

## Hamilton Continuing Care Adds New Rehab Equipment

“Toast to Maury” Event Proceeds Fund State of the Art-NuStep Cross Trainer

In an effort to provide the best care for long term live in patients and rehabilitation clients, Hamilton Continuing Care, a 5-star quality rated Non-Profit organization added a state of the art NuStep cross trainer to assist patients in achieving their maximum levels of function, self-care, as well as mobility through exercise, and training.

The NuStep cross trainer are suitable for virtually any user recovering from an injury, joint replacement, cardiac surgery or stroke. Exercising on our cross trainer helps maintain the fitness gains achieved in rehab, build strength, increase mobility, improve overall health and contribute to a greater quality of life.

“This machine is absolutely wonderful” stated Gladys Bainbridge, a 90-year-old resident of Hamilton Continuing Care. “It is comfortable, easy to use, and I feel safe because I am able to sit with my back being supported, it gets my blood pumping”

NuStep cross trainers were designed to simulate the movement of walking and allow users to increase resistance as they gain strength. The risk of dangerous falls is reduced because users exercise on the machine while in a safe, seated, recumbent position.

The purchase of the NuStep cross trainer by Hamilton Continuing Care was made possible by the recent successful “Toast to Maury” Event which honored and celebrated the life of Maurice T. Perilli with a Rededication Ceremony marking the 10-year anniversary of the rehabilitation atrium named in his honor.

Maurice T. Perilli was a well-known and well-respected businessman, philanthropist and former Mayor of Hamilton Township, NJ. In 2007, the rehabilitation atrium was named after Perilli for his continued support, generosity and dedication.

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Caption for photo.

From Left to Right- Amber Gordon- Occupational Therapist, Savita Deshpande-Director of Rehab and Janki Patel-Physical Therapist assist Gladys Bainbridge a 90 year old resident during a recent rehabilitation session at Hamilton Continuing Care.