



# SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING  
150 YEARS!

A Healthy Tradition of Care and Wellness

## Balancing Act: Tips for Maintaining Your Equilibrium as You Age

One of the “first things to go” as we get older is our balance. According to the **National Institutes of Health** (NIH), more than one in three people age 65 years or older falls each year. The risk of falling – and fall-related problems – rises with age.

Fortunately, there is scientific evidence to indicate that you can do a variety of activities to decrease your risk of experiencing a loss of balance. Exercise programs that include a balance component have been conclusively shown to decrease the risk of falling. Examples include:

- Aerobics
- Yoga
- Tai chi
- Pilates
- Water aerobics
- Tennis
- Biking
- Walking
- Weight training
- Bowling
- Ballroom dancing

Specialized **Restorative Care** is provided by leading residential care communities such as **Saunders House** to improve the strength, balance and mobility of residents. These programs supplement physical and occupational therapies with individualized exercise routines guided by specially trained nursing assistants. Restorative exercises include:

- Transfer training
- Ambulation/Stair climbing
- Range of motion/Strengthening exercises

### Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It’s a tradition we’re proud to continue.

Today, Saunders House offers a range of services including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on Saunders House, our short-term rehabilitation program and other professional services, please call us today at **(610) 658-5100**. You can also visit us online at [www.saundershouse.org/](http://www.saundershouse.org/).