



The WILLOWS
PREMIER RETIREMENT COMMUNITIES
FOR ACTIVE ADULTS



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THERE'S NO AGE LIMIT TO LEARNING

Worcester Residents Continue Lifelong Education, Spark New Interests in Retirement

WORCESTER, Mass.: Frank and Loraine Dufault may have recently retired from their careers, but there's no sign they plan to put the books down and retire from learning anytime soon. Instead, the couple takes classes each semester through the Worcester Institute for Senior Education (W.I.S.E.) program, which offers non-credit continuing education for adults who want to explore past interests and cultivate new ones. In that way, these residents of The Willows at Worcester are like a growing number of retirees who are continuing their lifelong love of learning.

"It's very important that we keep our little gray cells working," said Frank, who is a former physician. "Enrolling in continuing education classes allows us to learn more about topics that we didn't have the opportunity to pursue in the past."

"And the best part is there are no exams or homework," said Loraine, who was formerly a nurse and homemaker.

"Proving there's no age limit to learning, the Dufaults want to experience all the interests they never had time for before," said Andrew Freilich, Executive Director for The Willows at Worcester, SALMON Health and Retirement's newest community for adults 55 and better. "Like many of our residents, they want to continue challenging themselves mentally. Learning is key to a rewarding life."

Loraine has enrolled in at least one course every semester since W.I.S.E. was established in 1993, and Frank began teaching and taking classes when he retired 10 years ago. Throughout the years, the couple has participated in numerous lectures and seminars on a variety of subjects, including history, literature, architecture, medicine, science, law, politics and more. In addition, they have enjoyed multiple class trips to New York and Philadelphia.

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"We've developed friendships and new acquaintances with people we share something in common with — the love of learning," said Loraine.

The Dufaults are enjoying this semester, joining friends and neighbors in a class hosted at their community. Jed Watters, a retired history professor at Assumption College, is leading students in examining 15 of the most significant Supreme Court cases in U.S. history. The five-week course called *Significant Case - Supreme Court Decisions: 1796-2010* is being held in The Willows' Great Room, and began October 27. For more information about the W.I.S.E. program, call W.I.S.E. Director Charlene Martin at (508) 868-8639.

"Today, more and more intellectually stimulating programs are being developed within communities for learning later in life," said Freilich.

According to Freilich, recent research suggests those who stimulate their brains and engage in a continuum of education improve their chances of delaying age-related diseases, such as dementia.

"People like the Dufaults stay personally engaged and actively involved in the community, tend to be more independent, and lead happier and healthier lives," said Freilich. "One thing's for sure: They've shown us that learning is an ageless pursuit."

The Willows at Worcester, located on a 21-acre campus at 101 Barry Road, near Salisbury Street, is a community for people 55 and better, and offers private independent living apartment homes and cottages, with a variety of customization choices so residents' homes can reflect their personal style and taste. For more information about The Willows at Worcester, visit www.TheWillowsAtWorcester.com. The Willows is part of SALMON Health and Retirement, a third-generation, family-owned-and-operated organization, which has earned the trust and confidence of families across New England since 1952.

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