

NEWS RELEASE



FOR IMMEDIATE RELEASE

May 8, 2015
For more information:
Carol Hartzog
Carol Hartzog Communications
405-348-8500

Touchmark talk to focus on “Caregiver Stress”

EDMOND, Okla. – Touchmark at Coffee Creek retirement community is hosting a presentation Thursday, May 21 on “Caregiver Stress,” led by former University of Central Oklahoma professor Virginia Peters, Ph.D.

The presentation is designed to benefit those who care for individuals living with Alzheimer’s disease and other dementia. Peters will discuss the emotions and stresses associated with the care of others as well as explore the benefits of memory-care communities that support people living with these diseases.

The event is scheduled noon-1:30 p.m. Lunch will be provided. There is no charge to attend, but seating is limited. RSVP by Wednesday, May 20, to 405-340-1975.

After graduating with a bachelor's degree in science from UCO, Peters went on to receive her master's at the University of Colorado and her doctorate from Florida State University. While at UCO, she taught classes in the area of health and fitness including anatomy, kinesiology, psychology of sport and wellness and positive lifestyle.

Peters retired from teaching in 1992 after 34 years of service at UCO. In 2008, she was named to the Oklahoma Higher Education Hall of Fame. In addition to teaching, she has been an instructor for the American Red Cross and the former Edmond Medical Center. She has also been the director of the Oklahoma Special Olympics.

Today, she devotes much of her time to speaking at state and regional conferences as well as community, business, church and educational organizations. Her topics include aging, wellness, fitness, stress management, leadership and team building.

Touchmark is a full-service retirement located off Covell at 2801 Shortgrass Road in Edmond. Touchmark at Coffee Creek is part of North Edmond’s Coffee Creek planned residential development, which includes 638 acres of homes, a golf course, recreational centers, and walking and biking trails. For more information, contact Touchmark at 405-340-1975 or visit TouchmarkEdmond.com.

-30-

Headshot: Virginia Peters, Ph.D.

TOUCHMARK AT COFFEE CREEK
Full-service Retirement Community
2801 Shortgrass Road • Edmond, OK 73003
405-340-1975 • Touchmark.com