

The Shalom Village



GRAPEVINE

Special Hannukah Hustle Edition



Hamilton Canada

November 2008



The Hustle gets people back on their feet

NeuroGym program creates possibilities at The Club Fitness Centre

Can you imagine what it feels like to a person who requires a wheelchair or a walker to be able to regain some of the mobility and independence they have lost to disability? Just think what it means to be able to perform some of the activities of daily living that we take for granted – to ease the fear of falls, or to be able to go to the bathroom unassisted.

The Hannukah Hustle is helping us continue the successful NeuroGym program started with funds raised by the Shalom Village Ladies Auxiliary at their Annual Tea in 2007.

NeuroGym Technologies manufactures a unique line of mobility training equipment that targets the underlying motor skills critical for day to day functions such as transfers, standing and walking. There are two specialized NeuroGym machines available to Shalom Village residents, including a “bungee walker” and a “sit to stand” machine that helps people stand from a sitting position with the assistance of counterweights. The weight is gradually reduced as the person gains strength.

More than 20 Shalom Village

residents and Goldie’s members have been using the NeuroGym machines in The Club, not including Shalom2 Home and Goldie’s2Home convalescent care rehab clients. Head Coach Greg Almas says it is exciting to see the improvements as people gain strength and improve their balance.



“People who sit too much begin to atrophy,” says Greg. “But when they walk, the whole body comes into play. The increased activity has many benefits including reducing swelling by improving circulation, building strength and improving balance.”

Greg likes to work with an inflatable ball, playing catch with participants who are supported by the bungee walker. “It forces them to let go with their hands and works on forward and lateral movements. It improves hand eye coordination as it increases confidence.”

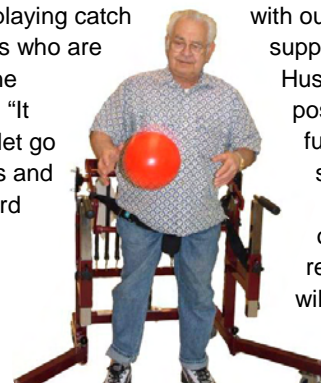
Improving mobility also impacts incontinence. Movement

stimulates the bowels and walking helps strengthen abdominal muscles. As people regain strength and balance, transfers become easier, reducing the need for caregiver assistance.

“Another great thing about these machines,” says Greg, “is that they are on wheels. We can take them to the residents who are not able to come to the Club.” Greg also points out that the equipment provides exercise opportunities to residents who are not able to take advantage of the Keiser weight training equipment used by The Club’s more able members.

A number of Shalom Village employees are trained to use the NeuroGym equipment as well as the members of the physiotherapy team who work with our residents. Your support of the Hannukah Hustle makes it all possible by helping to fund the many hours of staff time needed to improve the mobility of our frailest residents in ways that will improve their lives every day.

To support The Club and its programs call Joan Ulrich at (905) 529-1613 ext. 231.





Shalom Village

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Shalom Village is affiliated with the McMaster University Faculty of Health Sciences

The Hannukah Hustle

Funds raised at The Hannukah Hustle go to support The Club Fitness Centre at Shalom Village. The Club is equipped with state of the art Keiser low-impact weight training equipment and is open to all people over the age of 70, including members from the community as well as residents of Shalom Village. Head Coach Greg Almas and his team lead participants through a detailed assessment process to develop a fitness plan suitable to their individual needs and abilities. Whether people are fully able to undertake all activities, confined to a wheelchair or restricted by other health issues, a plan is formulated to help them stay active and increase their mobility and independence.



Jim is grateful for a second chance

There were times in the days following Jim Kennelly's stroke in September 2004 that his survival was in doubt. Even after it became clear that he would live through his ordeal, he still faced many challenges.

"I had limited mobility and had to relearn many things that I had taken for granted before", said Jim. "I was confused and hallucinating", he recalls, "I remember having conversations with Jean Chrétien!"

After a stay at General Hospital's Stroke Recovery Unit and a brief stopover at another long term care facility Jim came to Shalom Village for a respite stay with the goal of eventually returning to his West Hamilton apartment. But after his kids convinced him to look at an apartment in



Shalom Village he decided to stay.

"I've never regretted it for a minute", he says now, "I am so much more active here than when I lived alone".

He now works out five times a week at *The Club Fitness Centre* at Shalom Village where trainer Greg Almas has helped him develop a fitness program focussing on his legs. He also walks in the Hannukah Hustle with family members.

"There's not a day goes by that I don't realize how fortunate I am," he said, "to have a stroke and recover to the extent that I have. I know it can't just be exercise, but it certainly has helped me feel a lot better. Maybe the stroke would have been more debilitating if I wasn't in good shape."

What's with all the crazy wheelbarrows?



The flower-filled wheelbarrows found at Shalom Village allow us to bring the garden to the people when the people can't come to the garden. These "portable gardens" symbolize the deeper experience your donations help us bring to our loved ones every day.

The Deeper Experience is the seasoning in the soup of life. It is all the things, large and small, that make every day worth living. It is those moments that bring a smile to your face, a laugh to your heart or a tear to your

eye. It is the catch in your throat when something beautiful penetrates your shell and touches your soul. It is the exhilaration you feel when you are dancing and the music seems to speak directly to you. It is the pride you feel when you have created something beautiful and it is the connection you make with others when you share your stories. It is the way you felt on that first date and it is the way you feel when you tell your friends about the achievements of your children.

It is all that and more. Your support of Shalom Village allows us to create a home where people are engaged in deeper experiences every day.

Together we are making the possibilities possible!