

Aging and In-Home Services Awarded Grant for Senior-Focused Fitness

A grant provided by the Indiana Division on Aging is supporting Aging and In-Home Services of Northeast Indiana, Inc. (AIHS) with the Wii Grant Program and park benches along greenways. Indiana's seniors are some of the most "unhealthy" people in the nation. If people are to remain in their own homes, they need to take a pro-action role in their own health. A healthier lifestyle will most likely lead to a longer life, with higher quality.

AIHS programs help older adults improve health, fitness, accessibility and mobility. One of the ways the agency is promoting better health is through this one-time grant. The grant provides for the placement of Wii Sports and Wii Fit at congregate meal sites and senior focal points throughout the nine counties of Aging and In-Home Services area.

Additionally, walking/exercising along greenways in parks is seen as a wonderful way of supporting older adults. AIHS is providing park benches in Fort Wayne along the River Greenway and in Bluffton.

Wii Locations are as follows:

Allen County - Tall Oaks Hi-Rise and North Highlands H-Rise in
Fort Wayne

Adams County - Decatur Parks and Recreation Center

South Adams Senior Center in Berne

DeKalb County - The Heimach Senior Center in Auburn

Huntington County - Lafontaine Center and County Council on
Aging in Huntington

Lagrange County - Country Place Apartments and the County
Council on Aging in Lagrange

Noble County – Lamplighter Apartments and County Council on
Aging in Kendallville

Steuben County - Elliott Manor Hi-Rise Apartments and County
Council on Aging in Angola

Brockville Commons Apartments in Fremont

Wells County - Capri II Housing and the Bluffton Parks and
Recreation in Bluffton

Whitley County - Columbia City Senior Center in Columbia City

Studies show that getting out and meeting others will make you feel better about yourself. The mind-body connection of feeling healthy is connected to feeling happy. AIHS recognizes the importance of reducing isolation and helping older persons help themselves to better physical and mental health.

Julianne Harter, Special Project Director, states “the video game revolution is a great way to create a more healthy senior population. Play Wii Sports with others. You’re sure to have loads of fun!”

AIHS nutrition site at Brockville Commons in Steuben County

participants in the Wii Bowling event on June 30, 2009.

