

FOR IMMEDIATE RELEASE

Maristhill Nursing & Rehabilitation Center Conducts Ballroom Dancing Event

ENTERTAINMENT & "DANCING WITH THE STAFF" A POPULAR RESIDENT ACTIVITY



WALTHAM, MA – (October 1, 2008) **Maristhill Nursing & Rehabilitation Center**, a non-profit provider of rehabilitative services, short-term and long-term care located in Waltham Massachusetts, recently announced that a ballroom dancing event was conducted for residents and staff.

Presented by **Dance Fever**, a professional dance center located in Newton, MA, the program involved both exhibition and instruction. "We've been providing on-site instructional classes for area businesses for about seven years," said **Vlad Shamis**, a principle at Dance Fever. "It's fun, great exercise and a good stress reducer."

"Residents respond well to entertainment that is familiar to them from their youth, such as the Fox Trot and Quick Step," explained **Bill Driscoll**, Maristhill's Activities Director. "Music-related activities are very popular with our residents, and the staff enjoyed taking a few lessons as well!"

Various studies have shown that music and movement stimulate many brain functions simultaneously, thus activating parts of the brain that otherwise communicate poorly. In a project that was conducted at one nursing home, it was found that the combination of music and dance contributed to improved communication, enhanced general well-being and increased involvement in group activities.

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.

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