



TAYLOR JOHNSON & OLESKER

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FOR: Park Place of Elmhurst

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FOR IMMEDIATE RELEASE:

Getting a New Attitude on Aging

Local fitness expert gives tips to seniors on healthy aging

According to the American Council on Exercise, an active lifestyle makes for a happier, healthier retirement by controlling blood pressure, weight and cholesterol and reducing the risks of heart attack, stroke and even some cancers. That was the message Dr. Thomas Sattler, former professor at the University of Illinois-Chicago and former physical training supervisor for the Chicago Cubs and Chicago Blackhawks, delivered to a group of seniors at a recent healthy aging seminar hosted by Park Place of Elmhurst (www.ParkPlaceElmhurst.com). Park Place is a new continuing care retirement community sponsored by Rest Haven Christian Services.

“I invite you to become adventurers into the rest of your lives,” Dr. Sattler encouraged. “To do so, it’s important to consider the many facets of health.” One of the most important parts of aging is accepting yourself and remaining healthy not only physically, but emotionally and mentally as well.

“Wellness is the most overused word I’ve heard in a long time,” he added. “People expect too much from doctors and not enough from themselves.”

To help seniors focus on themselves and make their own lives better, he offered several helpful tips on what to do to stay healthy, fit and happy.

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- Recognize that it's not just physical health that keeps us going, but also intellectual, emotional, social, spiritual and financial health.
- Attitude is everything, and activity helps. Exercise is a stress and anxiety reducer which helps boost energy and improve your attitude.
- Self-acceptance is the key to a happy, healthy lifestyle. "We don't have time to feel sorry for ourselves," Sattler said.
- Emphasize personal and social support systems. Perceived support from others boosts confidence. If you feel like a supporter for someone else it makes you feel needed, which boosts self-esteem, Sattler noted.
- Realize the importance of staying functional. Exercise keeps your body working, and strength and flexibility prevent falls and other common senior injuries.

Throughout his presentation, Dr. Sattler motivated the willing group of seniors to take action in their own lives and make their retirements worthwhile.

When Park Place of Elmhurst opens in 2010, he will serve as an advisor to the community's program, SeniorFITness™, which will help residents improve their performance during daily activities like gardening or grocery shopping. The program also focuses on increasing independence, health education and maintaining a healthy lifestyle. Benefits of SeniorFITness™ include improved endurance, improved flexibility and increased self-esteem.

One attendee expressed his eagerness to participate in the SeniorFITness™ program at Park Place.

"Dr. Sattler is definitely a motivator. I think it's going to be a great program," said Fred Hodge, a retired United Airlines captain and future Park Place resident. "My wife and I cannot wait to be involved with such a great thing."

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As a Life Care community, Park Place offers independent-living residences while also providing the assurance of high-quality health care services, such as assisted living, skilled nursing and memory support services, should they be required. Entrance fees range from \$394,900 to \$854,400.

An Information Center with a model vignette and scale model of the community is located at 360 West Butterfield Road, Suite 100 in Elmhurst. For more information about Park Place of Elmhurst and SeniorFITness™, call the Information Center at (630) 333-4343 or visit www.ParkPlaceElmhurst.com.

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About Rest Haven Christian Services

Rest Haven Christian Services is a not-for-profit organization that has provided care to seniors in the Chicago area since 1912. Formed by the Reformed and Christian Reformed Churches of metropolitan Chicago, Rest Haven currently operates 12 communities throughout Illinois, Michigan and Indiana, with three additional communities under development.

Editors: For current pricing information or to schedule an interview, contact Taylor Johnson & Olesker at (312) 245-0202.



Park Place of Elmhurst is a new continuing care retirement community located at the intersection of Butterfield Road and Prospect Avenue in Elmhurst. As one of the only Life Care senior living communities in the western suburbs, Park Place recently began accepting reservations for its 183 residences.