



45 Meriden Avenue  
Southington, CT 06489  
Phone: (860) 621-9559

Email: [www.southingtoncare.org](http://www.southingtoncare.org)

*Contact:*

Erika Copes, Director of Marketing and Business Development,  
Central Connecticut Senior Health Services, Inc. (860) 378-1283

## **Central Connecticut Senior Health Services receives \$7,000 in grant funds from North Central Area Agency on Aging**

Central Connecticut Senior Health Services, a not for profit member of the Central Connecticut Health Alliance, has recently been awarded \$7,000 in grant funds provided by North Central Area Agency on Aging for the Good Life Fitness and Wellness program and Mulberry Garden's Respite program.

Good Life Fitness and Wellness, an individualized senior fitness and wellness program located at Southington Care Center and Mulberry Gardens of Southington, will use the \$2,000 grant to provide scholarships for seniors who cannot afford the monthly fees for the programs available to the community.

"We greatly appreciate this grant opportunity that the NCAAA has presented us with," said Robert Schmelzer, Exercise Physiologist for Good Life Fitness at Jerome Home. "With it we are able to meet the needs of a population that in the past could not fully participate for financial reasons. Through experience with this group I am confident that the service provided will be met with enthusiasm and positive results will be achieved."

Good Life Fitness is designed to focus on the overall wellness of older adults, including those with special health needs, through strength, balance and endurance training. Under the supervision of highly trained exercise physiologists and certified trainers, the program aims to provide a relaxed, safe, social atmosphere with an emphasis on performing exercises correctly without causing harm.

"It has been a joy working with Robert," said Good Life Fitness member Betty B. "I am now moving body parts that I couldn't before. He is always there for me and my friend Tina. We go two times per week, and whenever we miss a session, we always make it up that week."

Good Life Fitness successfully assists seniors in maintaining optimum physical health and improves the likelihood of continued independence and enjoyment of daily living activities. Participants in the program have shown a decrease in falls, reducing the need to prematurely enter a skilled nursing environment, as well as a decrease in depression. There are currently over 300 seniors enrolled in the Good Life Fitness program.

Mulberry Gardens, a senior assisted living community with an Alzheimer's and dementia care unit and an adult day center program, will use the \$5,000 grant to continue its respite program. The program will offer twelve caregivers of Alzheimer's or dementia patients respite for their loved one in a 24-hour assisted living community for a minimum of one week.

The 24-hour care includes nursing services, dining services, housekeeping and transportation, as well as social, cultural and recreational opportunities. The respite program helps to relieve a caregiver's stress, and eliminate the potential of caregiver burden. Central Connecticut Senior Health Services is a not for profit member of Central Connecticut Health Alliance. Members include Connecticut Center for Healthy Aging, The Orchards at Southington, Mulberry Gardens of Southington, Southington Care Center, Jerome Home and Arbor Rose. Each entity's focus is to enhance the quality of life enjoyed by seniors and their families.