

Ruth Stricker's the Marsh Monthly

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Balance Bylines

By Ruth Stricker

"It's time to experience that part of ourselves or our life that we have always postponed."

Yesterday I happened on two young staff members who were lamenting the rapid passage of summer. "I haven't even started any of my favorite summer activities and it's almost July." "I'm so sad, where does the time go?" This brief exchange reminded me of some feelings I've been processing since my 50th college class reunion last month.

It was a wonderful three days, well planned, well programmed, well celebrated. How fun to see some classmates I haven't seen for 50 years! My mental confusion began when I heard personal expressions of being elderly, in our sunset years, probably won't make it to the next reunion, and explanations of physical ailments and overweight simply due to aging. There were two sessions on loss and it was so healthy for folks to tell their stories of losing loved ones and how they are coping. After all, most of us have experienced some form of loss (at least, youth) in 50 years time. But, what is wrong with me – I kept waiting to hear about resilience – about the future and potential beyond survival. Should we truly think of our stage as winding down with no aspirations for the future beyond visiting the grandchildren? My intent is not to be critical or sarcastic or to over-generalize a lovely gathering of good people. Rather, I believe it's a statement on my generation being the last to address "getting old" with this mind-set.

You may recall the line from *The Deer Park* by Norman Mailer. "Then there was this law of life, so cruel and just, that we must change, or else pay more to remain the same." How to view the passage of time, change and the stuff of life – is dramatically changing... and timing is everything! My June 13th USA TODAY newspaper arrived this morning with the following headline: "No age limit on stages of life; milestones shift as people live longer, healthier." The writer, Sharon Jayson, includes so many pertinent quotes and statistics – you may wish to read it in its entirety.

"It's time to experience that part of ourselves or our life that we have always postponed."

Having given her credit I will paraphrase direct quotes. "Acting your age" used to make sense. Going to college, leaving home, getting married, having children and retiring took place at predictable stages. That was then. Now, it's not so easy. Age used to be an important way to organize life, but now, the picture is changing: People are living longer and staying healthy; many go back to school and start second careers. Meanwhile young people are putting off marriage and family until later and children are growing up and maturing faster. The new term for this is "age compression". The confluence of these trends has made a person's chronological age less relevant.

With life expectancy at a record high of 77.9 years, our own Marsh leader and friend, Richard Leider, offers, "All of a sudden, we have these bonus decades. We've got 30 years we didn't have. It has an impact on everything we do." When people live past 80, definitions of adulthood become more fluid, and choices that were unthinkable before, now lie before them. Centuries ago, when 40 was considered old age, people married as teens to make sure they lived long enough to raise children. Living twice that long alters our perception. It's revolutionized how we think about various life stages and the definition of "old" is getting higher and higher.

Age is not a disease. We know that at The Marsh and we address it in our programs and special events. We know that you know it because you are here taking care of yourselves for a long useful life. And... silly me for feeling apologetic about not having retired or feeling 20 years younger than my age!

The difference between lamenting the brevity of summer and maximizing one's lifespan are relative. The point is – don't postpone, go for it and don't stop!

Thanks for listening,

Ruth Stricker

Diagnostic Advances for Cognitive Loss

with Dr. Richard Golden

Last month, the media was filled with Alzheimer's news ...

- A study from Johns Hopkins University public health specialist Ron Brookmeyer concluded that 1 in 85 people are expected to have Alzheimer's disease within the next forty years.
- There are new tests involving blood and brain scans that can help detect symptoms of Alzheimer's disease.
- No drugs can significantly affect Alzheimer's disease, although few have been modestly successful if given early on.



Neurologist, Richard Golden, M.D. understands why people who may be experiencing a period of forgetfulness fear being diagnosed with Alzheimer's disease. But the fact is that there are many types of cognitive loss, and treatment options for those losses. This lecture will deal with newer diagnostic techniques on the horizon.

Please join us, **Thursday, July 19, 6:30 p.m.** Members \$20, Non-members \$35. Space is limited; please register in advance at the Front Desk. Enjoy a delicious dinner in the restaurant before the program. Call 952-930-8560 to make a reservation.



