

Film fest set for March 28

Vinfen's second annual *Moving Images* Film Festival will take place on Saturday, March 28, 2009, at the Harvard Medical School Conference Center, 77 Avenue Louis Pasteur, in Boston. The festival will run from 10 a.m. to 5 p.m., followed by a reception that showcases artwork from individuals served by Vinfen programs.

This unique event features films by and about individuals with psychiatric and developmental disabilities. Following each group of films, there will be an audience discussion with expert panelists to explore topics in the films. See the Vinfen Web site (www.vinfen.org) for updated information.

Support Vinfen's mission

Vinfen receives the majority of its funding from the Massachusetts Department of Mental Health and the Massachusetts Department of Mental Retardation. In many cases, however, these funds do not cover all the expenses involved with running effective programs.

Funding for programs, services or activities beyond the contractual service needs of individuals served must be raised from other sources to fill the gap. For this reason, donors are vital to our work.

There are many options for supporting Vinfen's mission, ranging from individual donations to corporate sponsorships.

For further information, see the "Support Vinfen's Mission" link on the top of the Vinfen home page (www.vinfen.org) or contact Senior Communications Specialist Howard Newman at newmanh@vinfen.org or 617-441-1726.

THE VOICE

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Bodies in Motion

Hancock Center residents work out at the local Y



Pat Mackenzie, occupational therapist at the Hancock Center, helps Sonia Scott get set up on the exercise bike.

Thanks to a \$30,000 grant from the Massachusetts Department of Public Health, residents at Vinfen's Hancock Nursing & Rehabilitation Center are getting themselves into tip-top shape.

Through the *Bodies in Motion* program, they're working out regularly at the South Shore YMCA, using specialized equipment designed for people with physical limitations. The Department of Public Health's "Resident Empowerment Grant" pays for the lease on a van (for the six-mile trip to Quincy) and group memberships for a dozen Hancock Center residents.

The van makes three weekly trips, with six Hancock Center residents aboard. *Bodies in Motion* has become so popular that residents participate in the program on a rotating basis.

"Although we do not have scientific data, we have seen a remarkable improvement in participating residents' mood, behavior and overall affect," said Susan Habchy, Hancock's director of behavioral health services. "This is just an incredible program for our residents."

Bodies in Motion offers adaptive exercise equipment and knowledgeable staff, enabling individuals with physical disabilities to get the best workout they can. For example, a specialized exercise bike sends an electrical current into the rider's legs, stimulating the muscles needed to pedal the bike.

Sonia Scott, a wheelchair-bound Hancock Center resident with multiple sclerosis, is able to pedal away and get the benefits of an aerobic workout, which would otherwise be impossible.

Some Hancock residents use the adaptive equipment and others work out on standard exercise machines. Hancock Center occupational therapist Pat Mackenzie and Tony Beaumont, a restorative aide, also make use of the Y to enhance the treatment programs of residents in need of skilled rehabilitation services.

Bodies in Motion has been running for the past year and the Hancock Center will be participating in 2009 as well. In addition to the obvious advantages health-wise, there are other major benefits.

"The residents have an absolute ball over there," said Habchy. "They just love it!"

Tony Beaumont, restorative aide at the Hancock Center, watches Timothy Miller lift leg weights.

