

The premier community resource for people with disabilities and their families

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FOR IMMEDIATE RELEASE

January 16, 2015

Saratoga Bridges received a grant from GLOBALFOUNDRIES-The Town of Malta Foundation

Saratoga Bridges received an \$8,182.97 grant from GLOBALFOUNDRIES-The Town of Malta Foundation to be used specifically for ***“Therapeutic and Wellness Equipment”***. These funds will allow them to purchase items for their Malta Day Program, located in Malta Commons and the four Alpha Day Programs and Alpha Industries, located at 16 Saratoga Bridges Boulevard.

The agency prides itself on being proactive in assuring that programs are therapeutic, rehabilitative, accessible and adaptable for every individual they serve. Their main concern is their overall health and well-being as they believe this directly makes a positive impact on their self-confidence, their self-esteem and ultimately their level of independence. In particular, the following pieces of Therapeutic Equipment will be purchased:

Bariatric Reclining Chair

This specifically designed chair will address numerous medical issues that necessitate their individuals must transfer out of their wheelchairs during the day or who need to elevate their legs, relieve their poor postural positions or require the meditative qualities resulting in a more prone position. The integrated liquid cell technology significantly benefits individuals because the chair is equipped with an ultra-thin liquid layer that allows the body to float on the chair thus eliminating pressure, increasing circulation of blood and oxygen to tissues allowing wounds to heal and providing comfort to the individual. It will accommodate those who are morbidly obese giving them a safe and comfortable place to sit and serve a growing population of senior citizens who have been diagnosed with circulatory issues that lead to edema and other complications.

Wheelchair Scale

The wheelchair scale is an industrial-strength constructed model complete with a ramp for easy access and an oversized platform to accommodate geriatric (recliner) chairs and extra wide wheelchairs. This high-capacity model provides essential medical information to follow obesity, weight loss and water retention so staff can better track medical needs while maintaining optimum health. The scale allows individuals who utilize wheelchairs be weighed safely and more comfortably. As there are very few physicians who have a wheelchair scale in their offices, this scale will allow physicians, nutritionists, nurses and therapists to provide the best possible care, improve the well-being and health of their individuals and recommend appropriate adaptive equipment.

Saratoga Cycle Exerciser

A Saratoga Cycle is specifically designed for people who use wheelchairs or are in a sitting position. They utilize it to maximize their overall flexibility and strength. As their exercise program progresses, they gain more stamina. The Saratoga Cycle has many benefits including increasing energy levels, strengthening upper and lower extremities, increasing endurance and improving circulation, respiratory status and aerobic functioning. They have the potential to lose weight while building muscle. This may be the first time riding a bicycle. They are hopeful that as people observe their peers utilizing the bike, they will be encouraged to try it for themselves.

Recumbent Exercise Cycle Trainer

A Recumbent Exercise Cycle Trainer provides a low impact aerobic workout to strengthen and tone the muscles in hips, thighs and buttocks while protecting an individual's back. This model is very comfortable, easy to pedal and exercise-friendly for their individuals. And yet, the workout is very efficient which will yield excellent results. The ergonomic feature is extremely beneficial. Plus, this device is safe to get on and get off. Individuals of all ages will be able to have more functional activity by increasing their flexibility and strengthen extremities.

Exercise Equipment

Pieces of equipment to be used in Physical Therapy reap many benefits for individuals of all ages as they obtain more functional activity, increase flexibility and strengthen extremities. They can be adapted for people who are wheelchair users and those with limited dexterity. The different weights are adjustable to allow the wide variety of individuals they serve an opportunity to exercise their arms, legs, chest muscles. Their primary purpose is to improve health and wellness by providing activities to address areas such as stress management, diabetes, blood pressure and innumerable others. These include --

- Shaker Sticks to tone and sculpt muscles while working on improving posture. These are easy to use independently or in a group.
- Octobands for upper and lower body exercises which make a fun way to exercise in a group for people who sit and/or stand.
- Medicine Balls with straps in 3 sizes – 4lbs., 6lbs., and 8lbs. These deliver a variety of efficient plyometric rehabilitation and weight training routines which increase strength and endurance of the indirect muscle groups, making them a valuable tool for people of varying abilities. They provide a customizable workout while providing a great core exercise for groups or individually.
- Weighted Bars in both 3lbs. and 4lbs. increments to build and tone muscles. The padded bars distribute the weight evenly and are safe to use in performing lunges, squats, chest press and arm curls.

Video Camera and Equipment

Their Training Department will use a video camera to record numerous training sessions and then create new, updated videos for their 600+ staff members. The video camera will enhance their ability to provide better visual instruction for direct care staff as many of their trainings are required during training new employees and then annually to include –

- Demonstrating the proper techniques of operating a mechanical Hoyer lift to ensure the safe movements required in transferring an individual from a wheelchair to a bed, shower chair or mat while preventing injury to the staff person and the individual.
- Demonstrating the proper techniques for loading people on and off the power lifts on buses and vans to ensure safety.
- Enhancing required CPR techniques to increase their ability, knowledge and confidence in performing this life saving activity.
- Demonstrating NYS approved restraining techniques (Strategy for Crisis Intervention and Prevention-Revised (SCIP-R)).

Other benefits are to tape other monthly trainings, parent education sessions, panel discussions and 'In My Shoes' where their adults present a disability awareness program to area elementary schools. In addition, they have met with Saratoga County First Responders to provide training from their individuals' perspective. With trainings recorded, they can be used on every shift and on a periodic basis.

As one of the largest non-profit organizations in Saratoga County, Saratoga Bridges has been proudly providing the highest level of services and programs to people with developmental disabilities and their families for more than 55 years by promoting their abilities and achievements in every aspect of community life. Throughout their history, family members, staff and volunteers have been committed to ensuring that the individuals they serve are able to realize their goals, hopes and aspirations as they work, volunteer, socialize and recreate while leading full, productive and contributing lives. The agency employs close to 600 conscientious people who work diligently and with great compassion to be responsible for the 24/7 care of over 800 individuals. Saratoga Bridges' philosophy is that every day is full of possibilities!

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