The Simple Home: Six Paths to Simple Sustainability *with Sarah Nettleton*

For many of us a fast-paced, gadget-filled lifestyle adds another layer of stress to our lives. While we can sense the "hole" in our hurried routines, many of us have no idea where to begin the editing of complexity. Architect Sarah Nettleton believes that simple homes are practical, beautiful and often sustainable. These homes are human-scaled and straightforward, offering homeowners a de-cluttered, well-organized lifestyle.

Join Minneapolis-based architect and author, Sarah Nettleton for a presentation and book signing, **Tuesday, July 31, 7:00 p.m.** Sarah's presentation will show examples of homes from across the nation to present the six paths to simplicity through home design.

Please register in advance at the Front Desk. Complimentary to Members and Non-members. Books are available in the Shop. Make an evening out of it... Executive Chef, David Owen Jones promises wonderful dinner specials in the Moon Terrace and Café. Please call the restaurant at 952-930-8560 to make a reservation.

Let's Talk Books: *Water for Elephants by Sara Gruen*

Love the circus? Here's a historical novel set in the depression era of the 1930's that takes the reader behind the scenes. You'll meet the 90 (or maybe 93) year old Jacob; Rosie, the elephant; Marlena, the leading lady with a secret and a full cast of characters ("characters" in the truest meaning of the word). Join in as we visit the circus via a vibrant new author. **Tuesday, July 10, 7:00 p.m. and Tuesday, July 17, 1:00 p.m.** Complimentary to Members and Non-members.

Rehabdominals with a Physical Therapist

One of the key elements of a healthy spine is maintaining and strengthening the core muscles to gain stability. Rehabdominals will teach you how to utilize your stomach muscles during your workouts as well as in everyday activities. Licensed Physical Therapist Shawn Marquis, will lead this two-class series focusing on the transverse abdominal muscle and its relationship to core strength and spinal stability. **Wednesdays, July 18 and 25, 1:00 – 2:00 p.m.** *Members \$45, Non-members \$55.*

Healthy Joints

Summer is the perfect time to take to the water and give your aching joints a refreshing break. Walking, gardening, golfing and other summer pastimes are more fun with less pain. Learn ways you can correct your posture and gait patterns to decrease imbalances that may cause destructive wear and tear.

Doug Merz, P.T. and Kathy Lutz, B.S. will provide individual assessments and screening, plus aquatic therapeutic exercises to strengthen and restore your body. Handouts are included to further your practice between sessions. *Register at the Front Desk. Thursdays, July 19, 26 and August 2, 1:00 - 1:45 p.m.* *Cost for three-session series: Members \$185, Non-members \$250.*

Introduction to Movement Therapies

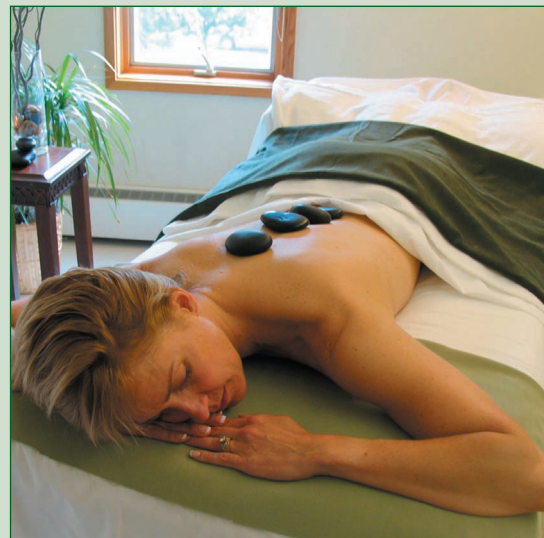
Introduction to Movement Therapies is a series specifically designed for those just starting their exercise program as a way to seamlessly transition into activity and movement. **Physical Therapist Doug Merz** and Marsh instructors will integrate the best of personal training, physical therapy, Pilates and Yoga into a six-week series... a perfect opportunity to try a variety of exercises in a safe and encouraging environment. **Wednesdays, August 1 - September 5, 5:00 - 6:00 p.m.** *Members \$135, Non-members \$150.*

