



Wellness at Windrows

Princeton Windrows is an independent living community, with many activities and programs to help us maintain our independence as we age, that is, to engage in Positive Aging. What is Positive Aging? There is no single definition for it, and different people and organizations use different terms for the same phenomenon. Various definitions of Positive Aging include:

- Enjoyment of living
- Maintaining good physical and emotional health in later life with a healthy living style
- Having positive feelings toward aging
- A sense of control in one's life

Some years ago, the McArthur Foundation did a study on aging in America. The results are described in the book *Successful Aging*, by the principal researchers Rowe and Kahn. They found three factors that determine how well one ages:

- Avoiding disease and disability
- High cognitive and physical function
- Engagement with life

A decline in older years has been attributed to genes and A.G.E, but in fact, genes only account for about 35% of longevity. Researchers are finding that more and more of the ailments we experience in older age are NOT related to aging, but rather to lifestyle choices we make. Through our Wellness Center and our many programs and activities, Princeton Windrows offers much to help us with aging successfully. However, we are responsible for the choices we make.

Flourishing, maintaining high cognition, and engaging with life involves getting out and interacting with our community. Research has shown that people who have meaningful relationships with others are healthier and live longer. Social isolation can be as detrimental to health as smoking or obesity. Some writers are calling this 'Social health'. Here at Windrows, there is no reason to be lonely (unless you choose to stay at home). We are an independent adult community and also an interdependent community.

Through our Windrows programs and activities, we can meet friends and experience intellectual stimulation through book and study groups, lectures, and trips. These help us keep connected with our neighbors and the community. The committees of Princeton Windrows are another way to keep connected with our community and to get involved, and they welcome visitors to their meetings.

The following pages outline the things we have here at Windrows to help us avoid disability and decline, and to keep us physically and mentally engaged, active and connected as we age. And if we do need care, the services offered through the Wellness Center can help us get the care we need.



WELLNESS CENTER

Debbie Lindstrom, Director of Wellness | Debbie came to Windrows in 2011 as a per diem staff nurse. In 2016, she assumed the role of Director of Wellness. Debbie is a graduate of a diploma RN program from Germantown Dispensary and Hospital in Philadelphia. While working there full time on a medical-surgical unit, she obtained her BSN from La Salle University. After leaving the hospital, she spent several years working for nursing agencies, traveling throughout the Philadelphia area, working in hospitals and rehab centers. During this time, she gained valuable experience in neurotrauma units, rehab centers, and oncology. Working in oncology lead her to Fox Chase Cancer Center, where she spent the bulk of her nursing career. At Fox Chase, she worked in areas such as inpatient care, medical-surgical, outpatient ambulatory care, and triage. Later, she wanted to concentrate on geriatric care and became the assistant director of an assisted living facility

Our Wellness Center maintains the gym and pool/spa areas and offers a number of exercise programs and services to keep us active and mobile. Staying active is a key factor for wellness in older adults and the consequences of not exercising can be serious. Mobility impairment can cause older adults to lose more than just the ability to move freely. Loss of mobility reduces our independence and puts us at a higher risk of a fall. Do you say you cannot exercise? It is not that people can exercise because they are healthy; rather, they achieve a healthy old age because they exercise.

WELLNESS CLASSES

Floor Training with Jay

M, W, F

8:30 AM–11:30 AM

Jay Pasignajen



Would you like to know how to best use the fitness equipment in the fitness center? Do you have questions on whether you are performing a specific exercise properly? Jay can answer your questions and give you tips to exercise with confidence. Please visit him at the fitness center!

Jay became a Certified Personal Trainer in 2015. He received his certification from the National Academy of Sports Medicine. He is also CPR/AED certified. After training clients privately for many years, he started his own personal training company “Be Better Fitness”. This came about after spending 15 years in the financial world. Jay says: “helping and encouraging others has always felt natural to me. I truly want to help you succeed! I’m looking forward to teaming up with you and helping you BE BETTER!” Jay is also available for private training sessions at the resident’s expense.

