

## Episcopal Homes

# New Motion Wellness System now available to all older adults

Episcopal Homes, a long-time leader and innovator in providing affordable senior housing options and personalized home care services, has introduced Minnesota's first Motion Wellness System for seniors. Open since June 1, the Motion Wellness System is one of several new facilities at Episcopal Homes' new Life + Wellness Center.

"Our mission is to enhance the quality of life for seniors by providing homes and services that support each individual's physical, social and spiritual needs," said Episcopal Homes president Marvin Plakut. With the opening of the Life + Wellness Center, Episcopal Homes is extending that mission beyond its residents to include older adults in the general public. The Life + Wellness Center is accessed through the Welcome Center at 1860 University Ave.

Described as a "jungle gym" for seniors, the Motion Wellness System supports senior health through playful exercise. "Falls are the number one indicator of life-threatening decline for seniors," said chief operating officer Mike Karel. "Motion Wellness helps seniors maintain their balance and retain their core strength, which helps reduce the number of falls."

The Motion Wellness System includes a rope course and balance beam that help users maintain their balance and coordination. It also includes a series of horizontal bars that are used for chin ups and other exercises to assist seniors in maintaining their core strength.

In addition to helping reduce falls, the Motion Wellness System promotes social interaction, helping to reduce the risk of issues like dementia and depression.



Episcopal Homes residents train with fitness specialist Mary Hopp on the Midway facilities' Motion Wellness equipment.

"It's wonderful to have this available," said an 83-year old woman who was taking a break from the rope course. "It's great to come here and work out and socialize."

The Life + Wellness Center also includes a new fitness center featuring HUR exercise equipment that employs smart-card technology. The smart cards allows seniors to keep and access their individual programs and performance records on each piece of equipment.

In addition, a new warm water therapy pool offers seniors the opportunity to swim or take aquatics classes. The water is a constant 92 degrees and the pool's

depth ranges from 3.6-4.6 feet.

The Motion Wellness System, fitness center and therapy pool are all available to the public. Those age 55 and older who do not live on the Episcopal Homes campuses can access any of the three facilities with a series of monthly rate packages.

"Our Life + Wellness Center is innovative because it promotes well-being in mind, body and spirit, instead of just treating illnesses," said Julie Niewald, Life + Wellness director. "It helps our older active adults thrive."

The public is also invited to attend Active Aging Week from September 27-

October 3. The event, Niewald said, is designed to help change the way the public views aging.

"Active aging is a process to achieve a fuller, richer life," Niewald said. "Seniors take an active role in the planning and execution of their lives rather than just accepting a static alternative."

The week-long event will showcase programs and activities around the theme of "living your adventure." "Green Line Adventures" will familiarize residents with the Green Line, which runs past the campus, and introduce them to activities and businesses along its route. Other programs in development include inter-generational programs and programs in art and music.

Founded in 1894, Episcopal Homes provides a full continuum of affordable housing and care services for older adults. Today Episcopal Homes serves 660 people in nine residential locations. The organization's primary campus is on the southwest corner of University and Fairview Avenues, and includes Seabury, Cornelia House, Iris Park Commons, Episcopal Church Home, The Terrace and Midway Pointe. Episcopal Homes also operates Carty Heights at Lexington Parkway and University Avenue, and King's Crossing at Dale Street and University. All are located on the light-rail Green Line.

Episcopal Homes also manages Becketwood Cooperative, another senior housing community, in Minneapolis.

**Episcopal Homes**  
490 E. Lynnhurst Ave., St. Paul  
651-632-8800  
ehomesmn.org



**EpiscopalHomes.org**  
For a tour, call 651-632-8800

## Hey, Neighbor! You can benefit from these three great *Life+* programs too!



**1. Therapy Pool Aquatics**



**2. Age-Tailored Fitness Course**



**3. Minnesota's first Motion Wellness Course**

Right now, our residents are increasing their strength and stamina, gaining flexibility, relieving aches and pains, and reducing their risk of falls by participating in one or more of these three *Life+* programs. *You are welcome to join them!* If you are age 55+ and choose to participate, we'll do an assessment of your current health status and develop a baseline against which your progress can be measured. Our coaches will use this information to help you set realistic goals, then design a personal program to help you achieve those goals.

To learn more about these programs and how they can improve your quality of life (for the rest of your life), contact *Life+* Director **Julie Niewald** at **651-272-4953** or **jnieuwald@ehomesmn.org**. There is a nominal fee for participating, but because we are a non-profit organization, we think that you'll find *Life+* to be the bargain of a lifetime. The neighbors you'll meet are the icing on the cake.

