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**FOR IMMEDIATE RELEASE**

## **Maristhill Nursing & Rehabilitation Center Lends a Hand at Waltham Senior Center**

FREE BLOOD PRESSURE CLINIC A COMMUNITY RESOURCE



WALTHAM, MA – (September 30, 2009) **Maristhill Nursing & Rehabilitation Center**, a non-profit provider of rehabilitative services, short-term and long-term care located in Waltham Massachusetts, is one of several local organizations that supports the Council on Aging effort to offer free blood pressure screenings to local seniors.

Based on community need, Waltham's "senior center" provides a range of services to the city's elder population, including the no-cost blood pressure tests. The goal is to monitor their blood pressure, and keep people aware of any potential need to see their doctor. Maristhill and other local health care organizations provide trained nursing personnel to administer the screenings.

"It isn't uncommon to take twenty or twenty-five blood pressure readings during our weekly visit to the center," explained **Barbara Allen**, Maristhill's Nurse Liaison. "Many people tell us they appreciate being able to keep tabs on their blood pressure between doctor's visits, or express relief to confirm that their blood pressure medication is working. Our favorite, and most frequent comment, however, is, 'try the other arm – that side is usually better!'"

Originally founded in 1969 by the Marist Missionary Sisters, Maristhill is a licensed skilled-nursing and rehabilitation center with a highly-recognized performance record for clinical excellence and quality care. People of all faiths and denominations are welcomed at the 123-bed facility, which is a member of **Covenant Health Systems**, a Catholic health care system sponsoring hospitals, nursing homes, assisted living residences and other health and elder services throughout New England.

For additional information about Maristhill Nursing & Rehabilitation Center, please contact Ms. Carolyn Fenn, Administrator, at (781) 893-0240 or visit [www.maristhill.org](http://www.maristhill.org).

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