

**Press Release from SRC..... Grant from Atlantic Healthsystems....
Learn How SRC Classes Serve Others...Discover the Classes SRC Offers**

***Senior Resource Center of New Jersey Receives
Atlantic Health System's Morristown Medical Center
Community Advisory Board Grant***

Each year Atlantic Health System's (AHS) Morristown Medical Center provides grants to groups that meet AHS's mission to respond to specific health care needs of the community in one or more of the following areas:

- Behavioral Health
- Diabetes/ Obesity/ Unhealthy Weight
- Heart Disease
- Cancer
- Stroke
- Geriatrics & Healthy Aging

This year Morristown Medical Center granted the Senior Resource Center of North Jersey (SRC) \$5,000 in funding to support SRC's extensive offering of wellness classes, educational programs, and referral services for seniors and their caregivers. SRC is located in Chester and draws participants throughout the West Morris County region.

SRC's mission is to empower seniors who want to stay at home through many of their senior years by helping them maintain a healthy and fulfilling lifestyle. SRC offers in-person classes four days a week, a monthly lunch-and-learn and special educational workshops throughout the year.

SRC's programs are geared towards the needs of seniors and the challenges they face. SRC provides services to address 1) keeping seniors healthy to remain at home during their senior years through exercise classes and programs, 2) providing a community where seniors can form meaningful relationships to combat isolation, loneliness, and associated depression, and 3) education in health and meaningful areas applicable to aging.

Current course and educational offerings include the following weekly courses and monthly sessions:

- Chair Yoga
- Yoga on the Mat
- Healthy Bones in partnership with Norwescap RSVP
- Stretch Bands
- Pilates
- Qigong/Tai Chi
- Walking Club (twice weekly based on pacing speed)
- Line Dancing
- Piano (Level I and Level II)

- Exploring Music
- Quilting Group
- String Jam Group
- Jewelry Class
- Monthly Lunch-and-Learn Workshops which are held at local libraries

SRC workshops bring in guest speakers on a variety of topics and recent topics have included Ageism, Cardiovascular Disease, Better Bone Health, The Aging Eye, Cancer, Memory Loss, Nutritional Diets, and Osteoporosis.

SRC offers learning bags from Atlantic Health System which cover a variety of health topics applicable to aging (Diabetes, Stroke, Mental Health, Cardiovascular). Participants are encouraged to take the bags home and read/listen to the educational materials.

SRC also provides on-line information and distributes a monthly newsletter electronically. The website offers on-line videos so Seniors can apply the skills they learned in exercise and health classes and is actively building their offerings. Phone inquiries or walk-in visitors or seeking resources to navigate the challenges of elder care are welcomed by the current Program Director Lisa Sibelman. Print copies of SRC's monthly calendar are available at local libraries.

Beyond this grant SRC hosts fundraisers and receives donations and volunteer service hours and space from a range of community stakeholders. SRC classes are offered at the Church of Messiah located in Chester. Other community stakeholders include the Lions/Lioness Club, Chester Fire Department, Caregivers at Mount Olive Manor, Golden Age Seniors Group of Washington Township, Mt Olive Senior Nutrition Site, and the libraries of Chester and Washington Township.

SRC builds community. Enthusiasm and gratitude for SRC are evident in the feedback reflections provided by participants and their caregivers. One participant shared *“Having been a participant in SRC for about 16 years, I have found most valuable the Healthy Bones class which strives to prevent Osteoporosis. I had been diagnosed with Osteopenia before I participated and since I have attended these classes, my bone density tests show no further deterioration and even progress.”* Another participant shared *“SRC means the world to me! Keeping me moving to great exercises with fantastic instructors. So grateful that I am part of a great ‘family’ of friends.”*

Additional information about SRC is provided at <https://www.srcnj.org/> and on their Facebook page <https://www.facebook.com/people/Senior-Resource-Center-Chester-NJ/100090021169935/> Email contacts include info@srcnj.org and happenings@srcnj.org.