville, who has lived in a Touchmark Parkview home for two-  
-more-

and-a-half years. “I love to go over to the Grandview for meals and go around the tables visiting with people,” she said.

### **Active Aging year-round**

For both Antosh and Lottinville, every week is like Active Aging Week, with numerous group outings, classes and activities reflecting various interests.

Lottinville is part of the Navigators, a group of residents who help to plan fun activities. “We take a lot of outings. We’ve gone down to the National Weather Center in Norman, which was just fascinating. And we recently went to Drumright,” she said.

“We also started line dancing on Saturdays at 2.”

Lottinville also participates in the Knotty Ladies group. “We get together and make lap blankets by knotting them all the way around and then give them to a school for homeless children (Positive Tomorrows).”

Another nonprofit that benefits from her involvement is the Oklahoma City National Memorial Museum. “I’ve been a volunteer there for more than 13 years now,” she said.

Antosh, Lottinville and their neighbors will celebrate Active Aging Week, Sept. 21 - 27. As always, a full calendar of social activities, exercise and Brain Builders classes and more is scheduled throughout the week. In addition, there is a health fair Wednesday, Sept. 24, from 9 a.m. to noon, which is open to the public.

There is no charge for the health fair. Touchmark at Coffee Creek is located at 2801 Shortgrass Road in Edmond.

For more information, call Touchmark at Coffee Creek at 405-340-1975.

### **About Active Aging Week**

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the United States and is designed to promote healthy and active lifestyles.

### **About Touchmark at Coffee Creek**

A full-service retirement community, Touchmark at Coffee Creek offers a wide range of homes and lifestyle options and is located at 2801 Shortgrass Road, just off Covell. Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. For more information, contact Touchmark at 405-340-1975 or visit [TouchmarkEdmond.com](http://TouchmarkEdmond.com).

###