

‘Ignite your passion’: Hosts share what they did for Active Aging Week 2017

Whether through host reports or emails, websites or blogs, traditional or social media, Active Aging Week hosts reported on what they did for Active Aging Week® 2017 and shared stories of meaningful events. To review all these offerings is to be impressed anew at the array of fun, engaging and educational opportunities available to participants. Below are 10 mini-profiles and a sampling of news to give a flavor of the week.

Snapshots: 10 host profiles

An open house for the 55+

Individuals explored healthy aging during Active Aging Day 2017, September 26, at The Wellness Institute, powered by Seven Oaks General Hospital in Winnipeg, Manitoba, Canada. The day featured testing and screenings, group exercise classes, five-minute massages, exhibits in the gym, live music and a farmers market. Among other things, the Institute’s Rehabilitation & Sports Injury Clinic and the Active Living Coalition for Older Adults in Manitoba (ALCOA Manitoba) demonstrated exercises and activities (e.g., fly fishing). Educational highlights included “The Power of Prevention” keynote by former wellness consultant Gail Pollard, MD, delivered to a full room; and a health talk on preventing and managing back pain. The Institute’s Active Aging Ambassadors were on hand to inspire and encourage participants. ALCOA Manitoba also actively promotes Active Aging Week participation each year, connecting older adults with community events across the province.

A week of wellness

At La Posada in Palm Beach Gardens, Florida, Active Aging Week kicked off with a Monday morning health fair. Attendees gained information on different



The Wellness Institute’s Active Aging Ambassadors and trainer Ashley joined Active Aging Day 2017 festivities in Winnipeg, Canada. Image courtesy of The Wellness Institute at Seven Oaks General Hospital

aspects of wellness, and opportunities to win raffle prizes. On Tuesday, Lisa Ochs, DPT, and La Posada Director of Rehabilitation Linda Borgmeyer, OTR/L, gave a presentation on how residents could stay strong and active, which was followed by a sampling of healthy appetizers. Residents could also try an acrylics painting class, watch a chair yoga demonstration by Peilin Ko of Elder-musik, and go for a sea glass hunt on the beach followed by lunch at Café Sole.

A week of workouts

24Hr Fitness, with headquarters in San Ramon, California, offered a free seven-day pass to guests ages 50 and beyond who came into one of the chain’s clubs for Active Aging Week 2017. Participants could enjoy free workouts, including Silver&Fit and SilverSneakers group-exercise classes. In the end, more than 1,000 classes took place in 300 locations nationwide.

A partnership expands options

Celebrating Active Aging Week a little early, nine organizations in Western North Carolina—including longtime local host Area Agency on Aging, Land of Sky Regional Council—partnered to present a week of events. Among the activities to kick off the week on Monday, September 18, was “Healthy Aging Day” at the Reuter Family YMCA in Ashe-

ville. The day featured health screenings and workshops, plus exercise and food demonstrations, among other things. Other events during the week focused on safety, security, Medicare, health education, management of pain and diabetes, falls prevention, and creativity. The week wound to a close with “Walk With Purpose,” a community walk and discussion connecting participants with AARP in the Mountain Region; and with the fundraiser “Over the Edge for the Council on Aging of Buncombe County.” Fundraiser participants each raised USD\$1,000 for the thrill of rappelling down a seven-story Asheville building.

An invitation to participate

Seeland Park in Grinnell, Iowa, opened its group exercise classes to the public for Active Aging Week, inviting adults ages 55+ to participate in fitness sessions ranging from seated classes for any fitness level to high-energy line dancing. The community invited the local Senior Meals group to participate in the week’s daily activities as well, noted Julie Klein, fitness specialist for Seeland Park and its healthcare center, St. Francis Manor. These activities included a line-dancing session with “The Parkettes” (“a huge hit”), a games competition with prizes, a kazoo band, a popular mile walk around campus, and a closing celebration. In her

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