



THE WATERS

The Waters Senior Living Rolls Out New Family Programming Initiative

The Waters Senior Living has established a strong reputation in Minnesota for its wellbeing philosophy. A key component of one's wellbeing is, of course, building and maintaining strong connections to family and community.

In that spirit, beginning in August, The Waters Senior Living is rolling out a new Family Programming initiative featuring monthly themes designed to help people learn and grow.

The Waters' Director of Resident Engagement, Anne McDonald, has designed this dynamic program using her 15 years of experience in healthcare. With a Master's Degree in Clinical Social Work and additional certification in Gerontological practice, McDonald has a deep understanding as to how family dynamics can help or hinder major life transitions.

"When we can empower families through education and support, it helps set realistic expectations about what may lie ahead with regards to our seniors' wellbeing. Having the ability to anticipate changes, or accept that change will happen, reduces anxiety and worry," she said.

According to the Centers for Disease Control, (C.D.C.), caregivers report having difficulty finding time for themselves, managing emotional and physical stress, and balancing work and family responsibilities. "These concerns shouldn't consume a caregiver once a loved one has moved in to a senior community. Our programming initiative is meant to help people find a way to alleviate that stress," said McDonald.

In line with the Waters' wellbeing model, developed in partnership with the University of Minnesota Center for Spirituality and Healing, August programming will be focused on relationships. There will be a particular emphasis on helping families discover a new normal when a loved one needs memory care.

"Alzheimer's disease and other dementias are a public health issue. As our population ages, all be touched in some way by this disease and we need to be prepared. We need to understand, lessen stigma and realize that programs and services like those being launched by The Waters are available. It is critical to support both those living with the disease and the people providing their care," said Deborah Richman, Vice President of Education and Outreach from the Alzheimer's Association of MN-ND.

"We are truly privileged to be included in The Waters' Family Programming, which will provide valuable educational opportunities for residents and families of each of their communities. In this day and age we are always searching for more information, more education, and most importantly, sources we can trust. Family Education is a vital part of our St. Croix Hospice program," said Chris Hood, Director of Business Development at St. Croix Hospice.

The August programming is just one example of the growing family programming that will be available at all eight of The Waters communities. "We are offering programming at multiple

locations in an effort to make this resources as convenient as possible for as many people as we can,” said McDonald.

The Waters plans to bring in additional partners over time to expand its comprehensive programming experience. All programming will provide up-to-date and evidence-based information that empowers families with knowledge and skill to help them cope with change and increase their wellbeing. This includes resources, handouts, and other educational materials.

To see the full schedule of available programs and register, go to <http://www.thewatersseniorliving.com/academy/>. Light refreshments will be served at all events, which are open to both people with loved ones living at The Waters communities and members of the general public.

Upcoming themes include Advance Care Planning in September, Caregiving in October, Understanding Caregiver Stress and Caring through the Holidays in November, and Fall Prevention in December.

About The Waters

Minneapolis, MN-based The Waters Senior Living LLC is an owner, operator, and developer of distinctive senior communities in Minnesota and nationally. The company mission is to create communities that thrive – for residents, families and team members. Their communities offer an innovative suite of personal services and amenities, developed in partnership with the nation's thought leaders, including the University of Minnesota Center for Spirituality & Healing. The Waters has eight communities, encompassing more than 1,000 apartments, in operation in Minnesota. They are in Edina, Minneapolis, Plymouth, Rochester, Oakdale, Highland Park, Eden Prairie and White Bear Lake. The Waters of Excelsior, opening in Spring 2018, will be The Waters' 9th community.

About The Alzheimer's Association Minnesota-North Dakota

The Alzheimer's Association Minnesota-North Dakota has been providing services, information, and advocacy for more than 30 years to people with dementia, their families and health care providers. This Chapter is one of seven founding chapters of the National Alzheimer's Association, headquartered in Chicago.

It was started by family caregivers, led by Hilda Pridgeon, who came together around a common need of getting support and help for their loved ones with dementia. Since 1979, the donor-supported, nonprofit Alzheimer's Association has provided reliable information and care consultation; created supportive services for families; increased funding for dementia research; and influenced public policy changes.

EDITOR'S NOTE: To arrange an interview with Anne McDonald, director of resident engagement at The Waters, contact Rachel M. Anderson, Publicist, at 952-240-2513 or rachel@rmapublicity.com.

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