



*“Walk! With Aegis Therapies®” Campaign  
Oct. 2, 2015*

In conjunction with National Aging Week, staff at Roosevelt Care Centers packed health and wellness campaign into a five-day celebration during this year’s “Walk! With Aegis Therapies®.”

Between Sept. 28 and Oct. 2, the physical, occupational and speech therapy company, hosted a series of walks and themed discussions across the nation at independent living, assisted living and skilled nursing facilities, continuing care retirement communities, as well as other alternative locations.



“We have partnered with Aegis for a number of years now,” said Roosevelt Care Center at Old Bridge Administrator Alan Fialka. “We appreciate their therapist making an extra effort to see to the health of our residents.”

Locally, scores of participants trekked nearly 100 miles collectively around the perimeter of Roosevelt’s sister facilities in Edison and Old Bridge.

This was added to a national registration of walkers, who traipsed approximately 40,000 miles.

At Roosevelt, employees hailing from a broad range of departments, from recreation to dietary to nursing, resonating a community feel that the County's long-term and subacute care centers are reputed for.

"They get into it and they really enjoy the interaction," said Roosevelt-based Aegis Direct of Rehab Steven Fudenna. "I'm always pleasantly surprised to see just how many departments are helping."

Aside from the physical commitments, daily discussions touched on a spectrum of topics, including: intellectual, emotional, spiritual, occupational and social health.

The key element of this campaign was a daily physical activity, options from which incorporated walking, a general exercise program or another clinician-recommended physical activity.

"It's really just a matter of being active," Fudenna said. "The walk itself is kind of the centerpiece. Each day takes on a different health promotion."