

NEWS RELEASE



Waterford on Saddle Drive

FOR IMMEDIATE RELEASE

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For further information:

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Waterford hosts Active Aging Week — Public invited to participate in fun, healthy activities

HELENA, Mont. — Waterford invites people to participate in Active Aging Week, Sept. 22 to 25. There is no charge for most events. Unless otherwise noted, all events will be held at 915 Saddle Drive in Helena.

Monday, Sept. 22

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

Tuesday, Sept. 23

- **11 a.m.:** One-mile fitness walk at Spring Meadow Lake State Park. The event will finish with a light picnic lunch.
- **1 to 3 p.m.:** Chair massages by Gordi Ann Pippin, C.M.T.

Wednesday, Sept. 24

- **9:30 a.m.:** Yoga demonstration by Susan Bartanek.
- **1:30 p.m.:** “Spirituality & Aging,” presented by local pastor Lowell Bartels.

Thursday, Sept. 25

- **2 p.m.:** “Staying mentally and physically healthy as we age,” presented by Scott Falley, M.D., of St. Peter's Hospital.

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

“We designed these events to help people gather useful information that can assist them

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in achieving healthy, fuller lives,” says Life Enrichment/Wellness Director Marguerite Rylander. “It’s clear that the key to living longer — and better — is to stay active. Several recent studies have shown there’s a strong relationship between physical activity and mental acuity, and other research links social connectedness to healthy aging.”

A recent article in *The Journal on Active Aging* supports this connection. Touchmark Vice President of Wellness & Programs Marge Coalman, Ed.D., writes in the July/August issue that “individuals engaged in the greater good of all ... are experiencing a better quality of life as they age.”

Her article, titled “Enrich the lives of older adults through civic engagement,” highlights the benefits of social involvement, provides several examples and offers tips to supporting civic engagement work. “Along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead fuller, more satisfying lives.” The full article can be seen at WaterfordHelena.com/common/pdf/civic-engagement-enrich-lives.pdf.

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.

Waterford offers resort-style retirement and is home to more than 150 people. A wide range of homes and lifestyle options is available. More information is available at WaterfordHelena.com.