



**Press Release**

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**For Immediate Release**

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## **The Parker Jewish Institute opens outdoor pickleball court**

**New Hyde Park, New York, August 16, 2023** – The Parker Jewish Institute has opened a 26-by-30-foot outdoor pickleball court, on its patio level, for patients and residents. This popular activity is modified to help participants have fun while achieving their physical- and occupational-therapy goals. It also promotes social interaction.

Pickleball is the fastest-growing sport in America, and is easy for beginners to learn. The sport offers older adults a host of benefits, including functional- and cognitive-related improvements, and a reduction in self-reported pain.

On the court, participants must wear appropriate footwear, for safety. Recreational leaders begin each session with simple movement and stretching, followed by an explanation of rules and goals. During the warm-up, participants get ample opportunity to practice with equipment, whether it's swinging a paddle or practicing serves.

Pickleball court-time is scheduled through Parker's Director of Therapeutic Recreation. In this adaptive version of the sport, participants are escorted to the court and seated, and for those in wheelchairs, the chair is locked as a safety measure. Recreational staff, positioned on either side of the nets, provide safety reminders and help to keep the ball in play. Staff members offer hydration during play, and follow each resident's plan of care.

"We are so excited to offer pickleball at Parker Jewish Institute. Our recreational team offers engaging, adaptive activities that help residents and patients build strength, endurance and range of motion," said Michael N. Rosenblut, President and CEO of Parker Jewish Institute. "Physical activity is very important for healthy aging, and helps prevent any chronic conditions from worsening. And when an activity is fun and inclusive, people look forward to their sessions, while also improving their overall well-being."

### **About The Parker Jewish Institute for Health Care and Rehabilitation**

The Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park, New York. The facility is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical team, and is

nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice. Parker Jewish Institute is also home to Queens-Long Island Renal Institute (QLIRI), led by an interdisciplinary team of experienced Nephrologists and Dialysis Registered Nurses, a Renal Social Worker, and a Registered Renal Dietitian.