Gentle Yoga

M | 10:00 AM

Ed Parma

(CPT RYT 200)



Gentle Yoga is a version of traditional Hatha Yoga – poses are performed in a slower, more relaxed manner so that all levels of participants can enjoy. Breathing techniques are also taught. Gentle Yoga poses are also demonstrated in more detail so beginners can develop better techniques when practicing. More coaching and hands-on assist (with student's permission) may also be used.

Ed is a certified personal trainer and group fitness instructor. He received his certification from The National Academy of Sports Medicine. He has Yoga Teacher credentials from The American Yoga Academy. Ed is also CPR/AED certified. After 34 years in international sales and marketing, Ed decided to devote his time to his real passion—fitness. He has taught a multitude of fitness classes as well as personal clients. In the last year, he has formed his new fitness company, Mindful Yoga.

Water Aerobics

M | 2:00 PM

Christina Sasso



This class is for all levels of fitness. Water (aqua) Aerobics is a part cardio/part conditioning class. The class uses movements from many different areas such as boxing, dance, and weight training.

Christina holds certification from the Athletics and Fitness Association of America. She is CPR/AED certified. She has taught many years in the group fitness field, aqua classes in particular. Christina's advice for staying youthful is... "NEVER stop moving!"

Stronger Senior Workout

Tu, F | 9:00 AM

This is a resident-driven class that is held in the Woodrow Wilson Gallery. Residents sit in a chair and do exercises that are provided via a DVD disc. The goal of this class is to provide body stretching and strengthening.

Water Exercise

Tu, F | 10:45 AM

Anubha Nandy



This class focuses on cardio exercises for 20 minutes, core building exercises for 10 minutes, balance training for 10 minutes, then strength training workout for 10 minutes, ending with stretching for the final 10 minutes.

Anu holds certification from the Athletics and Fitness Association of America. She is also CPR/AED certified.



Ed Parma Yoga Class



Stronger Senior Workout Class

Wellness Classes ...continued

Line Dancing

Tu | 11:30 AM

Rose Majofsky



This is a fun class; no experience is necessary! Line dances are choreographed dances where everyone lines up in a straight line to perform the steps. It is a form of exercise but helps stimulate the brain too!

Rose has been teaching line dancing for the past 20 years. Previously she taught ballroom dancing. She turned to line dancing because she felt she could reach more people. One could derive the benefits of dancing without needing a partner. Rose encourages anyone who is physically able to come and join the class and Keep Dancing!

Easy Chair

(formerly called Strength and Stability)

Tu | 1:00 PM

Marci Coyle
(NSCA-CPT)



This is a 45-minute light exercise class. The focus of the class is to provide gentle movement and exercise in a safe and comfortable environment. Range of motion exercises and stretches are emphasized; no weights or resistance-training items are used. The first half of the class is done primarily while seated in a chair. The exercises performed during the latter part of the class are done standing-up, using the chair for support if necessary. Participants should be able to stand comfortably for at least 15 minutes and must complete a waiver prior to participation. Comfortable, loose-fitting clothing with supportive, close-toed footwear is recommended.

Marci holds certification from the National Strength and Conditioning Association and is also a Certified Personal Trainer. She is CPR/AED certified. She has worked in the Princeton area for the last 15 years. Her private practice is geared toward older adults who wish to retain function and mobility in daily life. She has been working with residents at Windrows since 2007

Tai Chi

W | 9:30 AM

Sisco Kinjo



Tai Chi moves very slowly. It has a variety of health benefits. There are many actions that anybody can do without difficulty to reap its benefits. Tai Chi is standing, slow controlled movements to improve balance, stamina, coordination, and posture. The mind and bodywork together so you can feel renewed energy and relaxation.

Sisco started practicing Tai Chi about 7 years ago. She loves the art and very much enjoys teaching it. She is currently teaching at other senior communities and WAC gym.

