



**Press Release**

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**For Immediate Release**

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### **The Parker Jewish Institute embraces fitness and wellness**

**New Hyde Park, New York, February 14, 2022** – Physical fitness and wellness are important ingredients for healthy aging. That’s why The Parker Jewish Institute incorporates fun and safe activities that help residents and patients improve their endurance, strength, balance and flexibility.

Health and fitness activities at Parker include therapeutic exercise groups, which, due to the recent surge in COVID-19, have become one-to-one sessions. There are also enjoyable opportunities for meditation and relaxation sessions, morning stretch, and other activities that awaken the mind, body and spirit.

Parker’s rehabilitation staff communicates the abilities and goals of residents and patients to the Therapeutic Recreation team. This way, experts at the Institute can maintain all of the progress made in physical therapy, occupational therapy and speech therapy. These gains are developed through any combination of activities. These endeavors can include exercise, adapted yoga and stretching, sports, and dance or movement.

All programs and activities are under the careful supervision of Parker’s rehabilitative care experts, all of whom work collaboratively to prevent any risk of injury. For example, in working with older adults who previously led sedentary lives, team members ensure that residents and patients begin a new program with short, guided activities. Over time, these activities may increase in intensity or frequency based on a person’s individualized needs and to achieve best outcomes.

In addition, older adults at Parker look forward to these activities, which are designed to be fun and interactive experiences. These events foster camaraderie and help older adults to improve their mental health, boost their cognitive function and foster many social ties within the Parker community.

Residents and patients also learn about the benefits of a healthy way of eating and lifestyle. Prior to the Omicron surge, Parker’s Clinical Dietitians ran a weekly group for diabetics called Diabetes ENLIVE (Education Nutrition Lifestyle Inspiration Vitality Empowerment). Through these workshops, residents and patients learn to maximize their health by reviewing food choices, recipes and exercises as well as lifestyle changes.

“We are proud to offer a wide range of programs and activities at Parker,” said Michael N. Rosenblut, Parker Jewish Institute’s President and Chief Executive Officer. “Everyone is proactive

here about protecting against COVID. And our recreational programs continue to offer a sense of community that is enriching, empowering our team members to further their capacity to help our residents and patients.”

With the rich variety of activities at Parker, residents and patients are most likely to find activities in which they want to participate all year long, at a level custom-tailored to suit their needs.

***CAPTION:*** *The Parker Jewish Institute incorporates fun and safe activities that help residents and patients improve their health.*

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### **About Parker Jewish Institute for Health Care and Rehabilitation**

Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park, New York. The facility is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical department, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice. Parker’s Willing Hearts, Helpful Hands aims to improve the quality of life for family caregivers of older adult loved ones by engaging the broader community to provide assistance and respite services.