PRESS RELEASE

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ROGERSON COMMUNITIES
CELEBRATING 150 YEARS OF INNOVATIVE HOUSING & HEALTH SERVICES FOR ELDERS

Photo attached:
Rogerson Communities Roslindale House residents
Angeline Miller (l) and Helen Jurewich get fit with Therabands.

Tufts Health Plan Foundation Supports Rogerson Communities

$50,000 to Support Healthy Rogerson Program

ROSLINDALE, MA –The Tufts Health Plan Foundation has pledged their financial support to Rogerson Communities with a grant of $50,000 for Healthy Rogerson, an organization-wide program which promotes healthy aging among low-income elders.

Healthy Rogerson includes a number of different innovative fitness and educational programs, including Rogerson Fitness FIRST^{SM}, A Matter of Balance, Healthy Eating for Successful Living in Older Adults, and the Chronic Disease Self-Management Program. Who will the program serve? Older adults residing at Rogerson's low-income elder housing facilities located in Roslindale (Roslindale House and Longfellow House), Roxbury (Spencer House and Council Tower), and Jamaica Plain (Farnsworth House). The funding will also enable participants in the Rogerson

Roslindale Adult Day Health Program and Rogerson Egleston Adult Day Health Program to access these unique, health-promoting programs.

"We are thrilled with the Tufts Health Plan Foundation support," says Sheila Place, Rogerson Communities' Director of Programs. "The evidence-based programs we began offering last year left many of our elders wanting more and more. We are now seeing increased participation in the weekly Theraband and group exercise classes, as well as the weekly nutrition groups. Some sites also offer yoga or Tai Chi classes. These weekly classes offer an opportunity to learn healthy alternatives in a fun and social environment that can improve their quality of lives and help them to get to know their neighbors."

Rogerson Communities, celebrating its 150th year in 2010, is a leader in building and managing affordable housing for low-income elders and a pioneer in creating innovative adult day health programs offering fitness and strength training, meals, memory loss care and treatment, and social activities so that elders can continue to live independently. For more information, visit www.rogerson.org

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