



Hanover Township Press Release

Hanover Township Senior Center
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FOR IMMEDIATE RELEASE

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WELLNESS 4 LIFE PROGRAM PROMOTES SUCCESSFUL AGING

Hanover Township Senior Services is sponsoring a program to promote good health practices among senior citizens in its service area. With the program, seniors keep track of their daily activities in three areas, physical activities, food and fluid intake, and socialization activities. Each week participants receive “Wellness 4 Life” stamps for their activities—the more activities the more stamps. After accumulating enough stamps, they can redeem the stamps for prizes from a prize catalog.

The prizes are not extravagant, but simple, practical items for everyday use, such as glasses holders and small flashlights. “Just the fact that there is a record of activity with some kind of reward is motivation,” said Dr. William Gingold of the University of Illinois Department of Family Medicine and developer of the program. “We have shown compliance rates of 80% with this program, even over a year’s time. Doctors don’t have that kind of compliance with actual prescription.”

This program will run for six months starting May 26, 2011. The Streamwood Park District is also proud to be a check in site for the program. Seniors who are interested in the program may contact Hanover Township Senior Services or attend our launch of the program at the Hanover Township Senior Center, 240 S IL Route 59, Bartlett at 10:30 AM on May 26.

Sponsors interested in supporting the effort with prizes can contact RN Judy Reinhold at judy@kaliberimaging.com

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