

NEWS Release



Waterford on Saddle Drive

A Touchmark® community
Touchmark—celebrating 25 years

FOR IMMEDIATE RELEASE

January 13, 2006
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WATERFORD SEMINAR TO FOCUS ON FALL PREVENTION

HELENA, Mont. — According to the Centers for Disease Control and Prevention, “more than 1.8 million seniors age 65 and older were treated ... for fall-related injuries and more than 421,000 were hospitalized” in 2003. Falls contribute to a decreasing quality of life. Simple measures can be taken to prevent falls, and on Thursday, Jan. 19 at 2 p.m. the public can learn tips to be steadier on their feet. This free, public seminar is at Waterford on Saddle Drive, 915 Saddle Drive.

Audiologist Brent Miller from Big Sky Hearing & Balance Clinic will discuss how hearing plays a role in balance and falls. Waterford staff member Tova Jones, R.N., will explain how to fall proof your home.

“Participants will learn specific techniques and knowledge to reduce their risk of a fall,” says Life Enrichment Director Susan Hill.

Waterford offers resort-style retirement for adults 55-plus and is home to more than 155 people. A wide range of single-level homes, apartments and living options are available.

- 30 -