

NEWS RELEASE



Waterford at Fairway Village

FOR IMMEDIATE RELEASE

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Waterford celebrates Active Aging Week **Public invited to participate in fun, healthy activities**

VANCOUVER, Wash. — In honor of Active Aging Week, Waterford invites people to participate in a variety of wellness activities Wednesday, Sept. 24 and Saturday, Sept. 27. There is no charge for most events, which will be held at Waterford, 2911 SE Village Loop in Vancouver.

Wednesday's events will celebrate National Women's Health & Fitness Day.

- **8 a.m.:** Waterford Fitness & Wellness Specialist Cathy Lauder, P.T., will lead a demonstration of a stretching and strengthening class and share a presentation about osteoporosis. People can enter to win door prizes, including a membership at the Waterford Health & Fitness Club.
- **9 to 11 a.m.:** Health screenings provided by ProActive Health Resources. Bone-density screenings for \$5. Other health screenings such as cholesterol and additional important health indicators will have a fee. Blood pressure screenings are complementary.
- **11 a.m.:** Go Red for Women campaign representative and Director of Cause Marketing Rebecca Seebert-Fancher will present "Women's Heart Health."
- **12 to 1 p.m.:** Open health discussions and Waterford Rehabilitation & Aquatic Therapy Manager Melanie Serpa, O.T., presenting the latest therapies and exercises available for bladder issues.

Saturday's events will include a Wellness Fair, featuring local health and wellness experts and vendors, and a mini walk in honor of the Portland Alzheimer's Association Memory Walk®.

- **8 a.m. to 2 p.m.:** Wellness Fair will feature groups like Clark College's Mature Learning program; Evan Gwilliam, D.C., of Camas Chiropractic; local sports retailers; Diabetic Supplies; Sterling Life Insurance Company; The Arthritis Foundation; and the American Heart Association. Waterford Health & Fitness staff will lead various class demonstrations, such as the popular Posture & Balance Class.

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- **9 a.m.:** Mayor Royce Pollard of Vancouver will lead a walk, while a drummer plays the drums to keep the rhythm — just like during the Alzheimer’s Association Memory Walk in downtown Portland. People can select from a one- or two-mile walk.
- After the walk, concessions, featuring assorted health food stores and local restaurants, will be for sale.
- **10 a.m.:** Earthquake Ethel’s Roadhouse Jazz Band will play during the Wellness Fair.

“We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Waterford Health & Fitness Director Kim Lehmann. “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 WaterfordVancouver.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.

Opened in 1998, Waterford at Fairway Village is home to more than 235 people and is located adjacent to the Fairway Village 55-plus community and public golf course. Waterford offers a range of homes and lifestyle options. A health and fitness club is open to anyone over 40 and features a variety of fitness classes, specialized equipment and a 75-foot pool. More information is available at WaterfordVancouver.com.