TC101: Balance Basics

One-third of adults over the age of 65, fall each year - many times due to poor balance - resulting in traumatic hip and back injuries that could have been prevented. Marsh Personal Trainer Beth Cimmerer will address this important issue at the upcoming TC101. *Balance Basics* will teach you exercises you can do in the Training Center, pool and at home that can improve your balance. Beth will also demonstrate various exercises using the equipment in the Training Center to challenge your balance skills (*i.e. balance boards, fit balls and bosu*) as well as ways to incorporate these movements into your routine strength training program. Offered **July 17, 10:00 a.m. and 5:30 p.m.** Choose the class time that suits your schedule. *Complimentary to Members, Non-members \$20. Please register in advance at the Front Desk.*

Body Pump Launch 62

Please join us in celebrating Launch 62 at The Marsh, **July 9 - 22.** New music, new routines and tons of fun! Bring a friend or family member to our special Friends and Family Body Pump classes or try Body Pump for the first time in an Introduction to Body Pump class on **Wednesday, July 11, 8:00 a.m.**



The Ultimate in Stress-Relief... The Marsh's Stone Therapy

"I couldn't imagine anything more relaxing than a massage... until I experienced a Marsh Stone Therapy treatment." This form of bodywork involves the use of heated and cooled stones, applied to key points on the body.

The deeply relaxing, penetrating heat from the basalt stones, alternating with the refreshing coolness of the marble stones, create quite an experience. The direct heat relaxes muscles... "melting" away your body's tension.

The Marsh's Stone Therapy is 75-minutes of blissful relaxation. Our therapists are all trained in the authentic **LaStone®** method, and will customize the service to meet your needs. Call the Spa, 952-930-8565 to schedule a **LaStone** treatment.



Fourth of July Hours

Building Hours: 7:00 a.m. - 3:00 p.m.
Spa, Restaurant, Kids Club and Shop are closed.

Family Splash

Bring your children or grandchildren for an afternoon of fun in the water. There will be plenty of games and toys to go around. Family Splash sessions are held the third Saturday of the month during summer. **July 21 and August 18, 4:00 - 5:00 p.m.** Complimentary to Members, Non-members \$6. Weekly Family Splash will return in the fall.

Summer Swim Lessons

Get swimming... experienced Swim Instructors Diane Pattridge, Anna Zerbib-Berda, and Afton Thomforde will customize lessons to your child's needs and learning style. Swim lessons may be scheduled on **Tuesday and/or Thursday afternoons**. The Marsh swim program provides small group lessons (3-4 children), private and semi-private lessons for all ages and abilities. Call Diane Pattridge at 952-935-2202 or pick up a flyer at the Front Desk for more information.



Stand Tall

Postural Analysis and Training

Confidence, Certainty, Conviction, Self-assurance, Resilience. These attributes are slices of your whole postural picture. Take the time to define your individual body awareness with strengthening and stretching exercises that target the muscles most involved in perfect posture. **Kathy Lutz**, Aquatic Specialist, will give you the tools to enhance your efficiency for all movement – walking, standing, and your favorite pastime. Learn how your alignment makes a difference in effective movement and how you look and feel. Look taller, leaner and move better – for life! **Tuesday, July 10 in the Therapy Pool, 1:00 - 1:45 p.m. or 6:00 - 6:45 p.m.** Please register in advance at the Front Desk. Members \$30, Non-members \$45.



A group of Marsh Members experience the Beginner Aqua Mix class in the Lap Pool.

Guppies, Minnows and Big Fish

The Marsh's two pools provide a place of comfort, pleasure and safety for five of our "water-loving" members. They come to class for the camaraderie, the exercise, and the fun. "No one cares what our physical abilities or limitations are, or what our swim suit looks like," said LaVonne Carr, "It's a credit to Ruth Stricker's vision."

Most of this group began their journey in the therapy pool, drawing comfort and healing from the warm water, while increasing their range of motion and flexibility. "After my confidence increased in the therapy pool, I tried a beginner (lap pool) class and got hooked," said Joann Hunt. "It's a wonderful workout and no matter how tired or achy I feel before I start, I always feel great afterward – ready to tackle the day."

Lisa Colwell has been a member of The Marsh for 21 years and has spent her time in the studio, training center and now the lap pool. "I'm just loving it," she exclaimed. "It's a total body workout ... aerobic, strength, and stretching."

