



A new table accessory makes it easy to read or work while using Cascade's ChairMaster

Cascade adds accessory for ChairMaster

The ChairMaster fitness chair, a recliner with a built-in exercise bike, now features a work table accessory. Attached to the ChairMaster, the multipurpose end table turns the recliner into a desk or serves as a magazine/book holder. Both height and table tilt are adjustable, while the table swings out of the way when not in use. Designed for older adults and/or those with limited mobility, the ChairMaster provides 50 different exercises that can be done using attachable resistance bands and the exercise bike. This Cascade Health and Fitness product is available from specialty dealers and online. See www.chairmaster.com for details.

Aegis Therapies introduces program in four centers

As part of a broader rollout, EnerG by Aegis recently brought wellness programs into four skilled-nursing centers. The evidence-based program, previously targeted to independent and assisted living, now is available for residents with more complex medical conditions or decreased cognitive abilities. According to Aegis Therapies, EnerG has been shown to:

- reduce unplanned rehospitalizations
- improve outcomes related to falls, depression and cognition
- keep residents independent longer and increase length of stay
- improve resident satisfaction and engagement
- provide a competitive position in marketing efforts

Results are based on participant assessments and outcomes data. Learn about the EnerG program at www.aegistherapies.com/EnerG or call 877-823-8375.

NuStep Network launches to support assisted-living providers

Through a partnership with active-aging industry leaders Kay Van Norman and Kristine Rogers, NuStep has created the NuStep Transforming Lives Network, an accountable care business solution for assisted-living providers. To reduce healthcare spending, Medicare now fines hospitals for avoidable readmissions and requires quality patient outcomes. Assisted-living providers seeking to partner with hospitals to reduce avoidable readmissions must have outcomes-based solutions to meet accountable care challenges. NuStep Transforming Lives Network is an evidence-based aerobic-training intervention for patients of virtually all functional levels to manage significant conditions, including heart disease and mild cognitive impairment, and enhance overall health. Visit NuStep at www.nustep.com.

BOSU DVD, presentation focus on active-aging clients

BOSU recently released *Mobility & Stability for the Active Aging*, a DVD led by Lawrence Biscontini and 82-year-old Bernadette O'Brien. The video teaches fitness professionals exercises, sequences, drills and skills using the BOSU Balance Trainer that are suitable for the gentle exerciser and the active-

aging market. At press time, Biscontini and O'Brien were scheduled to present a session based on the workout at the ICAA Conference 2013 in San Diego, California. The session will also include modifications for different functional levels and exercise options without the BOSU, according to the description. Details on the DVD are available at www.bosu.com.



Offered by Direct Supply, the Panacea Flip mattress features both firm and soft sides

Direct Supply brings products to active-aging communities

Direct Supply, based in Milwaukee, Wisconsin, is pleased to announce it has joined the ICAA Preferred Business Partner Program. A leading provider of healthcare, clinical, furnishings, environmental and foodservice equipment to the senior living industry, Direct Supply offers products such as The Flip, which provides residents with clear comfort choices—firm or soft—from two sides of one mattress. In seconds, a single caregiver can easily turn the mattress. The Panacea Flip also cuts the burden of storing mattresses of varying firmness and comes with a 30-day risk-free trial. For information, contact Direct Supply at 800-634-7325 or see www.directsupply.com.

HydroWorx highlighted in article on rehab center

On July 23, 2013, HydroWorx was featured prominently in an article published in the *Jamestown News* about Shannon Gray Rehabilitation and Recovery Center in Jamestown, North Carolina. Shannon Gray's goal is to help residents recover and improve their quality of life so they can return to their homes. The organization is one of the

first facilities in North Carolina to have a HydroWorx aquatic therapy pool with an underwater treadmill and underwater camera technology. These cameras provide real-time feedback to the patient and clinician, and record sessions to send to doctors for assessment. Find out more about HydroWorx pools at www.hydroworx.com.

