



***Creating the Future of Aging Services in Oregon
Keeping People at the Center through Leadership, Advocacy and Education***

FOR IMMEDIATE RELEASE

October 11, 2006
For further information:
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**UNIQUE OPPORTUNITY
FOR PEOPLE CARING FOR THOSE
WITH ALZHEIMER'S DISEASE**

VANCOUVER, Wash. — Family members, foster-care providers and employees of memory care residences throughout the Northwest will have the opportunity to learn important fall-prevention information at a special Alzheimer's networking meeting Wednesday, Oct. 25, 2006, at Waterford at Fairway Village, 2911 S.E. Village Loop in Vancouver, Wash.

The half-day session begins at 12:30 p.m. with a light lunch, followed by the presentation "Creating a Blame-Free Fall Environment" led by Marge Coalman, EdD, vice president of Wellness and Programs for Touchmark, and Lori McCormick, physical therapist and featured instructor on Oregon Public Broadcasting's popular "Sit and Be Fit" show. There is no charge, but people must RSVP by calling (503) 684-3788.

Coalman and McCormick will share information about preventing falls, which are the leading cause of accidental deaths in people age 65-plus. According to the "American Family Physician," "Falls can be markers of poor health and declining function ... One third of community-dwelling elderly persons and 60 percent of nursing home residents fall each year. Risk factors for falls in the elderly include increasing age, medication use, cognitive impairment and sensory deficits."

Coalman served on the board of the Oregon Chapter of the Alzheimer's Disease and Related Disorders Association, chairing its Portland Leadership Council. A guest professor for

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Cathleen Sullivan, President
Ruth Gulyas, Executive Director

Oregon State University, Portland State University and the Oregon Gerontological Association, Marge is sought internationally as a conference speaker. She also is a contributing journalist to the International Council on Active Aging as well as a course developer and master trainer for the Oregon Health Care Association. At Touchmark, she oversees the Life Enrichment/Wellness program, health and fitness clubs and assisted living and memory care programs.

In addition to appearing in the “Sit and Be Fit” series on public broadcasting, McCormick is the fitness specialist at Waterford on South Hill in Spokane Wash. There, she helps people over 55 years achieve their fitness goals through group classes and personalized fitness programs. She has more than 20 years of clinical experience as a physical therapist and nearly 10 years as a teacher of senior fitness classes. McCormick is certified through the American Council on Exercise and is a certified senior strength trainer through the International Weightlifting Association.

Attendees will have the opportunity to tour Waterford’s memory care and early memory support residences following the presentations.

The Alzheimer’s networking group is an ad hoc group of individuals who provide care to people with Alzheimer’s disease.

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