



**For Immediate Release**

**February 15, 2023**

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## **Aging Care Connections Secures Grant from Westlake Health Foundation**

### ***Grant Supports Aging Well Neighborhood Programs***

*La Grange, IL— February 15, 2023* —Aging Care Connections announced that it has secured a \$25,000 grant from Westlake Health Foundation of Oakbrook Terrace, Illinois. The grant funds workshop technology improvements as well as additional fitness classes provided through the Aging Well Neighborhood program.

“Thanks to the Westlake Health Foundation, older adults in our service area will have more workshops to choose from, whether they choose to participate in-person or via Zoom, and the experience will be much improved,” said Desiree Scully, Executive Director at Aging Care Connections. Westlake Health Foundation endeavors to promote the health and welfare of the people of primarily west suburban Cook County.

### **Keeping Fit and Connected**

The pandemic increased the isolation experienced by many older adults. To create opportunities for ongoing engagement, ACC’s Aging Well Neighborhood programs went online, allowing older adults to continue learning and staying fit via Zoom. Today, while some participants have returned to in-person programming, others prefer to access the workshops online. The Westlake grant allows for an improved audio/visual experience, relevant for both in-person and virtual attendees.

Regular physical activity for older adults helps maintain/build strength, preserve flexibility, reduce falls, maintain endurance, improve immunity, manage blood pressure, help

manage some chronic health conditions, reduce social isolation, and help prevent memory loss, cognitive decline, and dementia. Participants have shared that Aging Well Neighborhood fitness classes have had an enormous impact on their physical health, mobility, and endurance. Funding from Westlake Health Foundation allows Aging Care Connections to offer more free fitness workshops, 1-2 each week. Workshops will be offered in English and in Spanish, conducted by physical therapists and fitness instructors. Sample classes include Cardio, Balance & Strength, Chair Aerobics, Boot Camp for Bone Density, Chair Yoga, Total Mind & Body Workout, Senior Strong, Core Conditioning, and Senior Stretch.

“I love the Mind and Body class,” observed Rose. “This session really worked my hand and eye coordination and balance – something I need to keep working on! Thank you!”

The mission of Aging Care Connections is to enrich the quality of life in communities by providing its services within the townships of Leyden, Lyons, Norwood Park, Riverside, and South Proviso by providing older adults and their families with guidance and support that enhances the ability to age well. Aging Care Connections serves over 10,000 older adults and families annually across 38 communities, providing comprehensive, client-centered programs that enable older adults to age safely and with dignity in their communities.

Westlake Health Foundation endeavors to promote the health and welfare primarily of the people of west suburban Cook County, Illinois through the granting of funds for health in the areas of research, education, prevention, promotion, access and direct health care, regardless of race, sex, creed or financial need.

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