



TREYTON OAK  
TOWERS

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## WELLNESS FOR LIFE

BY ASHLI MCLEAN

Old Louisville is home to one of the region's most comfortable retirement communities: Treyton Oak Towers. The community and its staff provide residents the necessities and amenities desired for a beautiful and elegant life in retirement.

One of the greater benefits for residents is having Wanda Morrow as the wellness coordinator. Wanda offers residents an array of exercise classes throughout the week, including yoga, tai chi, flexercise and therapy pool aerobics. Nearly 60 residents a day see Wanda in the wellness center for class. The average age of the attendees is 80.

"She has a very social worker spirit to her," said Rhonda Harding, the Director of Residency Development at Treyton Oak Towers.

Most classes begin with five to 10 minutes of telling jokes, followed by exercise. Wanda's approach to starting off on a fun note seems to be a hit; residents who normally would not visit the wellness center are getting out of their apartments and making their way down to the classes.

"I try to make it fun," Wanda said. "We talk about how we can get and keep our lives in such a way that it's not only healthy, but it's sustaining health. The quote that I say after every class is, 'Congratulations! You're healthier leaving than when you came in.'"

Edith Bruning-Pitzer and Betty Sloan-Potts are regulars in Wanda's classes. The two attended the University of Louisville together, with Edith graduating in 1943 and Betty in 1944. Both played just about every sport offered

to women at Louisville: baseball, basketball, tennis, soccer, field hockey, volleyball, cheerleading and swimming.

"She was the pitcher, I was the catcher," Edith said. "She was the forward, I was the guard."

The two were part of the school's women's basketball team that won back-to-back city championships in 1943 and '44.

When asked her favorite thing about the Treyton Oak wellness program, Betty stated, "Just the camaraderie. The fact that everyone knows everyone and is so friendly."

Edith explained why she enjoys Wanda's classes: "After 60, you don't need to do the repetitive things that get your blood pressure up. It's all these stretching, and I love the yoga and the tai chi."

Both women view Wanda as their very own personal trainer and a priceless convenience at the community.

Rhonda added that the program has really grown over the last five years, and Wanda has been instrumental in helping to improve the quality of life for the community's large independent population.

"And it's socializing, too," said Paula Carey, Treyton Oak Towers' Outreach Marketing Coordinator. "They have made so many good friends by coming down and exercising together. And they feel better."

In conjunction with wellness, Treyton Oak Towers has also partnered with The Fund for the Arts and is a supporting sponsor for "Arts in Healthcare". The two entities are working together to bring more art into retirement living. Treyton Oak is the only retirement community currently participating in this program.