Joann Hunt comes with her dear friend Billie Lundquist. They've known each other for years ("when they could physically do more" they joke). They keep each other motivated and on track. Although Billie enjoys how energetic she feels after a lap pool class, she doesn't like getting into the cooler temperature lap pool – she agonizingly tip toes into it. If you haven't taken a lap pool class, Billie encourages you try it in the summer, when the lap pool temperatures feel refreshing.

LaVonne Carr has been a Marsh member for five years. She enjoys spending time in both pools so she can "connect" with all her friends. She, like the rest of the group, loves the fact that all the instructors have different moves, individual personalities, and styles. It keeps them challenged and laughing.

Debbie Kirby, who relates her pool experience as a transition from "guppy to big fish" is lovingly referred to as "trouble". Debbie has been a Marsh member for eight years. Her mother gave her a membership for Christmas one year, and the rest is history. Debbie comes faithfully to class four times a week, and enjoys the added challenge the lap pool classes provide her and the sense of empowerment.

Debbie, LaVonne, Joann, Lisa and Billie, encourage everyone to try a lap pool class ... and a special Beginner Aqua Mix class with Marsh Aquatic Instructor, Charlene Austin. Our next **Beginner Aqua Mix** class is on **July 11, 11:00 a.m.** Please join Charlene and start your pool experience off on the right foot. *No registration necessary.*



Taekwondo Camps

Imagine your children or grandchildren learning to be courteous... respectful... disciplined... Taekwondo, an ancient martial art, uses exercises of movement to teach and reinforce those important life-skills, and this summer, we are offering Taekwondo Camps for children ages six and up.

- Session I: July 16-19 • Session II: July 30 – August 2
- Session III: August 13-16

Offered 1:00 – 3:00 p.m. Cost per session: Members' (grand) children \$130, Non-members' (grand) children \$155. Cost per day: \$35/\$45. Please register in advance at the Front Desk.

Seriously Fun!

Do you have a daughter or granddaughter who is *seriously bored*? Keep her energized, happy and inspired this summer with something *Seriously FUN!*? This camp will focus on empowering girls ages 7-10 by teaching them to embrace their inner and outer beauty, as well as the importance of caring for themselves with lessons on posture, strength and confidence. Each day the camp introduces the girls to new experiences, including...

- *Exercises for the Heart and Mind...* Cardio Bounce, Pilates and Yoga
- *Beautiful You...* Mini Spa experiential including manicures, pedicures and skin care
- *The Art of...* self-defense, writing a thank you note and proper etiquette

Each week the girls will receive a special gift relating to the activities they have participated in that day. We will celebrate on the final day with a pool party.

The *Seriously FUN!* girls camp will run four consecutive **Thursdays, July 12 - August 2, 1:00 – 3:30 p.m.** So bring your daughters, granddaughters, and their friends to join us this summer for something *Seriously FUN!* Cost for the four-week series: Members' (grand) children \$140, Non-Members' (grand) children \$175. Cost for a single session: Members' (grand) children \$40, Non-Members' (grand) children \$60. Please register in advance at the Front Desk.



Pilates Open Doors

- Monday, July 9, 10:00 a.m. • Saturday, July 21, 12:00 p.m.
- As a Marsh Member you receive a free one-hour Pilates session. Join us for a Pilates Open Door and schedule your complimentary private Pilates session. Call Carol Peble for more information, 952-935-2202.

The Shop at The Marsh



Marsh Member
Susan Manikowski

Crazy Daze Sale Starts July 10!

A Marsh tradition... The Shop's Crazy Daze Sale offers the best prices on unique gifts, jewelry and clothing. Stop in and discover the large assortment of treasures and great summertime clothing and accessories.

Fourth of July Necessities...

It seems to come faster every summer... Independence Day is just around the corner and that means time for celebrating, BBQ's, fireworks, and family gatherings. The Marsh Shop is filled with festive *tableware, sparkling T-shirts and decor.* Stop by to find all your Fourth of July decorations!

