

OAK LEAVES

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Fitness Director

“From classes to individual sessions, there are exercise opportunities here for everyone.”

Bill Burtner
Fitness Center Director

Mary Lou Shepherd enjoys her group exercise class each week, while Bill Josefick benefits from going to regular T'ai Chi classes.



As Fitness Center Director, Bill Burtner oversees all exercise programs at Sherwood Oaks. Bill, who has been with Sherwood Oaks for eight years, has a Masters in Sports Science and Exercise Physiology, is certified by the American College of Sports Medicine, and is certified through YogaFit to teach a modified version of Yoga to older adults.

Bill said, “My philosophy is that anyone can exercise and derive benefit. The key is to assess the resident’s abilities and prescribe an appropri-

ate program. Modified movements, one-on-one sessions with the instructor, starting and working at a pace appropriate for each individual assures that people of all ages and conditions can participate in exercise and improve their quality of life.”

Bill also believes in providing many different styles of exercise and programs. He said, “The more types of programs available, the more likely that residents will participate and continue on a regular basis. We know from experience that people do not continue with a program if it is too difficult, is not convenient or is not enjoyable. From classes to individual sessions, there are exercise opportunities here for everyone.”

Mary Lou Shepherd attends a group exercise class three times



Residents and wait list clients are encouraged to use the fitness center.

each week. She said, “I joined the group because I want to maintain my balance and strength and prevent future problems. Under Bill’s direction we use weights, stretch bands and balls for a workout

that conditions every part of the body. Of course there are people who can’t do all the movements, whether they’re in a wheelchair, have a pain problem or some other limitation;

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Exercise at Sherwood Oaks

Healthy Living

At Sherwood Oaks, independent, healthy living has been at the forefront since day one. An important component of healthy living is maintaining physical and mental stability through activity.

Robert Love, M.D., Sherwood Oaks Medical Director said, “Exercise is good for everyone particularly older adults who tend to lose muscle mass easier as they age. Proper exercise can prevent this and can even help reverse the loss. Some patients, who exercise regularly, are able to reduce the amount of medications they take if they have arthritis or certain other chronic pain.”

Dr. Love continued, “Studies continue to confirm that regular exercise has both physical and mental health benefits for older adults, including a lower risk of falling, a reduced risk of developing heart disease and diabetes, lowering of blood pressure, lessening of arthritis-related pain and aids in the treatment of depression. Benefits derived from exercise contribute significantly to an improved mental outlook, an improved immune system and an independent life style. Sherwood Oaks, always on the cutting edge on health care, offers residents a wide range of programs.”

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From Mark Bondi President and CEO



Mark D. Bondi
President and CEO

The Wellness Program at Sherwood Oaks consists of emotional, intellectual, social, spiritual, vocational and physical aspects of healthy living. In this issue we focus on some of the physical exercise programs available to residents, the benefits of which often overlap with

other components of the Wellness Program. To guide residents in using equipment and learning how to properly and safely perform exercise movements, we are fortunate to have as Fitness Center Director Bill Burtner. His education, experi-

ence and dedication are invaluable to residents, whether they are on a maintenance or improvement program.

We invite you to visit our campus and experience first hand the many exercise opportunities available to Sherwood

Oaks' residents. As an added benefit, Wait List clients, after medical approval, are permitted to use the Fitness Center at no charge. Just phone the Marketing Department at 1-800-642-2217 and we'll schedule an appointment.



Walking with a friend

Hippocrates called it "The best medicine". Thomas Jefferson agreed, "Of all exercises I prefer walking". Ralph Waldo Emerson sang its praises. Harry Truman was still walking daily well past his 80th birthday.

Sherwood Oaks founders also knew the value of walking and designed a "walking community" campus. Nearly twenty-five years later, residents, whether for the health benefit, exercising a pet or for a leisurely stroll, can be seen daily taking advantage of the large scenic campus and covered walk ways — continuing the "walking community" spirit.

Several years ago, as part of Sherwood Oaks Wellness Program and in answer to a survey of residents, the "Take a Walk with a Friend" program was initiated. Led by Bill Burtner, Director of the Fitness Center, five courses were mapped and identified as "Beginning" to "Challenging" according to difficulty.

Joan Rycheck participates in the walking program. She said, "We meet at the Community Center and walk whichever course suits the group. 'Take a Walk with a Friend' is such an enjoyable way to get exercise that I'm not aware I'm exercising at all.



Walkers enjoy the covered walkways that connect every location on campus.

