

## Seniors Boogie in Brighton to Prevent Falls

November 19<sup>th</sup>, 2018 (Brighton)

For the longest time, dance was considered the province of the young and the fit. The evidence from research shows that dance enhances a senior's mental and physically well-being.

Every Monday, Community Care Northumberland (CCN) has been operating a free Dance Program to help residents in Brighton improve their fitness, flexibility and overall coordination, helping to reduce falls and falls-related injuries. CCN has been able to offer this program through the generosity of a grant provided by the Kay Stafford Memorial Grant; administered by the Trenton Memorial Hospital Foundation.

"Falls are the leading cause of injuries for adults 65 and older with many adults ending up in hospital emergency departments for treatment every year," said Trish Baird – Executive Director of CCN. "The consequences from a fall can range from bruises, fractured hips and head injuries to irreversible calamities that can lead to death."

"We appreciate the support of the Kay Stafford Fund to pilot this dance program in Brighton and are thrilled with the overwhelming response to the program. CCN believes our goal of keeping all these participants out of the emergency room at Trenton Memorial Hospital for falls related injuries will be reached."

The class is at capacity with 80 participants and an additional 63 on the waiting list.

"It was delightful to see our Kay Stafford funds in use, helping to keep so many seniors fit and healthy," said Wendy Warner - TMHF. "I'm sure that Mrs. Stafford would agree this was a great use of her gift."



**Pictured above:** (In the Centre) Gail Ellis – CCN’s Wellness Coordinator and Wendy Warner – TMHF holding certificate and the Monday – Free Movement Class participants.

### **Media Contact**

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