

R E P O R T

Your United Way of Broome County investment at work

May, 2000

**Jewish Community Center helps with rehabilitation, staying in shape**

Dianne Lukas was diagnosed with Multiple Sclerosis five years ago. A one-time hairdresser, who loved such activities as embroidery, crocheting, ceramics, and making her own clothes, she is angry about her loss of abilities but insists on keeping a positive outlook. She reflects on what one of her doctors told her regarding people with a chronic illness, "attitude has a lot to do with how people live their lives. Lose positive attitude, lose it all."

JCC's program guide that comes out three times a year and gives a synopsis of each class so that potential clients can see which one(s) suit their needs. If necessary, Diane can create a personalized program for those who need that level of specialization.

Specialized classes offered at the JCC include: "Power Over Parkinson!", "Muscles Against MS!", "Action Against Arthritis!", "Walking

tional benefit of being a free service available to anyone in the Broome County community.

**JCC even offers exercise "house calls" if needed**

Judy Epstein, a client of Diane's, explains, "The most important part of the program is the person who works with you. Diane is a doll. She's my friend."

Judy's heart attack and medical setbacks have rendered her incapable of doing many physical tasks. She is unable to attend classes at the JCC. Diane brings the program to Judy's home, engaging her in walking and planned light exercises, because due of her medical background, Judy could not find an exercise program elsewhere.

"I feel so weak, it's gone on for so long for me. For three years ... I've had little contact with other people." Referring to Diane, Judy says, "Whatever I can do, she helps me do it. She never pushes me. She's very understanding of the situation with me. I'm confident and comfortable with her."

**JCC programs can help sufferers of chronic illness**

Exercise can be used for more than just weight loss and stress relief when it is part of a rehabilitation program and integral to both the physical and emotional well being of a person. At the Jewish Community Center of Binghamton, those who need specialized programs for rehabilitation due to strokes, Parkinson's Disease, heart attacks, Multiple Sclerosis, other medical conditions, can have a specialized program custom-fitted to the their needs.

Diane Durgin, physical education director at the JCC and a medical exercise specialist (MES), along with her staff, extend knowledge, professionalism, and compassion to those who need these specialized programs. According to Diane, health care professionals, such as physicians and chiropractors refer many of their rehab clients to the program. Others hear about the program by word of mouth or the



*Diane Durgin*

Practice Class for Seniors", "Homebound MES Services", "Lifeline Maintenance Program", for those with a history of cardiac episodes, and "Senior Smoothies", a low impact aerobic movement class to help maintain a healthy heart, balance, and coordination. JCC also offers aquatic exercise programs.

Blood pressure monitoring is available during all classes, and two registered nurses help Diane manage the "Walking Practice Class" every Wednesday. This class has the addi-

**Jewish Community Center benefits from your donation**

Just as the JCC helps the community, the United Way of Broome County helps the JCC, because the United Way gets help from YOU! For more information about the Jewish Community Center, call 724-2417.