Gentle Yoga

W | 10:00 AM

Based on traditional Hatha Yoga, this class focuses on holding postures and moving with the breath to increase flexibility and calmness of mind. The use of props is encouraged, and modifications are given for most postures, so they are accessible to all.

Chair Yoga

W | 11:15 AM

Anthony Serpiello



This class consists of 30 minutes of postures (Asana) and 15 minutes of Meditation. The postures are focused on increasing flexibility and joint mobility. Meditation is explained clearly and great for beginners or those who have practiced already. This class is accessible to all levels.

Anthony says: "Yoga has been a source of positive transformation in his life." In his early 20's he was in a car accident. It left him in constant pain, and he gained a considerable amount of weight. After trying every option western medicine had to offer, he turned to Asana poses. After one year he lost over 100 lbs.; after 2 years he had no pain and the MRI of his back improved significantly. After 6 months of Pranayama (breathing practices), he was able to quit smoking for good. He received his first teaching certification, RYT-200 through Yogasphere and completed his RYT-500 in Rishikesh, India. Anthony says, "My intention is to share these physical and mental benefits with my students, and I hope it brings them health and happiness as it has for me"

Water Zumba

W | 1:00 PM

Anu Nandy

This is a fun class with music and dancing in the pool. This is a more Zumba inspired routine. It is working against the water resistance and developing coordination. It helps the participants to develop a sense of direction, coordination while working with music.

Chair Core Strengthening Exercises

Th | 9:00 AM

This is a resident-driven class where residents exercise using a DVD disc. The class consists of performing simple moves from a seated position to help tone and strengthen your core muscles.

FITNESS CENTER

In addition to the regularly scheduled classes, the pool, and fitness center are open to residents for individual exercise use. The following sections are adapted from our resident Manual on the pool and fitness center. The Fitness Center is located on the Terrace level. The Fitness Center is open at all times for residents and their guests and usage is included in the resident's service fee. Any instruction or other services rendered by The Windrows staff members are at no additional charge. Private instruction from a Personal Trainer can be arranged on a fee-for-service basis. The following are rules regarding the use of the fitness center:

- RESIDENTS AND GUESTS EXERCISE AT THEIR OWN RISK.
- All exercisers must sign in, acknowledging the release waiver statement.
- A Windrows resident must accompany all guests.
- Children 16 years old and under must be supervised by an adult.
- It is recommended that equipment only be used when someone else is present.
- An emergency SARA pull-cord is in the fitness room, but it is recommended that you wear your personal pendant while exercising.
- Use spray disinfectant and paper towels or disinfectant towelettes in the fitness room to clean the equipment after each use.
- You must wear rubber-soled athletic shoes when using fitness equipment.



Get to know your wellness center!

POOL AND SPA

The pool and spa are located on the Terrace level of Windrows Hall. Their use by residents and their guests is covered by the resident's monthly Condominium fee.

The pool will be unlocked daily and can be accessed by residents between the hours of 6:00 A.M. and 10:00 P.M. Guests must be accompanied by a resident.

All pool and spa users must shower before using these facilities, and all must sign in, acknowledging the release waiver statement.

There is no lifeguard at the pool, but the area is covered by a closed-circuit camera. Please turn on the lights when you are using the pool/spa and turn them off when you leave.

RESIDENTS AND THEIR GUESTS SWIM AT THEIR OWN RISK. IT IS STRONGLY RECOMMENDED THAT RESIDENTS USE THE BUDDY SYSTEM. If you are not swimming with a buddy, call the Front Desk to alert them to watch the closed-circuit monitor.

The Whirlpool switch is on the pillar near the telephone. Please turn it off when you are finished.

There is a SARA emergency pull-cord attached to the Whirlpool railing and another on the pillar near the telephone. If an orientation to the pool area is desired, please contact the Wellness Center Director.

