

Waterford launches Fall Reduction & Awareness program

Falls are “the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma” for people 65-plus.

— *The Centers for Disease Control and Prevention*

Based on the award-winning Touchmark Fall Reduction and Awareness Program, the introduction at Waterford provides people with practical information about reducing their risk for injury-related falls.

“The program is designed to proactively educate and inform people of all ages how they can avoid falls,” says Vice President of Wellness & Programs Marge Coalman, EdD, who introduced the Fall Reduction and Awareness Program during a recent gathering at Waterford. “The essence of the program is the partnership created with residents to enhance balance and mobility and support independence—thus reducing the risk of falls.”

The program includes a new Posture & Balance class for residents. The class starts with fitness assessments that measure agility and balance. Participants then fill out personal goal sheets and evaluate their progress. At the conclusion of the class, people do final assessments to gauge improvement.

Guest presenters will highlight the four key factors

in reducing the risk of injury-related falls (hydration, nutrition, exercise, and medication management). Residents and others are invited to attend the presentations and can call Life Enrichment/Wellness Coordinator Marguerite Rylander for more information.

In 2007, the Falls-Free Coalition recognized Touchmark’s Fall Reduction and Awareness Program as one of the top 10 creative programs and practices in home assessment and modification that can reduce home hazards. ■



Vice President of Wellness & Programs Marge Coalman, EdD, introduces the Fall Reduction and Awareness Program. A local cable TV station also filmed the presentation.

Discover the freedom to travel

According to AAA, some of the top travel trends for 2008 will be visiting Europe, Central and South America, traveling with family, climate sightseeing, and taking earth-

friendly vacations. Another popular trend is enrichment travel, which involves taking classes and attending events that deepen and enhance a person’s travel experience.

Travel offers adventure and a fun escape from everyday life. For many, though, the burden of arranging for

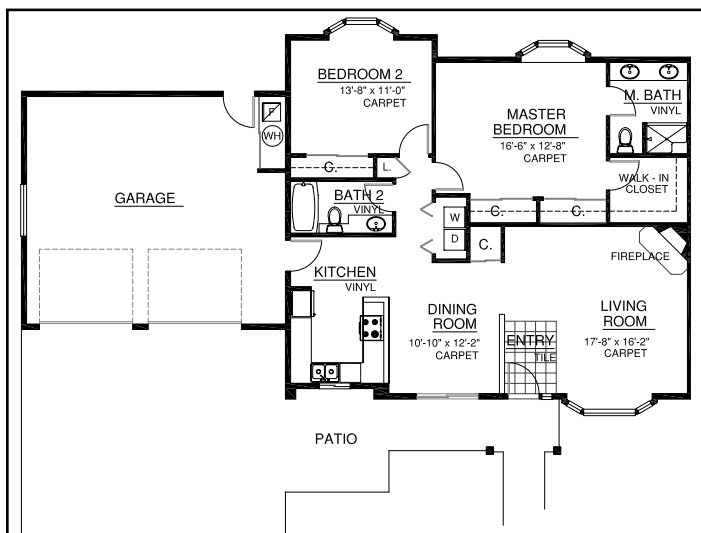
a house sitter or making sure that someone watches your home while away can add stress to the travel preparations. To avoid such hassle, consider the Waterford lifestyle, where you can relax, knowing others are caring for your home while you travel. *(cont.)*

(cont.) “We love to travel and meet other people,” says Judith Harris, who lives at Touchmark’s Oklahoma community with her husband Leaman. “Now we’re in a place where we’re not serving the house, and someone else is taking care of the house.”

Discover the freedom to travel. Call Waterford at 406-449-4900 today. ■



Located in the main building, apartment 214 offers 977 square feet, two bedrooms, and two bathrooms. Call today for a personal presentation.



This 1,345-square-foot cottage home, located at 913 Saddle Drive, will be available for occupancy within the next couple of months.

The “3 Cs” of life balance



Marge Coalman, EdD
Vice President of Wellness & Programs,
Touchmark

Alliteration is sometimes helpful to capture important information in an easy-to-remember way. The “3 Cs” of a life in balance are one way to conceptualize the important elements of aging well and simplifying our lives so that we can focus on a life that continues to provide meaningful opportunities for engagement.

Continuity of longtime routines, rituals, and choices helps people navigate many life transitions—including retirement and moving to a new home. Although the neighborhood, real estate, neighbors, and services may be different, the ability to continue important daily, weekly, and annual routines supports us through unfamiliar circumstances.

Compensation is the second C word. When making changes, it’s important to be sure the features of the home, neighborhood, and services are amenable to the changing needs of older adults. Lighting, sidewalks, door widths, accessibility, transportation support, and a long list of other daily needs can make the difference in a successful and supported transition.

Compatibility is important in all areas of our lives. The vocational, social, spiritual, physical, and (cont.)

“An aging-friendly community offers ample opportunities for older adults to develop new sources of fulfillment, productive engagement, and social interaction.” —Andrew E. Scharlach, associate

dean and professor, School of Social Welfare at the University of California, Berkeley

(cont.) emotional aspects of well-being require alignment. Are the values of the community in agreement with those personal values and beliefs that are primary to a person's life experience? Irreconcilable differences are not easily resolved.

Positive aging is made up of far more components than the "3 Cs" shared in this brief article. But assessing these three key factors when simplifying and retooling for the last decades of life helps support a successful change. This assessment—combined with a conscious decision to make proactive choices regarding home, health, and services while the decision is still available (and not made for the person by expected or unexpected changing needs)—is the basic principle of successful life transition.

At Waterford, we strive to create a community that provides the "3 Cs" to residents, families, and staff. For more information on how to become a part of our community contact the executive director or any of the team members. ■

Join Waterford's Book Club



Members of the newly formed Book Club discuss *The Kite Runner* by Khaled Hosseini. Next, the group plans to read *Patty Jane's House of Curl* and *Memoirs of a Geisha*. The club meets every two weeks in the Garden Wing at 10 am for about 60 to 90 minutes. Join today!

Coming Events

Tuesday, March 11, 6:30 pm

Western Canada Far & Wide Travelogue
HMS.

Thursday, March 13, 5 pm

Birthday night with music by the Brennans.

Friday, March 14, 4:15 pm

Irish Tiernan Dancers. Forum.

Thursday, March 20, 2 pm

Welcome Spring Party. Forum.

Saturday, March 22, TBA

Easter egg hunt on Waterford grounds.

Tuesday, March 25, noon

Men's pizza and beer. Forum.

Thursday, March 27, 5 pm

Dinner at the Overland Express.

Friday, March 28, 2:30 pm

Ladies' International Coffee. Forum.

Recent events



Kathie Spiroff (left) and Arvah Morton admire quilts at the annual resident craft show.



A toast—at the Waterford men's luncheon.