

NEWS Release



Waterford on West Century

A Touchmark® community
Touchmark—celebrating 25 years

FOR IMMEDIATE RELEASE

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For more information:
Reva Kautz
(701) 323-7000

WATERFORD LAUNCHES FALL AWARENESS CAMPAIGN

BISMARCK, N.D. — According to the Centers for Disease Control and Prevention, “Among people 65 years and older, falls are the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma. Each year in the United States, nearly one third of older adults experience a fall.”

To help raise awareness of this serious issue, Waterford on West Century will hold a fall awareness event Tuesday, March 6, 2007 from 1 to 3 p.m. at 1000 West Century Avenue in Bismarck. There is no charge, and refreshments will be served and door prizes given away. Tours of Waterford also will be available.

The event will include:

- Ruth Beachey, PT, from St. Alexius Balance & Dizziness Center, presenting “What You Should Know About Balance” at 1 p.m.;
- Duane Stegmiller, RPh, of Medicine Shoppe Pharmacy, discussing “Medications That May Cause Falls” and “Proper Medication Use” at 1:45 p.m.;
- Chad Bergan, MPT, of Dakota Physical Therapy, giving tips about home safety at 2:30 p.m.

“Far too many adults experience falls,” notes Waterford Health & Fitness Club Director Shawna Dschaak, “so we are bringing together several experts to teach people how they can avoid falls and the related health problems.”

Waterford offers resort-style living to those 55+ and is home to more than 150 people. The community offers a wide range of single-level homes, apartments and living options. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options.

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