

# NEWS RELEASE



**For immediate release**

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## **Celebrate The Longest Day with meaningful activities**

EDMOND, Okla. – Touchmark at Coffee Creek invites the public to celebrate the summer solstice, which falls on June 21 this year, with activities that promote wellness and raise funds for the local chapter of the Alzheimer’s Association.

The summer solstice is the longest day of the year. But for people living with Alzheimer’s disease and their loved ones who care for them, each day can seem like the longest day, which is why the Alzheimer’s Association promotes the summer solstice as an opportunity to raise funds and awareness about dementia and its effects.

The public is invited to participate in a number of events Wednesday, June 21:

- Sunrise Yoga, 7:30 a.m.
- Caregiver appreciation lunch, noon
- Ice cream sandwich bar, 2 p.m.
- Boot Scootin’ Ball, 4:30 - 6:30 p.m. (includes food provided by Klem’s Smoke House food truck, dancing, and live entertainment)

The longest day extends to June 22, when Molly Arnold, vice president of the Broyles Foundation, will speak at Touchmark at 2 p.m. She will present *Don’t Let the Alzheimer’s Game Beat You*. Light appetizers will be served.

Arnold lost her grandmother to the disease in 2004. Her grandfather, former University of Arkansas football coach Frank Broyles, established the Broyles Foundation after his wife Barbara’s death and wrote a guidebook for caregivers, “Coach Broyles’ Playbook for Alzheimer’s Caregivers.” The foundation offers counseling, support groups and training for caregivers.

There is no charge for any of these events, but space is limited. For more information or to RSVP, call 405-340-1975. Touchmark is located at 2801 Shortgrass Road.

An estimated 62,000 people in Oklahoma have been diagnosed with Alzheimer’s disease, according to a 2017 report from the Alzheimer’s Association. By 2025, that number is projected to grow to 76,000.

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. A full-service retirement community, Touchmark offers a wide range of homes and lifestyle options. For more information, contact Touchmark at [405-340-1975](tel:405-340-1975) or visit [TouchmarkEdmond.com](http://TouchmarkEdmond.com).

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TOUCHMARK AT COFFEE CREEK  
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