

NEWS RELEASE

Waterford on West Century



FOR IMMEDIATE RELEASE

September 1, 2010

For more information/interviews:

Amy Miller

(701) 323-7000

AMM@Touchmark.com

Active Aging Week activities planned at Waterford – “Be Active Your Way” includes speakers, demos and more

BISMARCK, N.D. — Waterford on West Century will hold a three-day health-focused event during Active Aging Week, Sept. 20-23. “Be Active Your Way” is the theme, and Waterford will bring in speakers from the community, offer healthy snacks, fitness screenings and walking pole demonstrations. The activities will be held at Waterford, 1000 West Century in Bismarck. There is no charge for the events, and all are open to the public.

Be Active Your Way activities

Active Aging Week kicks off with a day of activities and health screenings at the Waterford Health & Fitness Club.

Monday, Sept. 20 (Unless otherwise noted, all activities Monday are 9 a.m. – noon and 1 – 4 p.m.)

- Cholesterol, sugar and blood-pressure screenings by Gateway Pharmacy.
- Foot screenings by Brian Gale, DPM, and his team. (Call the Waterford Health & Fitness Club at (701) 355-1280 to make an appointment.)
- Assessments of orthopedic issues by Dakota Physical Therapy. (Call the Waterford Health & Fitness Club at (701) 355-1280 to make an appointment.)
- Fitness screenings (includes strength, range of motion, cardiac output and body fat) by Waterford Health & Fitness Club staff.
- Chair massages (\$1 per minute) by Massage Therapist Sarah Mahrer.
- 3 p.m. — Nordic walking pole demonstration plus outdoor walk to learn firsthand how these poles burn more calories per minute while reducing strain on the knees, hips and back. (Walking poles will be available for purchase after the presentation.)

Tuesday, Sept. 21

- 1-2 p.m. — David O’Regan, MD, an orthopedic surgeon with MedCenter One, will give an overview of total joint replacement.
- Healthy snacks provided between speakers.
- 2:15-3:15 p.m. — Physical therapist Nicki Sommers, RPT, ATC, will discuss hydrotherapy and total joint therapy.

Thursday, Sept. 23

- 1-2 p.m. — Kris Todd, FNP, will share information about osteoporosis, including prevention and treatment options. Todd owns Dakota Osteoporosis.
- Healthy snacks provided between speakers.

-more-

- 2:15 p.m. — Certified orthotist Erik Kilzer will talk about home medical equipment and how it can help older adults be more active and independent.
- 7 p.m. – Fictional farmer Milo Hatzenbuhler will close out the three-day event with an evening of music and comedy.

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.

Waterford resident Joe Pleines has had both his knees replaced and knows firsthand the value of remaining active. He visits the Waterford Health & Fitness Club every morning except on Sundays to work out. “I know it helps,” he says. “If I don’t exercise and keep limber, I get stiff.”

A former farmer and rancher, Pleines exclaims that “a day was never long enough” for him. While doctors wanted to do his first knee replacement upon discharge from the Marines in 1946, Pleines waited until the 1960s. He has had his left knee joint replaced four times, and his right one once. “I couldn’t have lived without these knee replacements,” he says. “They’ve been a lifesaver.”

For more information about the Be Active Your Way activities, please contact Amy Miller at (701) 323-7000.

Waterford on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit WaterfordBismarck.com.

-end-