

NEWS RELEASE

Waterford at Harwood Groves



FOR IMMEDIATE RELEASE

September 8, 2008
For further information:
Mary Tvedt
(701) 476-1200

Waterford hosts Active Aging Week — Public invited to participate in fun, healthy activities
FARGO, N.D. — In honor of Active Aging Week, Waterford invites people to participate in fun, healthy activities Friday, Sept. 26. There is no charge for the events, which will be held at Waterford at 1200 Harwood Drive in Fargo. The celebration will include several activities:

- **9 - 11 a.m.:** Displays and demonstrations by a variety of local vendors, including safe walking tips; taking care of your feet; hypertension; dry-skin conditions; microdermabrasion; chair massages; and Balance Master[®] assessments.
- **11 a.m.:** “Brain Buzz,” presented by Regional Center Director Gretchen Everson from the Minnesota-North Dakota Chapter of the Alzheimer’s Association’s Eastern North Dakota Regional Center in Fargo.
- **11:30 a.m. - 1 p.m.:** Lunch served in the Prairie Rose Dining Room.
- **1 p.m.:** Style show by Scheels[®] All Sports, McCulley Optix Gallery and Foot Solutions.

For more information, people can call (701) 476-1200.

“We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Waterford Life Enrichment/Wellness Director Mary Tvedt. “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.”

- more -

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 WaterfordFargo.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.

Serving the Fargo-Moorhead metropolitan area since 1998, Waterford offers a wide range of retirement homes and lifestyle options and is currently home to about 140 people. The Waterford Health & Fitness Club is open to people 40-plus years and features a variety of fitness options, including a warm-water swimming pool that measures approximately 25 x 50 feet. More information is available at WaterfordFargo.com.