

## Possibilities

In January of 2000, Pohai Nani was on the threshold of launching a wellness program. Their objective was twofold: to establish programs that focused on prevention and wellness principles, and to strengthen their position in the market. Following the recruitment of a professional leader, a heavy dose of education at all levels in the organization, and the establishment of effective programs and outcome management systems, Pohai Nani's program got underway.

Fast forward five years and we see Pohai Nani as a retirement housing industry leader providing comprehensive programs, with extraordinary outcomes, high participation, and a strong demand from both residents on campus and the community at large – in fact, Pohai Nani has had to turn away many inquiries due to lack of facilities.

Pohai Nani is again on the threshold of new possibilities – the development of a new fitness and aquatics center to serve Windward Oahu. Read more to discover how powerful a wellness program can be for the mid-life and older adult population.

Be well,  
**John Rude**  
President

# W A G E Dynamics Inc. WELLNESS JOURNAL

Volume 8 • Issue #6 • Fall 2006

## Successful Aging Functional Outcomes Lead Toward Higher Quality of Life

Wellness is a holistic approach to health and well-being, and when applied to any population, the accepted disciplines are: physical, social, mental, emotional, spiritual, and vocational. This article focuses on the physical component. The graphs presented clearly show that regardless of age, older adults have the capacity to tap into their potential and

enhance their functional ability.

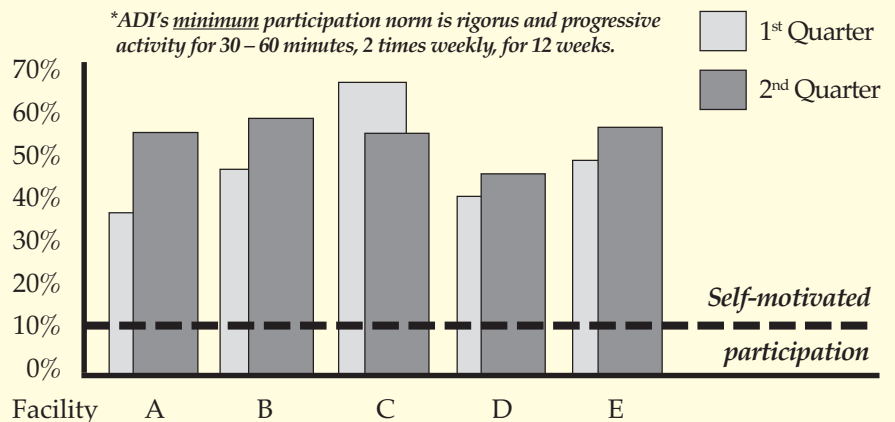
### Changing Behaviors

Older adults grew up in an era where hard work was the norm, and retirement was touted as a time to kick back, relax and be leisurely. Although promoted with good intentions, that kind of lifestyle only exacerbates the human aging process.

... continued on page 2

## Program Participation\*

Selected **AGE** Dynamics Inc. Wellness Program Clients



## TESTIMONIALS

"John Rude and his team delivered a very powerful wellness program to our campus. Their approach was not geared toward the exceptional person, but was designed to be very practical and accessible to all.

Our residents were able to understand the process, they eagerly participated and became enthused with their results!

The success of our program has now inspired us to begin a capital campaign for a new fitness and aquatics center."

*Luann Foos*  
Executive Director  
Pohai Nani Retirement Community

"Thanks for all the great information that you provided during the Wellness Audit! It was an excellent learning experience for all of us here at Elim Park."

*Ron Dischinger*  
President  
Elim Park Baptist Home

"... we realized that we had no idea of what a wellness program would entail for our campus and had no idea where to start.

... after much consideration and reference checks, we settled on Age Dynamics ...

We couldn't have made a better decision."

