



1200 Overlook Drive
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503-636-4589
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The Stafford Newsletter



Message From the Executive Director

“Live the life you have imagined.” –Henry David Thoreau

By Alexander Ben-Israel, MBA-NHA



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The Stafford provides assurance that you’ve come home to a community that exemplifies everything you expect from independent and active retirement living. Joining the Stafford “neighborhood” is joining a place where neighbors become friends. The Stafford makes available opportunities where you can express yourself through art and activities of your choice and you select programs and classes from a catalog filled with excitement and variety. At the Stafford you

may chose to spend your morning walking in park-like, beautifully landscaped surroundings or maybe just enjoy a cup of coffee on your balcony or patio. The Stafford’s full-service restaurant offers fine and authentic restaurant dining and the programming calendar is filled with cultural events, classical concerts for you to enjoy, naturally in good company.

The Stafford is not your typical retirement community; it is a boutique retirement community that sets the standard for senior living in the 21st century. The Stafford

is a special place, a place created with you in mind. At the Stafford, available programs, events and activities may fill your days with recreation, education and culture and you will find an abundance of programs and events that set the standard for independent boutique retirement living where one of the hardest parts of your day may be keeping from becoming too busy!

At the Stafford you’ll find that your neighbors are people just like you, vibrant older adults who expect more from life than a typical retirement community offers. You’ll meet neighbors with fascinating backgrounds, intriguing interests and exciting lifestyles.

I invite you to close your eyes and visualize the living you have always imagined; a desirable location, state of the art architecture, interiors designed by a visionary and master of interior design blended with the finest finishes, all this united with incomparable amenities and an abundance of programs, events and activities designed to stimulate body, mind and spirit.

Welcome! You have arrived at The Stafford, A Boutique Retirement Community.

Whether you are enjoying senior living now or just thinking about your future, give us a call and the opportunity to show you the Stafford way of living.

Help Us Name Our New Newsletter!

Can you suggest a title for our informative new publication? Call Norma Brainerd at 503-636-4589 with your great ideas! If your title is selected, you will receive dinner for two at your favorite Lake Oswego restaurant! Norma can also answer any questions you might have about life at The Stafford. We’d love to talk to you!



10 Myths and Facts about Falls

Are you concerned about the danger of falling? Especially if you've recently experienced a fall, you may worry about the possibility. But the good news is, plenty of research has been done on this very issue, and there's much we can learn from the studies. Being informed is the first step...because when it comes to falls, knowing myths from facts can help you lower your risk.



Staying active is an important facet of fall prevention

to protecting against falls! The truth is, inactivity actually increases the risk. Here's how it works: you experience a fall. Fear of falling causes you to reduce your level of activity. This reduces your reserve of energy, muscle tone and alertness...which makes it more likely that you will fall. Avoid this "cycle of inactivity" by asking your healthcare provider about a fall prevention exercise plan that's right for you.

Myth #1: The topic of falls isn't an important issue for me. If I fall, I just get up. No big deal.

Fact: Each year, one in three people age 65+ experiences a fall serious enough to require medical attention. Falls lead to hip fractures and other serious injuries, and are the leading cause of death due to injury. In many cases, the resulting disability makes it impossible for a person to continue to live independently.

Myth #2: Falls are just a part of growing older, and I can't do anything about that.

Fact: Our bodies change over time, and some of those changes do increase the risk of falling. Most older adults will experience problems with their eyesight, sense of balance, mobility, bone structure and reflexes. Medical conditions such as stroke, diabetes and Parkinson's disease also increase the risk. But there is much you can do to protect against falling.

Myth #3: So long as I stick close to home, I can avoid falling.

Fact: Over half of all falls take place right in the person's home. One of the most important steps you can take to cut your fall risk is to do a regular home safety inspection. Look for hazards, such as rough floor surfaces, clutter, throw rugs, and poor lighting. Make simple home modifications, such as grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps

Myth #4: If I have experienced a fall, the best way to prevent falling again is to sit down most of the time and avoid physical activity.

Fact: This may be the biggest myth of all when it comes

Myth #5: For protecting against falls, only balance exercises are effective.