WHEN YOU NEED CARE

Princeton Windrows is a nurse-based practice, offering information, counseling, and triage of any medical problems. The staff cannot be responsible for repeated or ongoing special care of residents. **Princeton Windrows is not licensed as a care facility.**

An on-site registered nurse currently is available seven days a week, from 8:00 A.M. – 6:00 P.M. on weekdays and 9:00 A.M. – 5:00 P.M. on weekends and holidays, to support the health needs of residents. In addition, our administrative and security staff are trained in CPR and first aid care in the event of an emergency when the Wellness Center is closed.

Office hours for some doctors are held in the Wellness Center as a convenience for our residents. These physicians are doctors who have a large group of residents from Windrows already in their practice. Except for Dermatology, all appointments can be made through the Wellness Center. Billing and insurance claims are handled through these individuals' offices. The Wellness Center does not handle insurance claims.

Dr. Elvis Roserio	<i>Podiatrist</i>	Monday mornings
Dr. Banu Mahalingham	<i>Cardiologist</i>	last Monday afternoon of the month
Dr. David Barile	<i>Geriatrician</i>	Tuesday and Thursday afternoons
Dr. Lisa Petino	<i>Audiologist</i>	Wednesday mornings
Colleen Murphy	<i>Physician's Assistant for Dermatology</i>	1st Wednesday morning of the month 877-345-5300
Dr. Rhonda Ravitz	<i>Optometrist</i>	She comes every 5-6 months – look for flyers in the mailroom
Fox Rehabilitation	Fox Rehabilitation physical therapists work with residents in their homes or in the Windrows gym. Initial arrangements are made through the Wellness office, then appointments are made with individual therapists.	

The Wellness staff provides the following direct care services:

- Assessment of illness and resident’s status, either in the Wellness Center or in the resident’s home
- Treatments, injections and dressing changes can be provided per physician’s order
- Laboratory work performed weekly with a physician’s order by technicians from Penn Medicine Princeton
- Blood pressure and glucose monitoring
- Emergency response to calls from residents by the Wellness Center during office hours and security/front desk at other times.
- CPR, defibrillator and first-aid emergency response
- “Vial of Life” program providing vital emergency information.

HEALTH-CARE SUPPORT SERVICES

In addition to providing hands-on wellness services, Wellness Center staff also facilitates access to services needed by residents. Such services include, but are not limited to:

- Developing and maintaining a confidential health history for each resident in the Wellness Center
- Maintaining a brief medical history of every resident through its “Vial-of-Life” program, for use by emergency medical personnel
- Advising and counseling in selecting appropriate medical and health-related services

When care is needed, the Wellness staff can provide referrals to other facilities with services in the greater Princeton area, including reliable home-care agencies when further support is needed in the home for companionship, long-term care, hospice, assisted living, rehabilitation or nursing care facilities. Referrals are based on the individual resident’s needs and preferences.

PHARMACY SERVICES

Pharmacy services are available through the Wellness Center, by Quakerbridge Pharmacy and McGrath Pharmacy in Lawrenceville. This service provides for pickup and delivery of prescription medications to the Wellness Center. In addition, these pharmacies can also furnish medical supplies and equipment, and various sundry items that are not available in the community store.



PROGRAMS AND ACTIVITIES

Nancy Toolan, Director of Programs and Activities | Nancy Toolan directs our programs and activities. She began her work at the Windrows in 2011 after returning to the East to be near her parents. She studied at the San Francisco Art Institute, earned her B.A. in Studio Art at Middlebury College and completed her M.F.A in Edinburgh at the School of Sculpture. Nancy has taught art classes to students of every age, taught 2D and 3D Design at Shasta College in far Northern California for twelve years, worked part-time on activities for an assisted living environment, and was a ranch care-taker enabling the owners to remain living in their home as they aged for as long as possible.

A recent study BMJ, vol 19, Dec 2019 from the University College of London found that visits to museums, art galleries, concerts, and theaters can promote longevity. The more frequently that one engages in “culture fixes”, the greater the effects. The activities sponsored by the Wellness Committee constitute half of the health-promoting options at Windrows. The following section includes activities that are under the auspices of several Windrows committees. Reports on the activities of these committees can be found in each issue of the Window on Windrows Newsletter.

