



She's Enjoying New Life

Joan Weigle—Resident at StoneRidge since 2014

When her husband died a few days after they moved to StoneRidge, Mrs. Weigle was faced with a tough decision. She could hold up in her apartment, keep to herself, and process through her grief alone, or she could work through her grief as she met new people and tried new experiences afforded only in a community setting. After spending ten years as a caregiver to her husband, a time she embraced and about which she has no regrets, she felt she was ready to do something for herself.

Within a few weeks after moving into StoneRidge, someone invited her to try the Balance class, and she's been a faithful participant ever since. In the last few years, she's tried all sorts of exercise opportunities at the community including swimming, balance and core classes, tai chi, meditation, walking groups, and gardening. She's also enjoyed a regular card group and even picked up studying Spanish.

While working with Tracey, the NIFS manager in the StoneRidge fitness center, Mrs. Weigle proceeded through balance testing on the Biodex Balance System™ and was pleased with her scores, but she didn't stop working on her balance. In a recent retest, she showed improvement in her scores, and she told us with measured pride, "I'm 87 years old, and I've aged a few years while living here, but I'm getting better and the machine says so."

Her balance isn't the only thing improving. In a recent doctor's visit, she received an A+ rating from her physician for her well-controlled blood pressure, and an ankle pain that had long plagued her (for which her doctor could find no cause), is no longer a problem. She credits staying busy and regularly taking the stairs for these health improvements. Mrs. Weigle is definitely a fixture in the balance class, but she's also a champion for regular exercise in the pool. In fact, she told us her family knows that they should not call her at 9:00 a.m. on Mondays, Wednesdays, and Fridays, because she will be in the pool at those times.



She's not one to brag, but we think Mrs. Weigle is something of a superstar. Prior to moving into StoneRidge, she indicated she had lived an active lifestyle, but a lot of that went away when she assume full time caregiving responsibilities for her husband. Within a few years of moving in, she competed in the Connecticut Senior Olympics and did so well that she went on to compete at the national level.

For Mrs. Weigle, it's not work. The exercise programming is an essential element of her social life as well as her independence. She told us, "Fitness at StoneRidge is fun and continues to challenge me to keep moving as I age. I feel truly blessed to be at this community of caring, knowledgeable people, most especially our Tracey!"

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