

# NEWS RELEASE



## Touchmark at Meadow Lake Village

MEADOW LAKE  
VILLAGE®

### FOR IMMEDIATE RELEASE

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### Take steps to reduce risk of falls

MERIDIAN, Idaho — One in three Americans 65 and older falls each year, and 30 percent of them require medical treatment, according to the Centers for Disease Control and Prevention.

Touchmark at Meadow Lake Village is holding a Fall Reduction and Awareness Week, Jan. 18 to 22. The public is invited to take part in the many events, presentations, screenings and classes. There is no charge. Seating, however, is limited, and people are encouraged to call (208) 888-2277 to reserve a spot. All events will be held at Touchmark, 4037 E. Clocktower Lane, Meridian.

### Award-winning program

All of the activities are based on the Touchmark Fall Reduction and Awareness Program. The program was one of 10 programs recognized nationally in 2007 by the Falls-Free Coalition of the American Society on Aging and National Council on Aging. It was the only program selected in Idaho.

The following activities are designed to highlight the importance of balance and mobility, which supports people's independence and reduces the risk of falls:

#### Monday, Jan. 18

9 and 11 a.m. Balance Assessments  
3 p.m. Gentle Yoga Demonstration Class

#### Tuesday, Jan. 19

11 a.m. Home Safety Presentation by Michelle Boisvert, MS, PT  
3 p.m. Bocce Ball for Balance Demonstration Class

#### Wednesday, Jan. 20

9 a.m. Fall Recovery Demonstration Class  
10 a.m. Tai Chi Demonstration Class  
11 a.m. Home Health Presentation by Heather Skye-Redford, community outreach coordinator, Touchmark Home Health  
3 p.m. Wii Bowling  
6:45 p.m. Carlo Bonelli and The Entertainers. Sue Hebison will teach line dancing

#### Thursday, Jan. 21

11 a.m. Dietary Presentation by Caroline Morse, RD, LD  
3 p.m. Pilates Demonstration Class

6:30 p.m. Partners in Fall Reduction! Presentation by Marge Coalman, EdD,  
Touchmark Vice President of Wellness & Programs

**Friday, Jan. 22**

9 and 11 a.m. Shoe Fit with Shu's Running Company  
10 a.m. Review of Prescription Medications by Bob Floto, RPh, Portico  
Pharmacy  
11 a.m. Poker Walk and Balance Games

"We are delighted to offer this award-winning program to people throughout the Boise area," says Touchmark Executive Director Matthew Hoskin. "This is a proven program that effectively improves people's balance and reduces the chances of falling."

Statistics show that people who participated in an eight-week pilot program that included six weeks of personal training showed an average 72-percent improvement in their physical assessments.

Michelle Swantek is Touchmark at Meadow Lake Village's Life Enrichment/Wellness director. She has more than 20 years of fitness experience and holds certifications in group exercise from Aerobics and Fitness Association of America, personal training from National Academy of Sports Medicine, mat basics from Stott Pilates and YogaFit.

As part of her responsibilities, she leads several balance classes and has seen people's confidence grow.

"Balance is a large factor in people's risk of falling," she says. "In our classes, we talk about posture when sitting, standing and lying down. We talk about walking and letting the arms swing naturally. We also do finger exercises with a ball. Finger dexterity is important, because if people slip in the tub, they need to be able to grab that bar to prevent falling."

Coalman provides support and oversight for Touchmark's Assisted Living and Memory Care programs as well as health and fitness clubs and centers. She received her doctorate in Education from Oregon Health Sciences University and holds a master's degree in Education from Portland State University. Her bachelor's degree is in Physical Therapy from the University of Washington. Coalman serves on the advisory board of the International Council on Active Aging and is sought internationally as a conference speaker. She will be presenting at the 2010 Aging in America conference in Chicago.

Covering more than 100 acres, Touchmark at Meadow Lake Village is a retirement community offering a range of homes and lifestyle options. For more information, visit [MeadowLakeVillage.com](http://MeadowLakeVillage.com).

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