



# SEWARD SENIOR CENTER

*Serving Seward Seniors for 30 Years*

## **Health Promotion – Taking Care of Your Feet and Balance Seward Senior Center, Seward, Alaska**

Seward, Alaska is located on Resurrection Bay, two hours south of Anchorage. The area is in a maritime climate, and residents wear shoes or boots 11 months of the year to deal with icy conditions approximately six months of the year. Seniors are at a high risk of falling during the winter, which can increase their chance of injuries; broken hip, strained joints, sprains and concussions. Serving the health and wellness needs of seniors who live in the wet and cold far north, assisting them in the care of healthy feet and healthy joints, reducing the risk of disability and injury is a joint effort in Seward.

In collaboration with local area Providence hospital, the Seward Senior Center began promoting monthly foot care clinics and weekly Core Balance classes in 2007. Providence provides the center with Physician Assistants, Physical Therapists and Physical Therapist Assistants to implement these essential, health promotion activities.

The monthly foot care clinic have provided seniors with caring and compassionate time with health care professionals. The health care professionals evaluate and determine the need for any referrals to local area physicians and personal foot care recommendations to the senior. This human contact is so valuable for the senior who live alone, can't reach their feet and have the need for caring and loving professionals to nourish their bodies with foot care therapy. The team believes and understands that healthy feet can improve a senior's outlook on life and attitude towards growing older.

The Core Balance class provides seniors with supportive and age appropriate exercise classes to strengthen legs, hips, back and stomach muscles, all from the comfort of a chair. The class provides the senior with the education and tools to continue walking with confidence and a strong gait and strives to eliminate the threat of premature falls, tripping on rugs, steps or obstacles. These situations can be life threatening, prematurely admitting a senior to long term care to heal from an injury sustained from a fall.

This program has been very well received, with an average age attendance of 75 years old, meeting the wellness needs of the frail and the elderly. For more information about the program, please contact Dana Paperman, Executive Director at 907-224-5604 or by email at [ssc@seward.net](mailto:ssc@seward.net) The website is [www.sewardseniors.org](http://www.sewardseniors.org)