Marsh Runners

Marsh Runners, led by former University of Minnesota standout distance runner and Marsh Personal Trainer **Mike Bialick**, meets every Saturday morning. Participants will take part in discussions on running issues, runs of varying speeds and distances and be introduced to running specific exercises that will improve endurance and strength. **Saturdays, 9:00 a.m.** Cost for four-week series: Members \$50, Non-members \$75. Open to runners of all abilities and you may join at any time.



The cattail indicates classes that are free to Members. This month we have 13 complimentary programs.

Member Information...

New Faces at The Marsh



Phil Smith has joined The Marsh as the Director of Building Services. Phil has taken the “liberal arts” approach to his career in building services. He received his Industrial Technology degree from the University of Wisconsin – Stout, and then gained valuable experience in retail, residential property, religious communities and manufacturing environments. Some of you may recognize Phil as a guest expert on the local home improvement show “*Hometime*”.



Please join us in welcoming our new summer interns to The Marsh staff. **Kelsey Crunstedt** is a graduate of the University of Wisconsin - Stevens Point with a Bachelors of Science in Health Promotion and Wellness.

Dan Ottney, a University of Wisconsin - Eau Claire student (due to graduate this coming winter) is majoring in Kinesiology - Fitness Management.

Kelsey and Dan are eager to learn all about The Marsh. They are particularly excited to

experience The Marsh and its mind/body philosophy. They will also be attending and learning to instruct group fitness classes in both the studios and pools as well as helping out in the Training Center and Health Education departments. Stop by the Training Center and say hello to Kelsey and Dan.



Joyce Swanson - Nail Technician
Joyce Swanson joined The Marsh Spa staff earlier this year. In her time here she has contributed greatly. In April Joyce co-led a program on foot care, explaining the health impact that proper nail hygiene has for those with diabetes. When Joyce is not working at The Marsh she enjoys gardening, playing and watching sports as well as cooking. Check out Joyce’s schedule in The Spa and stop in to introduce yourself.



Julie Lerner-Schmit - The Marsh Spa is excited to welcome back Licensed Massage Therapist Julie Lerner-Schmit. Julie is certified in Neuromuscular Therapy. Her specialties also include deep tissue massage, Swedish massage, as well as Healing Touch. Julie has been a Yoga instructor for 16 years and is currently working toward her doctorate degree in Physical Therapy. Julie is in The Spa on Mondays and

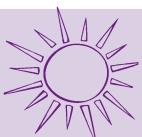
Thursdays, please stop in to introduce yourself.

Members' Corner

- Please help us keep the locker rooms neat and tidy... remember to return your towels to the Training Center Desk at the same time you return your locker key.
- You may have noticed that we are using a new non-slip floor treatment in the locker rooms and pool hallways... and the feedback we’ve heard from many of you is that it is working really well.
- The co-ed whirlpool has been noisier than usual. We are working to repair it and thank you for your patience while this project is being completed.
- In recognition of The Marsh’s 22nd Anniversary, the staff planted an herb garden. This garden, located in The Marsh backyard, was planted – and is being taken care of, by staff members.

Welcome New Members...

Carol Allesee	Carolyn Kovach	John Rogers
Kitty Crosby	Jean LaBreche	Lois Rogers
Cathy DeBono	Tina Lilja	Judy Rosenblum
Doug DeBono	Dale Lindquist	Monica Svobodny
Mary Estlick	Donald McCarthy	
James Hindricks	Shawna McElveen	
Todd Holmers	Micaela Pommerening	
Kerrie Kane	Alyssa Risvold	



STUDENT BREAK MEMBERSHIPS

Home for the summer? Student memberships are available for one week, one month or three months. Stop by the membership office or call 952-930-8510 for more information.

