

PRESS RELEASE

September 6, 2019

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CCE Tai Chi Program Addresses Arthritis and Fall Prevention

SULLIVAN COUNTY, NY – Fall prevention efforts continue in Sullivan County using Tai Chi for Arthritis and Fall Prevention programming, offered by Cornell Cooperative Extension Sullivan County (CCESC)'s Caregiver Resource Center. Seventeen individuals graduated after practicing twice a week for an hour over the course of eight weeks in two locations; the Neversink Fire House and Catskill Regional Medical Center in Harris. Participants learned the six basic movements plus some challenging movements!

“Tai chi incorporates slow, gentle, relaxing, and low-impact movements that participants do while standing and over time, with practice, improves their stamina, posture, and balance. It also helps to reduce stress while preventing falls,” said Bonnie Lewis, CCESC Dependent Care Educator.

The Caregiver Resource Center rotates the tai chi program to various senior and community centers, with past graduates in Bethel, Mamakating, Liberty, Livingston Manor, and Cocheton. CCESC continues to work with the Sullivan County Office for the Aging in fall prevention measures to keep older residents independent and mobile, able to enjoy and maintain activities of daily living and quality of life measures.

A short Tai Chi for Fall Prevention demonstration will take place Sunday, October 22 at the Bethel Woods Harvest Festival at the Sullivan 180 table.

If the public is interested in participating in Tai Chi for Arthritis for Fall Prevention sessions in 2020, contact Bonnie Lewis at bjl25@cornell.edu or call 845-292-6180, ext. 122.

2019 Tai Chi Participants

Marion Rubenzahl, Barbara Hotchkin, Frances Fuller, Mary Inghrim, Penny Coombe, Nancy

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Hook, Nitza Dominitz, Carol Waxman, Gaila Weisberg, Frances Peters, Debbie Bradley, Linda Pasternack, Kathie Aberman, Ann and Rudy Tretter, Donna Harness, and Vickie Lapolt.

Registration is requested in advance by visiting www.sullivanccce.org, emailing sullivan@cornell.edu, or calling CCESC at 845-292-6180.

This co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County is supported by a grant from the NYS Office for the Aging's Caregiver Program.

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