

# LECOM HEALTH

## CENTER FOR HEALTH AND AGING

### “In a Nutshell”

**Who we are...** LECOM Center for Health and Aging, a non-profit organization, is a community of like minded adults who are seeking to live life fully throughout the aging continuum. LECOM Center for Health and Aging is an educational and health service of the LECOM Institute for Successful Aging, which offers primary care and consultative clinical services in geriatric medicine.

**Why we exist...** LECOM Center for Health and Aging is the provider of relevant, contemporary programs, services and lifelong learning opportunities that engage the 50+ individuals who are interested in staying active mentally and physically and want to lead healthy, vibrant lives. LECOM Center for Health and Aging also serves as a trusted filter and adviser to older adults and their families regarding choices which enable living well, maintaining independence and providing access to complimentary services throughout the changing needs of aging.

**Our Mission...** To be the region’s premier resource and advocate for healthy living among older adults.

**What we do...** The underlying rationale for developing and implementing programs and services is to encourage optimal aging by offering opportunities for wellness in all dimensions: intellectual, emotional, mental, physical, psychological, and spiritual.

**Lifelong Learning Institute:** regardless of age, but particularly during the aging process, stimulates curiosity, exploration, and new experiences that in turn decrease the incidence of various diseases and promote health and well being.

**Non-Medical Services and Programs:** The New Horizon Music Project, Creative Aging, Café Service, Use of Computers, and many other services as described in LECOM Center for Health and Aging brochure.

**Prevention and Health Management:** Members of our staff are certified in Chronic Disease Self Management and Diabetes Self Management (Stanford University), Powerful Tools for Caregivers and Falls Prevention Programs. Our staff includes a Recreational Therapist, nurses, and a certified fitness instructor. LECOM Center for Health and Aging offers health screenings, counseling and education, and flu and other vaccinations to the community.

**Our Associates...** LECOM Center for Health and Aging is affiliated with the LECOM Institute for Successful Aging, National Institute of Aging Go4Life Program, National New Horizons Music Program, WQLN, Erie Philharmonic, Erie Arts and Culture, and other associates, partners, and sponsors including Jefferson Educational Society and the Alzheimer’s Association.

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