Care Innovations names new company leader

Intel-GE Care Innovations has announced that Sean Slovenski is the company's new chief executive officer. Slovenski succeeds CEO Louis Burns, who retires after 30 years with Intel and Intel-GE Care Innovations. It's expected that Slovenski's insights and experience—which includes leading population-health programs with innovative delivery models for health systems, health plans, and providers—will strengthen Care Innovations' ability to meet the unique needs of its growing customer base. Slovenski has held significant senior leadership roles within the industry, most recently at Humana. Burns will stay involved through the end of the year to ensure a smooth transition. For company information, go to www.careinnovations.com.

Heritage Healthcare merges with HealthPRO

Representatives from Heritage Healthcare and HealthPRO Rehabilitation recently revealed that the two companies have merged. The two organizations share a vision of resident-centered care, clinical excellence, and strong customer partnerships, according to the announcement. The combined company provides contract therapy, in-house therapy management, staffing compliance and reimbursement consulting services at more than 400 skilled-nursing centers; continuing care retirement, assisted- and independent-living communities; hospitals, and schools. Heritage President Paul Shaw will become president of the combined entity, which employs more than 4,000 associates. The company will retain offices in Greenville, South Carolina; Baltimore, Maryland; Cleveland, Ohio; and Chicago, Illinois. Visit www.heritage-healthcare.com for further company information.



Lori Weisenfeld, IPFH's new scientific advisory board member

Advisor joins IPFH board

The Institute for Preventive Foot Health welcomed Lori S. Weisenfeld, DPM, a sports podiatrist based in New York City, to its scientific advisory board. Weisenfeld is a clinical advisor to the American Running Association and board certified in both podiatric surgery and podiatric orthopedics. She is on staff at Mount Sinai Medical Center and the Gramercy Surgery Center, where she is Vice Chair of the Medical Advisory Board. Weisenfeld is committed to preventive foot health and to informing primary care physicians, other health professionals and the public about the importance of regular foot exams and timely, appropriate treatment of foot conditions. Learn more at www.ipfh.org.



Racers compete in specific age and gender categories to qualify for the US National Snowshoe Team. Copyright ©Amy Johanson Photography

Association chooses Thorlos socks for snowshoe team

Thorlos were named the official socks of the United States National Snowshoe

Team for the third year in a row. "We're proud to provide padded socks for the team and pleased that the United States Snowshoe Association requested Thorlos," says Jim Throneberg, THORLO founder and CEO, and originator of the Thorlos brand. Snowshoe racers qualify for the national team by competing in sanctioned events in their age (and gender) categories. These categories range from 10–14 years old through 80–84 years. Find out about Thorlos socks at www.thorlo.com. Information about the US Snowshoe Association is available at www.snowshoeracing.com.

Med-Fit unveils GOLFit

Med-Fit Systems, manufacturer of Nautilus commercial fitness equipment, has introduced GOLFit, a strength and flexibility program designed to help golfers lower their scores and reduce the risk of injury. The GOLFit by Nautilus protocol is based on research by ICAA Advisor Wayne Westcott, PhD, whose study showed the protocol increased participants' club-head speed during a golf swing by as much as 5.2 mph; increased leg strength by 60% and hip and shoulder flexibility by 24%; reduced body fat by 4.1 lbs.; increased lean body mass by 3.9 lbs.; and reduced resting blood pressure by 4.5 mm Hg. Information about the new GOLFit program is online at www.nautiluscommercial.com.

SportsArt honored at expo

SportsArt Fitness celebrated its recent recognition at the Healthcare Facilities Symposium and Expo in Chicago, Illinois, where its Green System cardio equipment received a Most Sustainable Product Award. The award program recognizes the best and most innovative new products within the healthcare design and construction industry. The Green System harnesses human power for use as a clean, green source of electricity. Up to 10 pieces of cardio equipment can be connected to an inverter wired into a building's electrical system. As users exercise, their energy is fed back into the grid to help offset power consumption elsewhere in the building. Visit www.sportsartamerica.com to learn more. ☺