



Health and Wellness Programming is a Priority at Creekside at the Village

Diabetes, hypertension and high cholesterol are just three potentially significant health issues for which the risk factors multiply exponentially starting at age 45.

At Creekside at the Village, members are encouraged to remain physically and cognitively active through a variety of outlets. Offering both independent and assisted living options, members are encouraged to participate in a variety of social, intellectual and physical activities designed to assist members as they live as vibrant, active, and healthy community members.

“We’ve brought in a series on Opera. We have yoga classes. We encourage continuing education through a variety of outlets,” said Leslie Hire, social coordinator at Creekside at the Village. “As we near the third anniversary of our building, we have learned so much about the desire of our members to continue growing and learning, and that is so important to remaining as vital and healthy as possible.”

The Health Trust, a California-based nonprofit dedicated to improving the overall health of its constituents, states that the prevalence and risk factors for each of these three diseases increases by as many as 10 – 20% as people reach age 65 and older. Additionally, it is estimated that 70 – 90% of older adults access treatment for some level of depression (The Health Trust, June 5, 2007).

However, there is good news; healthy lifestyle choices, including diet and exercise, can reduce the risk of aging symptoms and age-related diseases. Even the chance of developing dementia can be diminished by staying cognitively and physically active (CNS Senior Care, 2008).

Through healthy menu choices, opportunities for social and intellectual engagement, and a calendar full of options to encourage physical activity, Creekside at the Village offers a holistic approach to health and wellness that extends far beyond the basics of diet and exercise.

“We know that older adults face increased health risks as they age,” said Terry Atkinson, Creekside’s Executive Director, “so we do everything we can to offer opportunities to think, to move, and to enjoy life to the fullest. Even laughter can improve health, so we take nothing for granted when we plan activities for our members.”

Atkinson continued, “Our members have had opportunities to learn about personal health risks through presentations on Alzheimer’s disease and Osteoporosis. Those types of presentations then reinforce the importance of participating in meaningful intellectual and physical activities. We all want to grow older gracefully, and making healthy lifestyle choices helps us achieve that.”

For more information on the programming offered to members at Creekside at the Village, call 614-559-5500.

And Announcing...The Senior Stroll

With the goal of promoting active aging, as well as to promote the benefits of intergenerational activities, Creekside at the Village will sponsor “The Senior Stroll” in the spring of 2009.

A one-kilometer walk will be planned (that’s just over a half mile) for seniors, and participants will be encouraged to walk with their children and grandchildren. The details of the stroll will be announced in early 2009, but all community members who are 55 and older will be invited to participate.

Look to www.whv.org after January 1, 2009 for more details!

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