

# 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 wellness activities Tuesday, Sept. 23. There is no charge for the day's events.

**10 to 11 am:** Tea with the Mayor. The Honorable Dave Munson will discuss current issues and what the future holds for the city of Sioux Falls. Limited seating is available, please call to reserve a space.

**1:30 pm:** *How to care for skin at all ages*, presented by Avera Dermatology & Laser Center.

**2:15 pm:** *Importance of Strength Exercises* by Avera McKennan Fitness Center Exercise Specialist Joni Anderson.

"We designed this event to help people gather useful information that can assist them in achieving healthy, fuller lives," says Waterford Life Enrichment/Wellness Director Krista Musser.

For more information, people can call 605-335-1117.

*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 US and is designed to promote healthy and active lifestyles. ■*



## Recent events



A group traveled to McKennan park and enjoyed the sunny, green-filled surroundings. The park is one of 70 public parks in Sioux Falls.



Jackie Ening dons a fun balloon hat during the annual Waterford resident, staff, and family picnic.

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From left: Frances Wagner, Ida Wilson, Mary Jane Reardon, Life Enrichment/Wellness Intern Allie Aasen, and Ray Swift stroll through Tuthill park, which is dotted with large trees and flower gardens.

Norma DeGroot shows off her beanbag skills during the annual Waterford resident, staff, and family picnic.



## Use it or lose it—redefined!



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

“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*

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.

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 *(cont.)*

(cont.) 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 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 Life Enrichment/Wellness Director Krista Musser. ■

## Coming Events

**Mondays, starting**

**Sept. 15, 2 to 4 pm**

Arthritis self-help group.

Limited space. RSVP to Life Enrichment/Wellness

Director Krista Musser.

**Tuesday, Sept. 23,**

**10 am**

Active Aging Day. See article on page one.

**Monday, Sept. 29,**

**2:30 pm**

Kooi Family Entertainers. Chapel.

## Enrich your life

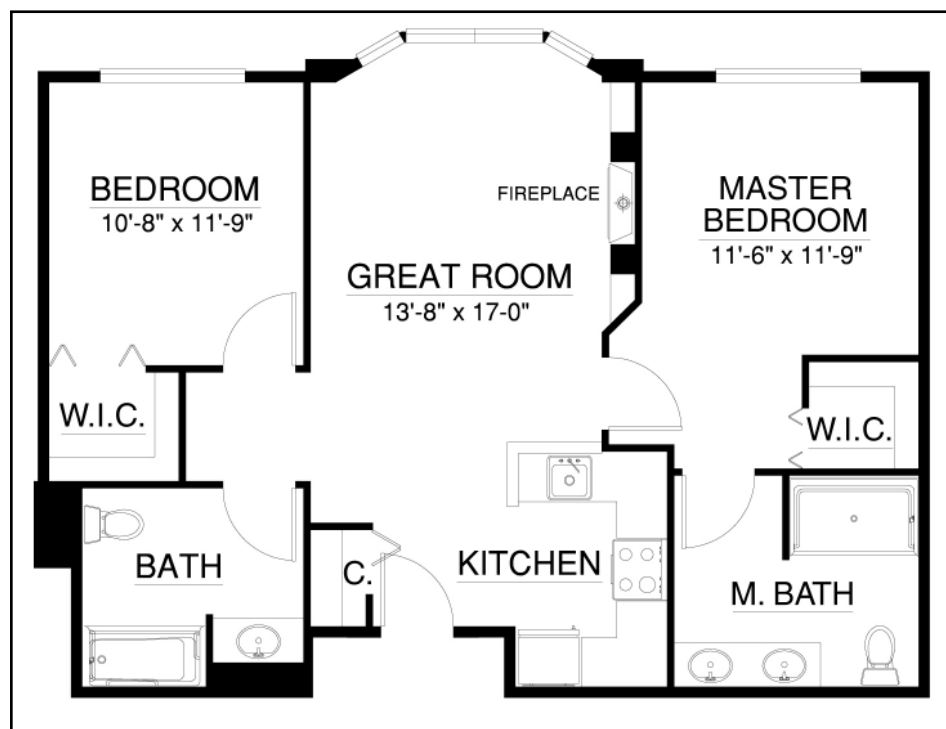
Waterford features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, 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 605-335-1117 today to learn more about the Waterford lifestyle and dynamic Life Enrichment/Wellness program—and the fall’s featured homes. ■



Apartment home 242 offers 933 square feet, two bedrooms, and two bathrooms. This home features oversized windows that allow the home to fill with natural light. Call today for a personal presentation.

## Community lends a hand

Recently, a member of the Waterford staff was selected as a candidate for a Habitat for Humanity home. This nonprofit organization builds homes with the help of volunteers.

As word spread about the construction project, the Waterford family wanted to offer support. So recently, a group of residents served cookies and chilled water to the volunteers working on the site.

“People at Waterford are proud to support one another,” says Life Enrichment/Wellness Director Krista Musser. “Residents appreciate the quality service staff provide to them everyday.”

The home will be completed this fall after many hours of volunteer work. ■



A group picture of residents and volunteers

## 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,” states Marge.

She later writes that “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.”

Read the full article online at [waterfordsiouxfalls.com/common/pdf/civic-engagement-enrich-lives.pdf](http://waterfordsiouxfalls.com/common/pdf/civic-engagement-enrich-lives.pdf). ■

Vocational wellness

### Enrich the lives of older adults through civic engagement



At a Touchmark community in the Boise, Idaho, area, residents Mary Kachasson (left) and Grace Bejda let the fun and flour fly while making cookies for a prison ministry. Kachasson, chair of the community's Volunteer Committee, was recognized this spring by the local Retired Senior Volunteer Program (RSVP) chapter for recruiting 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. "Late life civic engagement can take many forms," observes ASA, "from individual volunteerism to paid part- or full-time work to

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—and 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-MerLife Foundation Initiative on Retirement and Civic Engagement released *Reinventing Aging: Baby Boomers and Civic Engagement*, a report that highlights key issues and recommends key actions for tapping the Boomer opportunity. The report points

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## 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.**