JULY EVENTS

2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 Aquababies and Aquatots 4:00 - 5:30 p.m.	2 Mind/Body Mondays Gentle Yoga - 5:00 p.m. Tai Chi - 6:30 p.m.	3 Ai Chi (Therapy Pool) 12:30 p.m.	4  Independence Day! Building Hours: 7:00 a.m. - 3:00 p.m. Spa, Restaurant, Shop and Kids Club are closed.	5 Pasta Night 5:00 - 9:00 p.m.	6 <i>Fresh Catch Fridays</i>	7 Marsh Runners 9:00 a.m.		
8 Aquababies and Aquatots 4:00 - 5:30 p.m.	9 Guest Day! Body Pump Launch 62 Begins Pilates Open Door 10:00 a.m. Mind/Body Mondays Gentle Yoga - 5:00 p.m. Tai Chi - 6:30 p.m.	10 <i>Crazy Daze Sale in The Shop begins!</i> Ai Chi (Therapy Pool) 12:30 p.m. Stand Tall: Postural Analysis and Training 1:00 p.m. & 6:00 p.m. Let's Talk Books 7:00 p.m.	11 Intro. to Body Pump 8:00 a.m. Beginner Aqua Mix 11:00 a.m.	12 Seriously FUN! Camp 1:00 - 3:30 p.m. Pasta Night 5:00 - 9:00 p.m.	13 <i>Fresh Catch Fridays</i>	14 Marsh Runners 9:00 a.m. Body Rhythms 10:30 a.m.		
15 Aquababies and Aquatots 4:00 - 5:30 p.m.	16 Metabolic Assessment Cycling Demo - 11:00 a.m. Mind/Body Mondays Gentle Yoga - 5:00 p.m. Tai Chi - 6:30 p.m.	17 Ai Chi (Therapy Pool) 12:30 p.m. TC101: Balance Basics 10:00 a.m. & 5:30 p.m. Let's Talk Books 1:00 p.m.	18 Rehabdominals 1:00 - 2:00 p.m.	19 Healthy Joints 1:00 - 1:45 p.m. Seriously FUN! Camp 1:00 - 3:30 p.m. Cognitive Loss with Dr. Golden 6:30 p.m. Pasta Night - 5:00 - 9:00 p.m.	20 <i>Fresh Catch Fridays</i>	21 Guest Day! Marsh Runners 9:00 a.m. Chi Ball - 10:30 a.m. Pilates Open Door 12:00 p.m. Family Splash 4:00 p.m.		
22 Aquababies and Aquatots 4:00 - 5:30 p.m.	23 Mind/Body Mondays Gentle Yoga - 5:00 p.m. Tai Chi - 6:30 p.m.	24 Ai Chi (Therapy Pool) 12:30 p.m.	25 Rehabdominals 1:00 - 2:00 p.m.	26 Healthy Joints 1:00 - 1:45 p.m. Seriously FUN! Camp 1:00 - 3:30 p.m. Pasta Night - 5:00 - 9:00 p.m.	27 <i>Fresh Catch Fridays</i>	28 Marsh Runners 9:00 a.m. Nia 10:30 a.m.		
29 Aquababies and Aquatots 4:00 - 5:30 p.m.	30 Mind/Body Mondays Gentle Yoga - 5:00 p.m. Tai Chi - 6:30 p.m. Taekwondo Camp for Kids - July 30 - August 2, 1:00 - 3:00 p.m.	31 Ai Chi (Therapy Pool) 12:30 p.m. The Simple Home with Sarah Nettleton 7:00 p.m.	Coming in August... <ul style="list-style-type: none"> Introduction to Movement Therapies Begins - August 1 Taekwondo Camp Session III - August 13 - 16, 1:00 p.m. Seriously FUN! Girls Camps Family Splash - August 18, 4:00 p.m. 					

denotes events that may affect parking



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Metabolic Fitness Assessment Demonstration *A Cycling Class for Everyone*

We've been highlighting our Metabolic Fitness Assessments for the last several months. As you recall, this assessment determines your metabolic rate and the results provide guidance when creating an effective weight loss or fitness program. This demonstration will show how the body burns calories to supply it with energy at different levels of exercise intensity.

This month, our Metabolic Fitness Assessment information session will be in the form of an interactive cycling session. In this exercise and educational session, a volunteer will be chosen from the group, to demonstrate how our body reacts to exercise. The volunteer will pedal the bike, along with an instructor and the rest of the class. We will have an overhead projector and screen displaying our volunteer's numbers.

Heidi Inwood and Karen Prieto, RN will lead the demonstration on **Monday, July 16, 11:00 a.m.** in the West Studio. *Space is limited to 20 participants. Please register in advance at the Front Desk. No cycling experience necessary to participate (you may also simply observe the class).*



July and August Guest Days
Monday, July 9 and Saturday, July 21
Wednesday, August 8 and Sunday, August 26