

Waterford hosts Active Aging Week

Public invited to participate in fun, healthy activities

In honor of Active Aging Week, Waterford invites people to participate in a variety of wellness activities, Sept. 22 to 26. There is no charge for most events.

Monday, Sept. 22

- **10 am:** Welcome and walk. Healthy refreshments will be available, and participants will receive a complimentary pedometer.
- **1:30 pm:** Waterford Executive Chef Adam Mendez will give a healthy cooking demonstration.
- **3 pm:** Life Enrichment/Wellness Director Marguerite Rylander will lead *Games to Train Your Brain*.

Tuesday, Sept. 23

- **10:30 am:** Bus leaves for one-mile fitness walk at Spring Meadow Lake State Park. The event will finish with a light picnic lunch.
- **1 to 3 pm:** Chair massages by Gordi Ann Pippin, CMT.

Wednesday, Sept. 24

- **9:30 am:** Yoga demonstration by Susan Bartanek.
- **1:30 pm:** *Spirituality & Aging*, presented by local pastor Lowell Bartels.

Thursday, Sept. 25

- **2 pm:** *Staying mentally and physically healthy as we age*, presented by Scott Falley, MD, of St. Peter's Hospital.

Friday, Sept. 26

- **9 am:** Waterford instructor Sherri Wooten will demonstrate how to use exercise equipment.
- **6 pm:** Nostalgia party, featuring music, dancing, and refreshments. Spirit and athletic awards will be presented for active participants and top walkers for the week at this event.

For more information, people can call 406-449-4900.



“We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Life Enrichment/Wellness Director Marguerite Rylander.

Now in its sixth year, 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 U.S. and is designed to promote healthy and active lifestyles. ■

Enrich your life

Waterford features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

For example, residents can express their artistic side

through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

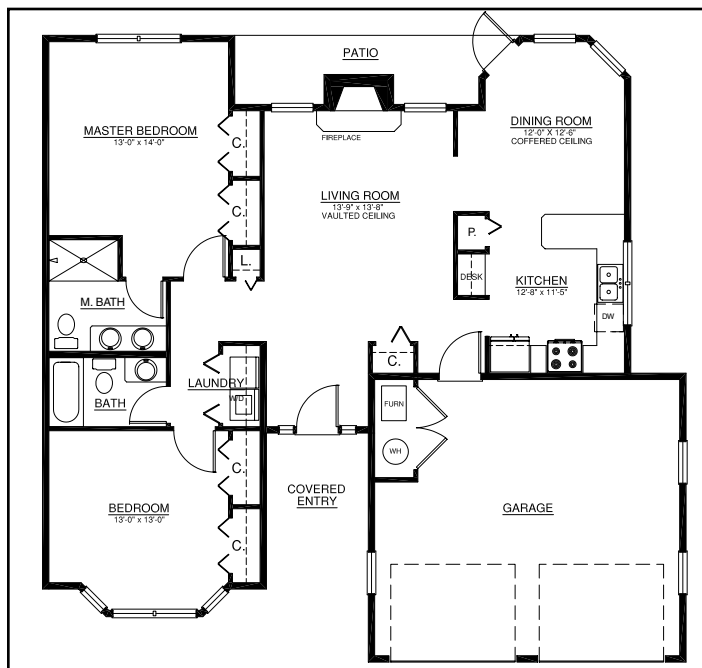
Waterford offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 406-449-4900 today to learn more about the Waterford lifestyle and dynamic Life Enrichment/Wellness program—and the fall's featured homes.

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Visit Waterford and tour the Chelsea



The Chelsea offers 1,250 square feet, two bedrooms, and two bathrooms. Call today for a personal presentation.

Tour apartment 221

With 904 square feet, apartment 221 features one bedroom, one bathroom, a large den, and bright southeastern exposure. ■

Use it or lose it—redefined!



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

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive enhancement activities that can delay—and even interrupt—the

onset of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes and subsequently move from independent living to assisted living; from assisted living to memory care or skilled nursing.
- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how (cont.)

(cont.) to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Waterford on Saddle Drive Life Enrichment/Wellness Director Marguerite Rylander. ■

Coming Events

Saturday, September 13, 7:15 pm
Helena Symphony presents Opening Night.

Thursday, Sept. 18, 5 and 5:30 pm
Birthday night with music by the Brennan Family.

Thursday, Sept. 18, 6:45 pm
Live! at the Civic presents *Nonsense*.

Monday, September 22 to Friday, September 26
Waterford celebrates Active Aging Week.



Dorothy Randall finishes reading a sign that provides some of the history of the red schoolhouse.



Residents recently toured the beautiful Gates of the Mountains. The trip began with a picnic lunch, and then the group boarded a boat and headed onto Holter Lake. The tour staff provided fun facts about the area, including information about Lewis and Clark.

Recent events



A group recently visited the historic Little Red Schoolhouse, which is also known as the Silver Creek School or College Place School. The building, located on 35 acres, is on the National Register of Historic Places.



Musical guest Not Quite Ripe performs a tune for people at Waterford.

Touchmark vice president writes for recent issue of The Journal on Active Aging

In the July/August issue of The Journal on Active Aging, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” writes Marge.

Read the full article online at WaterfordHelena.com/common/pdf/civic-engagement-enrich-lives.pdf. ■



Vocational wellness
Enrich the lives of older adults through civic engagement

In a Touchmark community in the Blue, Idaho area, women Mary Kucharski (left) and Guss Dyble (right) are shown in their civic-making kitchen for a prison industry. Kucharski, chair of the community's Volunteer Committee, has recognized this spring by the local Retail Senior Volunteer Program (RSVP) chapter for receiving the most volunteers.

Read on to learn about the positive impact of giving back and how to start civic engagement work with older adults in your setting

by Marge Coalman, EdD

As defined by the American Society on Aging (ASA), civic engagement with older adults encompasses individual and collective actions designed to identify and address issues of public and personal concern that are both life-enriching and socially beneficial. “Low life civic engagement can take many forms,” observes ASA. “From individual volunteerism to paid part- or full-time work as

organizational involvement to electoral participation. A community can be a neighborhood, city, county, nation or the world.”

The importance and benefits of older adults participating in volunteering—a specifically in civic engagement—have been well documented by a number of premier researchers and affiliated organizations. In 2004, the Harvard School of Public Health-MetLife Foundation Institute on Retirement and Civic Engagement released *Reassessing Aging: Better Business and Civic Engagement*, a report that highlights key issues and recommends key actions for tapping the Boomers opportunity. The report points

Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted

effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.