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OAKWOOD VILLAGE

Continuing Care Retirement Communities

*Oakwood Foundation, Inc.
Oakwood Lutheran Homes Association, Inc.
Oakwood Village Apartments, Inc.
Oakwood Village East Lutheran Homes, Inc.
Oakwood Village East Apartment Homes, Inc.*

FOR IMMEDIATE RELEASE

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Oakwood Village Residents Look Forward to Snowshoeing

(February 26, 2010 – Madison, WI) On Wednesday, March 3, 2010 at 11:00am (weather permitting), as many as two dozen Oakwood Village West residents will invade the University of Wisconsin Arboretum for a snowshoe walk. Arboretum-goers should be on the lookout for an unusually large number of older adults snowshoeing, which should prove to be an unusual sight.

The activity was requested by the resident's Events and Activities Committee, a group of residents that help schedule and determine resident activities. Oakwood's staff, led by Health and Wellness Coordinator Stephanie Ehle and intern Jeena Lucas-Komarek, is more than happy to oblige.

"We are always looking for ways to keep our residents active, especially in the winter," shares Lucas-Komarek. "We do a lot of park walks in the warmer months, and residents can always walk the halls of Oakwood in the winter, but this gives us an opportunity to get residents outside and exercising year-round."

Although Oakwood offers numerous wellness classes on its two Madison campuses, including Tai Chi, Senior Moves (a combination of resistance training and cardio exercise), a No Falls Class (a fifteen-week class emphasizing balance and fall prevention) and Active Care (a comprehensive eight-week fitness and wellness program), Lucas-Komarek considers the scheduled snowshoe outing extremely unique.

"I just think it's neat to hear about 80 and 90 year-olds participating in an activity many adults don't even do," she says. "It's fun to hear them reminisce about how large snowshoes used to be."

The Oakwood staff will be taking a few precautions to make sure this is a safe event. The health and wellness staff scouted out area parks and nature trails to ensure relatively flat terrain. Residents will be encouraged to use poles while walking and will be accompanied by staff on the trip.

"My wife and I lived in New England for 63 years," shares participant Harry Woll, who turns 90 this August. "I had a pair of 1950 L.L. Bean snowshoes, the kind with the big oak frames and leather binding. We gave them away when we moved to Oakwood. When I first saw the sign-up sheet for this event, I wondered whether I should do it or not. I actually walked back to my apartment but then came right back and signed up. My daughter would be mad at me if I didn't go."

Oakwood Village is a locally-operated, not-for-profit, benevolent organization serving the health and wellness needs of seniors in Madison for over 60 years. Supported by 37 Lutheran congregations, Oakwood Village East and Oakwood Village West offer a full continuum of care including independent living, assisted living, memory care, and rehabilitation facilities.

Oakwood is a Lutheran church-sponsored organization whose mission is to serve older persons through loving, caring Christian communities, responding to their physical, social, emotional, intellectual, and spiritual needs, and to encourage a sense of independence, individuality, dignity, and worth throughout life.

Oakwood Village is accredited by the Commission on Accreditation of Rehabilitation Facilities—Continuing Care Accreditation Commission.