



Verdugo Hills  
HOSPITAL

# News

For Immediate Release

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**Seniors to Benefit from *Get Up & Go* Program  
at Verdugo Hills Hospital**

*Senior exercise program fosters wellness and encourages activity*

(GLENDALE, CA – January 8, 2008) – In an effort to help seniors in the community maintain their strength and mobility, Verdugo Hills Hospital (VHH) has recently introduced a new senior wellness program, *Get Up & Go*, which has grown out of a need discovered while working with seniors in the Hospital's *A Balanced Life* falls prevention program.

Taught by a licensed physical therapist, *Get Up & Go* group classes are held Tuesdays and Fridays from 2:30 – 3:30 pm for 12-week sessions at the Hospital's Council Room (located on the 4<sup>th</sup> floor lobby). Cost is less than \$12 per class (\$275 for 24 classes). Please call 818.952.2294 for class reservations.

Each class, which consists of 10 to 12 participants, targets seniors who need a regular-based exercise program with medical supervision – and focuses on strength, balance and coordination.

“Research and our program demonstrate that in order for seniors to continue to benefit from their balance sessions, they must maintain their strength and mobility on an ongoing basis,” said Laura Knowles, Director of Physical Medicine and Rehabilitation at VHH. “This program is designed for those who have completed a falls risk reduction program and are at a level where Medicare will not reimburse for maintaining their advances and for those who may need more help and assistance than an independent exercise program in a gym.”

*Get Up & Go* program originator Betsy Estacio, PT, CSCS, who has worked at VHH for more than two years, said helping seniors regain a balanced life includes wellness as well as overcoming physical obstacles.

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“This program will help improve senior fitness and help seniors regain their mobility and activities in order to live healthier,” said Estacio, who has been a physical therapist for more than 10 years. “Participating in a regular exercise program will help reduce risk of falls and debilitating injury.”

VHH’s falls prevention program, *A Balanced Life*, treats patients of all ages who are at a high risk of falling by offering a customized physical therapy program and in-home risk assessments. In 2007, *A Balanced Life* program made the leap into vestibular rehabilitation to treat patients who suffer from dizziness or disequilibrium, after receiving funding from UniHealth Foundation, The Green Foundation, Burbank Healthcare Foundation and Glendale Community Foundation. A computerized balance machine is now available in the Physical Medicine and Rehabilitation Department to help quantify and improve a patient’s balance and stability.

**About the Hospital:**

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothill’s Best Hospital” for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit [www.vhhospital.org](http://www.vhhospital.org).

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