The Programs and Activities Committee sponsors a myriad of opportunities on our campus and in the Princeton area that stimulate our minds, promote social contact and lift our spirits. Suggestions for new activities can be left for Nancy Toolan Programs and Activities Director at the reception desk. Guest attendance at our monthly committee meeting is encouraged. Check the grid for the time and room

Additional fees are noted when they apply. On the Princeton Windrows website, daily grid and our bulletin boards, you will discover opportunities to remain mentally active, socially connected, and emotionally energized. Programs in the Woodrow Wilson Gallery and Nassau Room are equipped with a sound enhancement loop for hearing aids. Schedules may change, so check the grid or www.princetonwindrows.net for updates. Each day’s events schedule is also posted at the reception desk and on a signboard in the Center Door lobby.

ACTIVITIES FOR INTELLECTUAL STIMULATION

Wednesdays at Windrows

Wednesdays at 3:00 PM in the Woodrow Wilson Gallery. One-hour presentations with Q. and A. on a variety of topics by guest speakers/ residents. Recent topics have included “Brexit”, and “American Women in WWII”.

BOOKS

The Windrows Book Club	Third Monday of the month at 10:00 AM in the Barnhart Room. Lively facilitated discussions of recent fiction and nonfiction books. Check the Window on Windrows Newsletter for the upcoming selections. Drop-ins welcome. Most books are available in eBooks or audio form for the visually impaired.
Great Books	Third Tuesday of the month at 1:00 PM in the Barnhart Room. Guided discussions from a text containing excerpts from classic fiction, philosophy, poetry, and essays.
Literature and Film Group	Barnhart Room, Woodrow Wilson Gallery. Lecture, discussion, and screenings of film adaptations. Led by our resident Dr. Hugo Walter. It meets several times a year. Check the bulletin board outside the dining rooms for the meeting and screening schedule.
Great Decisions	Second Monday of the month at 1:30 PM in the Woodrow Wilson Gallery. Guided discussions and resident presentations from a textbook on current topics of national and international importance.
Science	Last Thursday of the month at 2:00 PM in the Woodrow Wilson Gallery. The Science Group meets once a month for a one hour, offering overview presentations for a general audience by a guest speaker with Q. and A. Topics include basic research or applied science. A recent topic was “Climate Change and Global Warming”. All are welcome. An academic science background is not required, drop-ins are welcome.
T.E.D. Talks	Third Friday of the month at 2:00 PM in the Pub. A short video on a selected topic, followed by a guided group discussion. Check the bulletin boards and the grid.

VISUAL ARTS

Workshops and Open Art Sessions	Wednesdays and Fridays at 10:00 AM. Terrace-level Art Room taught/facilitated by Nancy Toolan. Projects include painting and drawing in various media. Materials fees may apply.
Woodrow Wilson Gallery Exhibits	Three exhibits each year highlighting multimedia works by our resident artists, including an opening reception with an artist’s talk.
Photography Club	The first Thursday of the month at 10:00 AM in the Barnhart Room. Develop your technical and artistic skills with a camera. It offers periodic workshops and group exhibits of prints in the Woodrow Wilson Gallery.
Forum Group	Fridays at 10:00 AM in the Barnhart Room. Residents research and present in-depth lectures on selected topics of interest.

