

# redefined BALANCE

move more



live well

## She's Learning New Tricks

### Ena Moore—Resident at Park Springs since 2004

When Mrs. Moore began participating in the Balance Challenge that NIFS runs annually at Park Springs, she thought she was pretty well-versed in all things exercise.

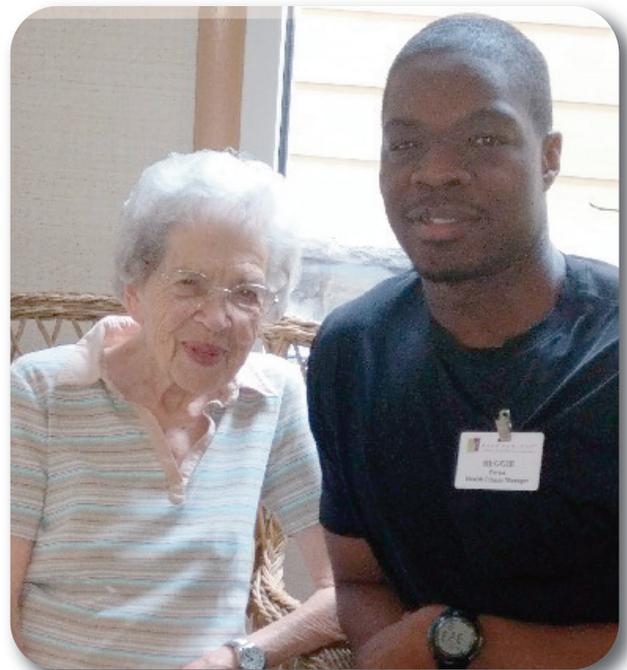
After all, she's been exercising since well before it was popular. An early diagnosis of arthritis left her in a true "move it or lose it" situation, so in the 1960's she became more active, and she carried that love of exercise with her when she moved into Park Springs in 2004. Mrs. Moore told us she participates in just about everything she can in the community's exercise program including taking a variety of water and land-based group exercise classes, using the fitness center exercise equipment, and joining a team for the annual NIFS Wellness Challenge. Even with a little bit of a slowdown in recent years related to a Parkinson's Disease diagnosis, she's still quite active. In fact, she's been working regularly with NIFS manager, Reggie, and her neurologist to address targeted exercises that will help Mrs. Moore maintain her independence as long as possible.

As a continuation of her exercise program, Reggie invited Mrs. Moore to join the Balance Challenge so she could participate in a more holistic approach to balance training. Fortunately, Mrs. Moore obliged, and it was an accepted invitation that proved to be very timely. At Park Springs, participants have demonstrated a nine percent decrease in their fear of falling over three years of running the Balance Challenge.

As a faithful participant in the Challenge, she was in the crowd when Reggie was teaching participants how to fall and get up safely. Just a few days after the presentation, Mrs. Moore was outdoors in front of the Park Springs Clubhouse when her walker snagged on a rug and she fell. When she recounts the story, she says she didn't have time to think about it, but she remembered Reggie teaching that she should fall to one side and protect her head. Instinctively she did just that.

Her fall occurred right in front of the community's Executive Director, Jim Schneeberger, who offered assistance. But after Mrs. Moore had a moment to get her bearings, she refused assistance from Jim and was able to use the techniques Reggie offered to get up on her own. Mrs. Moore told us, "I see what happens to other people when they fall and I don't want that to happen to me. I don't want to break a hip or injure my brain. So I practice what Reggie has taught us regularly. It was a big help that day [when I fell], but it's helped me continue to be able to garden and keep up with my grandkids too."

Mrs. Moore's fall outside the Clubhouse has become an inspiration across the community and her regular appearances in the gym help her peers know just what successful aging can look like. We're honored to play a small part in her success.



Find out how Balance Redefined can benefit your residents. Contact Emily Davenport by email or at 317-274-3432.





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