

Know Your Fall Risk: Balance & Gait Changes



As we age, changes in muscle strength, coordination, and posture can affect how we walk and move.

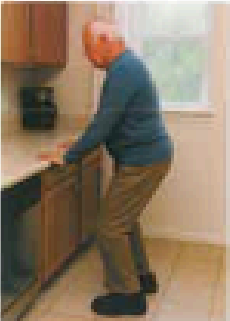
Warning Signs:

- ✓ Shuffling feet or uneven stride
- ✓ Difficulty getting out of a chair
- ✓ Feeling dizzy or unsteady

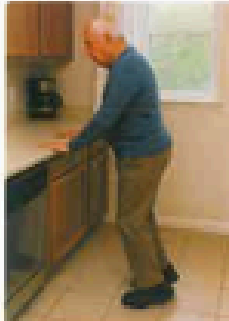


What You Can Do:

- ✓ Use mobility aids like canes or walkers if needed.
- ✓ Take your time when standing up or turning.
- ✓ Look ahead while walking, not just at your feet.
- ✓ Lift your feet instead of shuffling
- ✓ Exercise regularly to strengthen legs and core muscles.
- ✓ **Examples:** Mini-squats, heel raises, marching in place, balance exercises.
- ✓ Get a physical therapy evaluation if unable to exercise without fear of falling, difficulty, or pain.



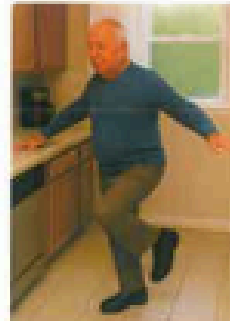
Mini-Squats



Heel Raises



Marching in Place



Balance Exercises



THE Waterford
COMMUNITIES
Assisted Living & Memory Care

Save the Dates

- March 12: Daycare Visit with Crafts and Games!
- March 13: Wilderness Hills Stroll
- March 17: Celebrate St Patty's Day!
 - Luck of the Irish Craft
 - Trivia
 - Snacks
 - Beverages
- March 20: Pool Noodle Race
- March 23: Spa Day and Massages
- March 25: Childhood Back in the Day Game
- March 27: Spring Craft
- March 31: Craft Club/ Flower Prep Outdoors



Check our monthly calendars for musicians, socials, outings, and more!

Wilderness Hills

News

Once the weather starts to warm up, we would love to begin planning more outings for our elders. We truly value input from both elders and their families and would love to hear your ideas.

If there are places you or your loved one would enjoy visiting, please let us know! We would also love for families to join us whenever possible. Our goal is to help everyone get out, enjoy the fresh air, and spend meaningful time together.

Please share any suggestions you may have!

Jura Michael, Administrator

February Moments



Happy Birthday to our Staff!

March 12: Vanessa Tiamoh

Happy Birthday to our Elders!

March 13: Irene Anderson

March 14: Lynn Kennedy

Resident Council Shout Outs to our Team Members that go above and beyond!

Everyone is doing amazing!

Follow us on Facebook!

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facebook.com/WaterfordCommunities

Are you on the List?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!

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