"While it's healthy, it's also social and informative. I've learned a lot about plants, trees, shrubs, mushrooms and other growth on the campus both from Bill and fellow walkers. The time passes so quickly when you're with friends and there's always something interesting to talk about."

Bill said, "'Walk with a Friend' is a popular program for many reasons. One reason is health concerns. Residents with cardiac, diabetes, weight and other problems are often advised by their physicians to walk. Regardless of your current activity level you can be challenged and have fun. Walking benefits the mind as much as the body; it gives a mental boost and contributes to better sleep habits. "Walk with a Friend" is an opportunity to socialize and enjoy the large wooded campus while doing something good for yourself."

When asked if she would walk alone if the group wasn't available, Joan said, "I probably would continue to walk because I love it. However, my route wouldn't be as varied and interesting and I wouldn't have the benefit of the others' knowledge."

The "Walk with a Friend" program meets once each week beginning in spring and continuing as weather permits.

"Walking benefits the mind as much as the body; it gives a mental boost and contributes to better sleep habits."

Bill Burtner
Fitness Center Director

Kathleen Schartner (left) and Joan Rycheck discuss the health benefits of staying fit.



Yoga at Sherwood Oaks

Yoga exercises were once perceived by many to be appropriate for just the young, the very flexible or those who wanted to embrace the religion of another culture. Sherwood Oaks residents have proved this perception wrong.

Gertrude Stewart participates in the Yoga class at Sherwood Oaks and had this to say about it, "I was somewhat familiar with Yoga having been introduced to it before I moved to Sherwood Oaks. In my opinion, Yoga practice is still misunderstood to be a form of meditation which can be a component of Yoga but it isn't in our class. I joined to maintain my flexibility, and my latest evaluation by Bill put me in the 93rd percentile for women my age. The most important thing for older adults who practice Yoga is to have an instructor who is trained, experienced and competent in working with older adults so that the Yoga movements are appropriate for each individual.

The three phases of Yoga are utilized: Warm up/breathing, holding positions and cool down with deep relaxation. Bill said, "I recently attended a program of instruction on Yoga modified for older adults. I find that they can reap many benefits including increased mobility, improved posture and better balance, flexibility and lowering of blood pressure even though they may have to stand close to a chair or take a short break between movements. I'm



a great believer in the value of Yoga exercise for our residents."

Gertrude added, "Bill always says that anyone can exercise, whether it's Yoga or another program. I agree with him — it's a matter of knowing where to start, when to progress and when to quit. He makes it possible for everyone because he individualizes the movements and makes them worthwhile and enjoyable. I encourage anyone who wants to maintain flexibility and balance to visit our Yoga class."

Yoga classes are offered to residents without charge.

Gertrude Stewart (left) and Mary Lou Shepherd enjoy Yoga and the exercise classes.

"I encourage anyone who wants to maintain flexibility and balance to visit our Yoga class."

Gertrude Stewart
Sherwood Oaks Resident

Fitness Director (Continued from page 1)

they're able to participate because Bill adapts the exercises for them. He will also consult with residents' therapists for the best possible outcomes."

Kathleen Schartner regularly exercises in the fitness center using the pneumatic air pressure machine. "We don't have an activities director at Sherwood Oaks," Kathleen said. "Programs are suggested by residents and therefore reflect our interests. The same principle applies to the Fitness Center and exercise programs, but we wouldn't be able to use them effectively and safely without Bill's expertise and input. We are very fortunate to have Bill with us."

Seniors get excited about Nintendo Wii

Last month Sherwood Oaks resident Anne Williams hosted a Nintendo Wii party for 30 friends in the Sherwood Oaks Card Room. About a dozen Nintendo staffers arrived with party food and beverages, six Nintendo Wii games and six extra large television sets. Nintendo staffers were stationed at each TV to demonstrate how to play games such as golf, tennis, bowling and boxing. Nintendo Wii uses a remote as a racket, golf club, bowling ball, etc. The remote can detect motion and rotation

in three dimensions, and allows the user to control the play by physical gestures.