Fact: Four types of exercise all work together in an effective fall prevention exercise program:

- Aerobic exercise, which improves cardiovascular fitness and brings more oxygen to the brain
- Strengthening exercises, which build the muscles
- Balance exercises, which help improve "proprioception"—our sense of body placement
- Flexibility exercises, which help keep us limber by stretching the ligaments

Myth #6: Muscle strength and flexibility, once lost, can never be regained.

Fact: It is true that as we age, we lose 20 to 40 percent of our muscle tissue, and become less limber. But exercise can at least partially restore strength and flexibility. Even if you've been a "couch potato" your whole life, beginning an exercise program now will benefit you in many ways—not the least of which is protecting against falls.

Myth #7: To prevent against falls, exercise must be strenuous.

Fact: Every little bit helps! Even moderate activity can make a marked difference in muscle strength. Some of the most useful exercises, such as Tai Chi, are very gentle. Every older adult, no matter what his or her health status, can reap the benefits of an individualized exercise program.

Continued on page 3

Falls *continued*

Myth #8: Medications can't increase the risk of falling.

Fact: It's true that some medications help protect against falls by treating conditions that increase a person's risk of falling, such as arthritis, osteoporosis and low blood pressure. But the side effects of some medications can actually put us at greater risk of falling. Side effects such as dizziness, fatigue, confusion or weakness should be discussed with your healthcare provider.

Myth #9: If I am concerned about falls, I shouldn't mention it to family members or my health-care provider—they might just try to slow me down!

Fact: Fall prevention is a team effort...so make it the subject of conversation with your doctor, family, and anyone else who is in a position to help. People who care about you want to help you reduce your risk.

Myth #10: If I am worried about the fall risk of a parent, spouse or other older adult, I shouldn't bring it up because it might hurt their feelings. And it's none of my business!

Fact: The reality is, helping your loved one or friend reduce the risk of falling is a caring act that can help him or her maintain the highest degree of independence possible. Yes, it is ultimately up to the senior him- or herself, but you can be a cheerleader for removing hazards in the home, finding a fall protection program—in short, working on risk factors that something can be done about. Let the person know that you fully support this important goal.

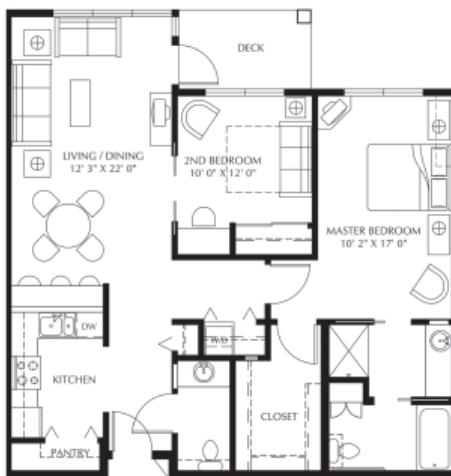
Choice Living for Remarkable People



Norma Brainerd,
Director of Sales
and Marketing

Imagine waking up in the morning and greeting the day with a delicious gourmet breakfast and a steaming cup of fresh, roasted coffee, followed by an invigorating walk through beautifully landscaped gardens. Perhaps you'll spend the afternoon sculpting, or finding a healthy balance in a Tai Chi class. Maybe you'd rather relax and enjoy some private time at home before savoring a gourmet dinner prepared just for you. Life is the sum of the choices we make. The Stafford, A Boutique Retirement Community in Lake Oswego, Oregon, offers a life brimming with possibilities for each of its remarkable residents.

Featured Floor Plan



TWO BEDROOM
1.5 BATH
1,074 SF
the STAFFORD

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drawing to win
a big surprise!**



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Our Mission:
To Enhance the Life of
Every Person We Serve

Avamere Family of Caregivers



CARESOURCE
HEALTHCARE COMMUNICATIONS

www.caresource.com

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The Stafford
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Community
Open in Early 2008

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Coming Up at the Stafford!

August 5

Friendship Day! Make a friend
your neighbor at the Stafford! We
appreciate referrals.

August 9

Informational event at the
Fairfield, 2:00–3:30 p.m.

August 16

Charter Members and
Special Friends of The Stafford
Dinner, 5:30–7:00 p.m. Call for
details and to RSVP, 503-636-
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