*Ingrid Prater*  
Associate Administrator  
Mount Miguel Covenant Village

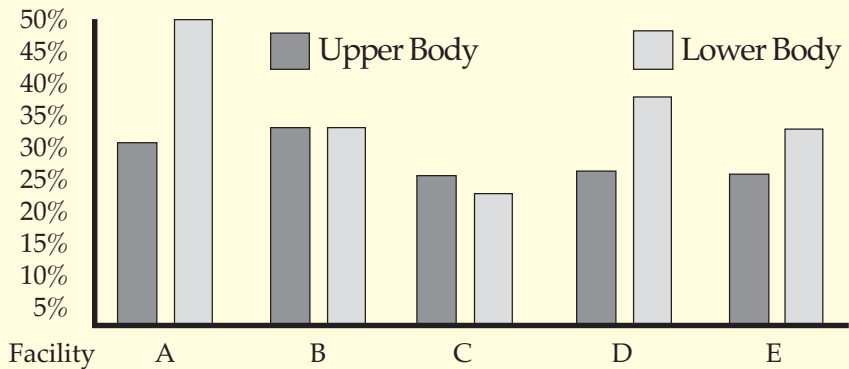
## Measuring Wellness . . . continued from page 1

With a barrage of motivational techniques (including a large dose of education), this

out of a chair, get off a toilet seat, or go for a walk. Many institutionalized older adults

## Strength: Upper/Lower

Selected AGE Dynamics Inc. Wellness Program Clients – IL Participants  
Note: Improvements are based on participation in a 12-Week Program



predominately inactive age group can be highly motivated to participate on a regular basis. Note in the first bar graph on page 1, participation levels can often reach 40 – 60% of the population in a retirement community.

## Strength Training is #1!

Many older adults rely on walking to maintain their fitness level. Not a surprise, because during the 70's and 80's there was nationwide emphasis on combating heart disease. However, research clearly shows that as we age, it is more important to focus on strength than cardio.

If one doesn't have base line strength, one cannot get

are in that environment because they are weak, not because they are sick. If an older adult has time for only one new activity, strength development is their best medicine!

## Balance Concerns

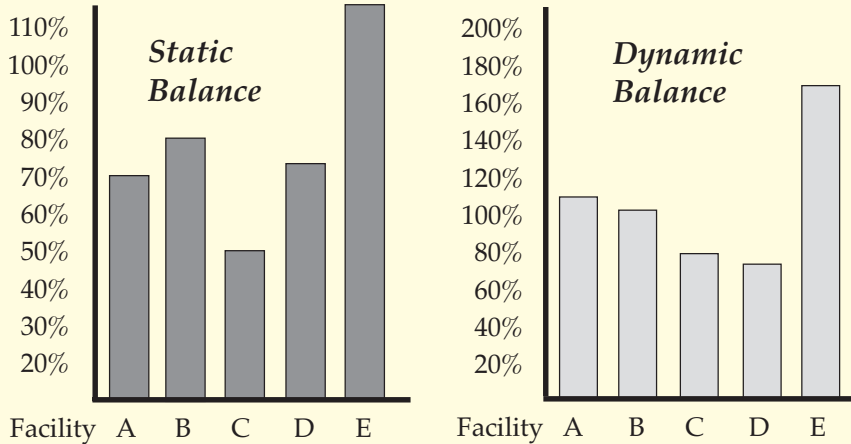
Balance problems are frequent among older adults. Imbalance can result from over-medication, poor nutrition, inner ear disease, and even depression. However, in the majority of cases, approximately 60 – 70% of this population has balance problems due to weakness in lower extremities. This can be corrected with strength training in as little as 10 – 12 weeks!

... continued on page 3

Measuring Wellness . . . continued from page 2

## Balance Improvements

Selected AGE Dynamics Inc. Wellness Program Clients – IL Participants  
 Note: Improvements are based on participation in a 12-Week Program



### Pohai Nani's Record

Functional outcomes were tracked over a one-year period during 2000 – 2001. Each quarter, pre and post-assessments were performed on approximately 100 Pohai Nani wellness program participants (average age 86.5 years). In the graph at right, note that in each quarter, positive gains were made. Be sure to note the one-year cumulative mean score totals in the far right hand column.

### Feelings, Mood and Quality of Life

When participants have less pain, higher self-esteem, more confidence, and experience an increased quality of life, they often expand their

life experiences to include greater socialization, willingness go beyond their limitations, and focus on something meaningful and purposeful beyond themselves.

While functional outcomes are important, what really matters is how these outcomes impact quality of life. Please see stories of Pohai Nani residents on page 4.