"It was incredible," reported Anne Williams. "Everyone we talked to had such a great time and we were amazed at the technology. The simulation looked

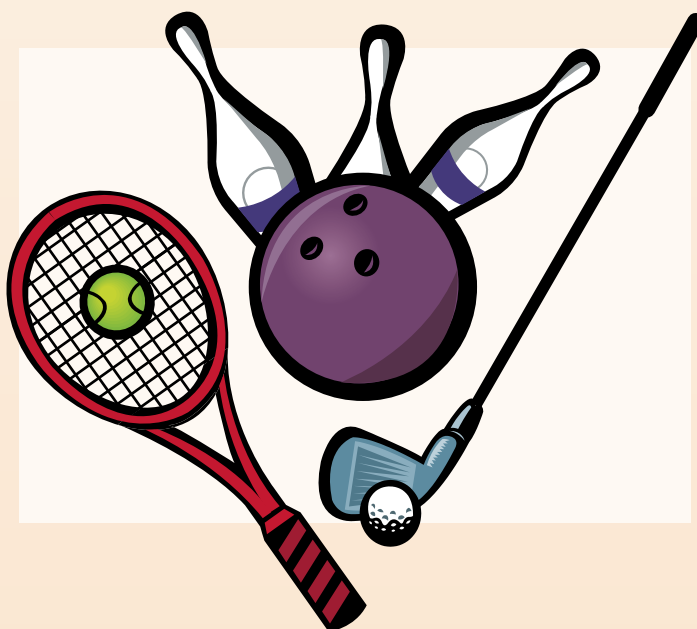
very real. The golfers looked as though they were having the most fun."

Bill Burtner, Fitness Center Director, likes the Wii because it provides an additional exercise choice for residents. "Seniors who may not want to do

group exercises or yoga, may get really excited about Nintendo bowling or golf, because these are things that they played previously in their lives."

A representative from the Nintendo Corporation added that they have been surprised by the sheer level of interest from seniors across the country. "We had no idea we'd receive such an enthusiastic response to Wii from so many groups, especially seniors."

Nintendo Wii is available permanently in the Sherwood Oaks Fitness Center.





T'ai Chi at Sherwood Oaks



"My own experience with older students, have shown that T'ai Chi's slow, fluid rhythmic movements practiced over a period of time have a beneficial effect on these problems (balance, concentration, blood pressure and flexibility) as well as being an aide to prevention."
— David Slaughter, T'ai Chi Master

The T'ai Chi class at Sherwood Oaks was started at the request of residents who had attended a presentation at the last Wellness Fair, where the T'ai Chi presentation was the most popular one at the Fair.

I asked instructor David Slaughter, who studied under T'ai Chi Masters and holds the title of Sifu or Master, why there is an interest in Tai Chi with older adults.

He said, "As we age, we may experience problems with balance,

concentration, elevated blood pressure or flexibility. Studies, as well as my own experience with older students, have shown that T'ai Chi's slow, fluid, rhythmic movements practiced over a period of time have a beneficial effect on these problems as well as being an aide to prevention. In fact, T'ai Chi is reported to be the most effective exercise in the prevention of falls in the elderly."

Bill Josefick has been in the T'ai Chi class for about a year. He said,

"I worked out in the Fitness Center for quite a while, even before I moved in. Bill Burtner, Fitness Center Director and I talked about an inner ear problem I have that affects my balance. He suggested I try T'ai Chi. As a result my balance has improved so that I am able to balance on one foot about three or four times as long as when I started T'ai Chi. The movements of the exercises are smooth flowing and graceful but they require you to think about what

you're doing. As a result, your ability to concentrate, which sometimes lessens with age, improves along with your body. David has said that next to balance, improved memory and concentration are the most important benefits of T'ai Chi for older adults."

With adapted movements, David says everyone can participate and benefit from T'ai Chi. T'ai Chi class meets once each week and residents pay a \$3 fee for each class they attend.

Mission Statement

The mission of Sherwood Oaks is to operate a continuing care community for people age 62 and over which fosters independence, health and physical and financial security for residents, while preserving a quality and dignity of life in which residents may realize their fullest potential.

Exercise at Sherwood Oaks (Continued from page 1)

After you have decided to increase your physical activity, the key is to find the right exercise for you. A program that is fun and appropriate will help keep you motivated. Exercise programs available include:

- Machine and free-weight exercise in the Fitness Center
- Walk with a Friend program
- Yoga classes
- T'ai chi classes
- Group exercise program
- Group or individual swim sessions
- Massage therapy

All exercise programs are held on campus and are led by professional, experienced instructors.



Want a place to park your electric-powered scooter? Residents with scooters can use them to get to the community center, and then park them in the Gallery parking area.



Oak Leaves is published quarterly by the Marketing Department.

For more information, call Sherry Cook or Marti DiGioia, Marketing Consultants or Phyllis Franks, Marketing Assistant at 1-800-642-2217.

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