

NEWS RELEASE



Waterford at Harwood Groves

FOR IMMEDIATE RELEASE

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Waterford brings benefits of national program to month of fall prevention activities

One in three Americans 65 and older falls each year, and 30 percent of them require medical treatment, according to the Centers for Disease Control and Prevention.

FARGO, N.D.—Waterford at Harwood Groves is holding a Fall Reduction and Awareness Month, spanning the week of Sept. 13 through the week of Oct. 4. The public is invited to take part in the many events, presentations, screenings and classes. There is no charge. Seating, however, is limited, and people are encouraged to call (701) 476-1200 to reserve a spot. All events will be held at Waterford, 1200 Harwood Drive, Fargo.

Award-winning program

Waterford is a Touchmark community, and all activities are based on the Touchmark Fall Reduction and Awareness Program. The program was one of 10 programs recognized nationally in 2007 by the Falls-Free Coalition of the American Society on Aging and National Council on Aging. It was the only program selected in North Dakota.

The following activities are designed to highlight the importance of balance and mobility, which support people's independence and reduce the risk of falls:

Week of Sept. 13

- Tuesday, Sept. 14, 7 p.m. — *Eyeing Good Nutrition*, Gary Renier, OD, and Sherri Nordstrom Stastny, PhD.
- Thursday, Sept. 16, 1 p.m. — *What Do Your Ears Have To Do With Balance?*, Megan Bolda, AuD.

Week of Sept. 20—Active Aging Week

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. This year's theme is "Be Active Your Way."

- Tuesday, Sept. 21, 1 p.m. — *Safety in the Home*, Jessica Baumgartner, OTR/L.
- Wednesday, Sept. 22, 1 p.m. — *Muscle Strength & Flexibility: How They Affect Balance*, Mitch Wolden, PT, DPT.
- Thursday, Sept. 23
 - 9-11 a.m. — Wellness Fair with booths featuring blood-pressure screenings, eyeglass adjustments, hearing-aid checks, skin-care tips and products, physical and occupational therapy, chair massage, personal training and NeuroCom® Balance Master® demonstrations.

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- 10-11:15 a.m. — Demonstrations of popular classes:
 - 10 — Fall Recovery
 - 10:20 — Ballroom Dancing
 - 10:40 — Zumba
 - 11 — Tai Chi

Nutritious snacks and bottled water will be provided. Door prizes (one-hour massage; Balance Master assessment; Waterford beach towel and water bottle and 30-minute personal-training session) will be awarded at the end of the event.

Week of Sept. 27

- Tuesday, Sept. 28, 9-11 a.m. and 1-3 p.m. — Senior Health & Fitness Testing for people 60-plus years with Mark Minette, Waterford Health & Fitness Club director, and Heather Muscha, Waterford personal trainer.
- Wednesday, Sept. 29, 9-11 a.m. and 1-3 p.m. — Balance Master assessments with Mark Minette and Mitch Wolden, PT. By appointment only. To schedule an appointment, call (701) 526-1055.
- Thursday, Sept. 30, 4 p.m. — *Medications and Falls ... They're Related*, Linson Pharmacy.

Week of Oct. 4—Demonstrations of fitness classes

- Tuesday, Oct. 5, 9:30 a.m. — Posture & Balance.
- Wednesday, Oct. 6, 1 p.m. — Social Dance; 2 p.m. — Creative Movement.
- Thursday, Oct. 7, 9:30 a.m. — Fall Recovery

“We are delighted to offer this award-winning program to people throughout the Fargo area,” says Waterford Executive Director Kari Dick. “This is a proven program that definitely improves people’s balance, thus reducing their chances of falling.”

Mark Minette will lead several of the offerings and has extensive experience in adult fitness. In addition to his leadership role at Waterford, he has served as executive director for two YMCA centers in other states. He holds numerous certifications, including the YMCA’s Working with Older Adults.

“Balance is an essential component of living an independent life,” says Minette, who also is trained to offer the Balance Master assessments. “Our club is the first location in Fargo to offer this system, which is one of the most advanced tools of its kind.”

The Balance Master incorporates the same technology used to measure equilibrium in NASA shuttle crews. Through interactive computer technology, the system evaluates each person’s unique balance and movement patterns.

Waterford, which opened in 1998, offers a wide range of retirement homes and lifestyle options and is home to more than 150 people. The Waterford Health & Fitness Club is open to people over 40 and features a variety of fitness options. More information is available at WaterfordFargo.com.

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