SOCIAL INTERACTION

Games	Poker, and Bridge, divided by the level of skill. Advanced players join by invitation, Mexican Dominoes, Scrabble. Regularly scheduled and listed on the daily grid.
Physically active play	Indoors: Ping Pong. Seasonal Outdoors: Tennis, Pickleball, Bocce Ball, Croquet. The equipment is in the Gazebo or on the court.
Windrows Chorus	All who love to sing are welcome to participate. Periodic performances, including the annual staff appreciation event in December with original song lyrics composed by group members.
Swing Along with Bill Bauer	Informal fun group-sing monthly. No rehearsals required. All are welcome. Live piano accompaniment by the Music Director.
Low Vision Group	Members share information on tools and resources. Meets periodically.
Prayer and Bible Study groups	Informal, interfaith meetings led by residents.
New Resident Welcome Parties	Held twice yearly, hosted by the Welcome Committee. Ice breaker and “get to know you” activities. All current and recent residents are invited.
Pub Night	Join friends and neighbors in the Pub every Thursday evening for talk, games, Karaoke. BYOB, setups provided.
Cocktail hour in the Living Room	Chat with your neighbors while sipping a soft drink or a cocktail using our complimentary setups and garnishes. Monday-Saturday evenings from 5 to 8 P.M.



The Eden Walk



Pickleball

CULTURAL AND ENTERTAINMENT OFFERINGS

Movies	Regularly scheduled post-1950's feature films at twice-weekly screenings in the Woodrow Wilson Gallery. Request a film by leaving a note in Daphne Hawkes' mail cubby.
Musicales, Operas and pre 1950 classic films	Pub screenings Schedules are posted on the bulletin boards and the Grid.
Live Performances	Living Room, Windrows Hall. Visiting professional musicians and our residents perform Classical, Jazz, and Popular music periodically. Guest artists from the Princeton Symphony offer chamber performances several times a year. Original musicals are written, directed, and performed by our residents in the Woodrow Wilson Gallery.

OFF-CAMPUS ACTIVITIES

Day Trips	Selected Thursdays. Transportation with our van for half or full-day escorted visits to sites of entertainment/ cultural interest—museums, historic restorations, parks and gardens, regional theaters, etc. Additional fees may apply and are required at the time of registration. The level of physical difficulty is described in the grid, and your ability to participate may be reviewed by our head nurse. The use of walkers and wheelchairs is permitted when van space is available.
Transportation to Music and Theater venues	Detailed information is on the Princeton Windrows website TKTS, TKTS, TKTS. Additional fees apply. Subscription and individual performances at the Richardson Auditorium, McCarter Theatre, George St. Playhouse, Met Opera Simulcasts at the Regal Cinema, and the Philadelphia Orchestra. Notices are distributed in the mail cubbies at the beginning of each season. Also, check the bulletin board in the Mail Room for schedules and sign up for the transportation at our front desk.
Story Time	For young children at the nearby Harmony School. Volunteers visit the classrooms once weekly to read and to interact with the children.

ADDITIONAL ENRICHMENT ACTIVITIES

Gray Gardens	Plant and maintain a mini garden in your own Windrows plot. Space includes garden tools and a greenhouse.
Window on Windrows Newsletter	If you have talent/experience/creativity in writing/editing/ publishing/photography, you may be needed to contribute to our newsletter. Contact Rosanne Jacks, the Editor in Chief.
Committee Membership	Once yearly, our residents are invited to select their interest in joining one or more committees. A general community meeting is held at which each Committee Chair presents an overview of their functions and activities. Active participation allows you to become an “insider” and help to define and shape the present and future of our community, while forming new networks and making new friends.
Jig-saw Puzzles	In the Living Room. Work on your own or with others to help complete a puzzle. Relax and refresh your focus and special recognition skills.
Windrows Library and Reading Room	Browse the shelves for a book, current magazine or DVD to borrow and return, or read books that cannot be borrowed in the living room or library. Select large print books or use the magnifying machine to compensate for visual impairment.
Walking Paths	Our lovely perimeter walking path on our Windrows grounds and others in the immediate area are available for enjoying the out-of-doors.

We don't stop playing *because* we grow old.
We grow old *because* we stop playing.

—George Bernard Shaw

NOTE Some of this information will change over time. Consult the Monthly Grid and the Princeton Windrows website for updates. Contact Carol King or Paula Fishman with any additions, suggestions or corrections.

Be well,
Paula Fishman and Carol King