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## TMI SUSTAINABLE AQUATICS SPOTLIGHTS

# Rose Villa

INFO@TMIAQUATICS.COM | WWW.TMIAQUATICS.COM | 1-800-818-8266

Rose Villa is an independent, non-profit, single-site Continuing Care Retirement Community (CCRC) located in Portland, Oregon. Nationally recognized and awarded for its unique approach to senior living, its mission is guided by four core values that encompass a shared vision of learning, growing and supporting residents.

In 2015 Rose Villa embarked on the first of a three-phase campus redevelopment project that introduced 75 new cottages and apartment homes to the community. This phase also introduced a state-of-the-art Wellness Center, the hallmark of which is the saline pool in the Aquatics Center.



Independent studies indicate the benefits of saline pools to older adults' health, which include increased muscleflexibility and improved heart health and circulation. Based upon independent data and resident preferences, Rose Villa determined this to be in the best interest of residents' health and well-being. Saline pools are gentler for the swimmer and often allow people who have previously been sensitive to chlorine pools to enjoy this therapeutic exercise.



The [ASC](#) lists the following health benefits from swimming:

- Improves heart health. Swimming strengthens the heart and improves cardiovascular health and endurance. It can also lower blood pressure, improve circulation and help reduce the risk of heart and lung disease.
- Gentle on the joints. Because swimming is not weight-bearing, it's easier on the joints for those who suffer from joint pain and discomfort. It's a full-body workout that keeps the pressure off hips, knees and spine.
- Reduces the risk of osteoporosis. Swimming can improve bone mineral density (BMD), which will fight osteoporosis. This is very important especially for women; a 1/3 of women over the age of 50 and 1/5 of men experience a bone fracture due to osteoporosis.
- Increases flexibility. While stretching before and after exercising is a sure way to regain flexibility, the act of swimming itself can also help increase flexibility in the hips, legs, arms and neck. It can also help improve posture and alleviate back pain.
- Improve muscle strength and tone. Water movement exercises activate every muscle group. Swimming is a proven form of resistance training and can help improve muscle strength. Another bonus: long, lean muscle tone forming with consistent practice!
- Boosts mental health. Swimming is a great way to reduce stress, boost overall mood and increase brain function. In addition, because swimming can be a social activity, social isolation and loneliness that can be averted, conditions that statistics show can lead to depression in seniors.

Steve Waud sat down to chat with myself and Timothy about his experience as the appointed CPO® (Certified Pool Operator) for the Rose Villa facility.



*"When I took on this position, I didn't expect to be managing a salt pool. I'm the first one to say that I don't know much about chemistry controllers but with these TMI controllers, they're set to go and they just go. I am absolutely satisfied with the TMI products and support. I didn't even know I was supposed to clean the salt cell, and when I called in to TMI*

*with a system problem they walked me through the cell cleaning which totally resolved my problem. You guys are just a phone call away, orders always arrive on time and you have an answer. I'm very impressed!"*

***"If you can do this type of pool, do it! It's the Lamborghini of swimming pools! It offers the best ambience for wellness!"***

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For more information on Rose Villa Senior Living Retirement Community click [here](#).

For more information on TMI Sustainable Aquatics click [here](#). If you would like to contact TMI, email [timothy@tmiaquatics.com](mailto:timothy@tmiaquatics.com).

TMI Sustainable Aquatics

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