## SELECTED RETIREMENT COMMUNITY CLIENTS

- Appalachian Christian Village
- Boutwells Landing Ret. Community
- Brethren Village Ret. Community
- Casa Dorinda Ret. Community
- Charter House Ret. Community
- Cross Keys Village
- Dow Rummel Village
- Elim Park Ret. Community
- Franke Tobey Jones Ret. Estates
- Frederick Mennonite Community
- Good Shepherd Villa
- Manzano del Sol Ret. Community
- Meadow Lakes Ret. Community
- Mount Miguel Covenant Village
- North Hill Retirement Community
- Passavant Retirement Community
- Pine Run Community
- Pohai Nani Retirement Community
- Presbyterian Village East Harbor
- Presbyterian Village Oakland Woods
- Presbyterian Village Westland
- Rappahannock W-C Ret. Community
- Rockwood Retirement Communities
- Sunny View Retirement Community
- Swiss Village Ret. Community
- Valle Verde Retirement Community
- Wesley Acres Retirement Community
- Willamette View Ret. Community

## Cumulative Outcomes

Pohai Nani Retirement Community, Kaneohe, HI  
 First Year, April 2000 – November 2001

	1st Qtr	2nd Qtr	3rd Qtr	4th Qtr	Score*
• Static balance	+64%	+50%	+38%	+26%	+178%
• Dynamic balance	+38%	+25%	+15%	+11%	+ 89%
• Agility	+18%	+ 7%	+15%	+54%	+ 94%
• Flexibility	+56%	+57%	+30%	+27%	+170%
• Upper body strength	+22%	+ 9%	+22%	+18%	+ 71%
• Lower body strength	+35%	+ 7%	+26%	+19%	+ 87%
• Cardiovascular	+38%	+17%	+34%	+21%	+110%

\*Cumulative mean scores for one year.

## Wellness is More than Exercise & Statistics

### Retirement Community Wellness Programs Support Independence and Lifestyle Choices



Stevie (left), age 85, lacked confidence in her ability to travel. She enrolled in Pohai Nani's\* wellness program to change that.

As a result, her balance increased 140%, her endurance rose 57%, and her flexibility improved 16%.

Stevie resumed traveling and completed a rigorous fishing trip to Alaska with a close friend. She was able to keep up with the group, and came home with 70 pounds of salmon to share with her friends!

Al (below), age 75, struggled with inactivity and a weight problem, so he too entered Pohai Nani's wellness program. He boosted his agility 55%, his lower body flexibility 170%, his upper body flexibility 233%, his endurance 25%, his strength 77%, and his balance 101%!

As a result, Al has had to add new notches to tighten his belt, he feels so much better, and is now actively pursuing acting, magic, and social outings.



Virginia (right), age 86, entered Pohai Nani in a wheelchair after suffering a massive stroke.



After conventional therapy, she entered the wellness program and participated in both aquatics and strength programs. Her balance improved 68%, her agility increased 36%, and her flexibility rose 53%.

Virginia now walks independently, focuses on her passion – solar energy – and not on ill health. *(Virginia now lives in California.)*

*\*Pohai Nani Retirement Community, Kaneohe, Hawaii. Wellness program designed and implemented by Age Dynamics Inc.*

## AGE Dynamics Inc. WELLNESS SERVICES

- Corporate wellness planning
- Feasibility studies
- Fund raising support
- Board approval
- Architectural interface
- Space design & utilization
- Equipment selection & layout
- Personnel & resident education
- Select/train program leadership
- Programming & scheduling
- Exercise protocols
- Outcome management
- Operations
- Extensive resource materials
- On-going supervision
- Annual Wellness Symposium

## Award-Winning Programs

ADI congratulates Good Shepherd Villa, Mesa, Arizona, and Wellness Director, Jason Wright (left, photo below).

GSV's "Abundant Life Wellness

Photo courtesy Bruce Peterson, Peterson Photographics



Program" was awarded the 2004 Quality First "Best Practice Award" given by the Arizona Association of Homes

and Housing for the Aging.

Like Pohai Nani, Good Shepherd Villa is a Ev. Lutheran Good Samaritan Society property.

In addition, congratulations also go out to Rockwood Retirement Communities, Spokane, Washington, and Wellness Director Brenda



Jurich (center, photo below), for winning the 2003 Washington Association of Housing and Services for the Aging "Award of Excellence" for their outstanding wellness program.

ADI developed both programs.