



An award winning, in-home  
Recreational Therapy Program.

# Quarterly Newsletter

## Making A Difference



## *Stepping Stones Aquatic Therapy Funded By Successful Fundraiser*

The 6<sup>th</sup> annual Stepping Stones Golf Outing was held at the Meadows Golf Course on Friday June 29, 2012. Seventy-six golfers came out to enjoy a wonderful day of golf and activities including a Poker Run, 50/50, and Raffle drawing all while supporting the aquatic therapy program. Thanks to the many sponsors and participants this year for their support and generosity.



The Aquatic Therapy program has been in high demand for a few years and is quickly becoming a popular intervention that doctors and rehabilitation specialists are encouraging their patients to seek out. Through the Stepping Stones Program, older adults can participate in one on one treatment sessions with a Certified Recreation Specialist who has additional certification in aquatic therapy.

Stepping Stones is fully funded by the Kent County Senior Millage. Funds raised from the golf outing will go to support annual rental fees for local pool facilities, equipment used for aquatic therapy, and training of staff for specific aquatic interventions. Anyone interested in participating in the aquatic therapy program needs to meet specific criteria set by the Kent County Senior Millage. Call the Wyoming Senior Center for more information on the Stepping Stones program.



*Kent County  
Senior Millage*

## Stepping Stones serves its 1000<sup>th</sup> Client in Kent County Kent County Senior Millage Makes it Happen

Stepping Stones, an inaugural Kent County Senior Millage funded program, helping Kent County residents since 1999, is pleased to announce that it has served its 1000<sup>th</sup> client! Stepping Stones, an in-home recreation therapy program operated by the City of Wyoming, has been a recipient of Kent County Senior Millage funds for over 13 years providing recreation therapy for older adults who reside in Kent County.

“At its base, the Kent County Senior Millage was approved by citizens to allow older adults to live as long as possible within their own home,” affirmed Rebecca Rynbrandt, Director of Community Services for the City of Wyoming. “Stepping Stones works to assure home-bound, isolated, disabled, and at-risk older adults have a life worth of living.”

The purpose of the Stepping Stones program is to assist older adults who have suffered a recent illness or injury and who have returned home from the hospital or rehabilitation center to become more active by returning to past leisure activities or learning new ones. A Nationally Certified Therapeutic Recreation Specialist works with individuals on adapting activities so they can be performed safely and successfully. Other interventions performed through Stepping Stones are: transportation training (teaching individuals how to use the public transportation system if they are no longer able to drive), community reintegration, and aquatic therapy.

## *Sending Referrals Is Now Just A Click Away!*

Stepping Stones continues to appreciate all referrals made to our in-home therapeutic recreation program. For many years, you have been sending us referrals by fax, mail, phone, and email. You may continue to use this method but thanks to the City of Wyoming’s Information Technology Department, we now have a new method that is just a click away! Visit our website at [www.stepsstones.wyomingmi.gov](http://www.stepsstones.wyomingmi.gov). On our website there is a referral button you can press. Simply fill out our intake form with your information and hit send! You will also find valuable information about our program and our brochure.

## Top 5 Referral Agencies April—June 2012

1. St. Mary’s Home Care
2. Area Agency on Aging of West Michigan
3. Gerontology Network
4. Wyoming Senior Center
5. Visiting Nurse Association

## 2012 Quarterly Statistics

Top Diagnosis Served  
Orthopedic

Average Length of Stay  
3 months

Average Age  
72

61% of clients were  
successfully discharged

63% of clients enrolled  
participated in Aquatic  
Therapy



Stepping Stones is Administered By:  
The City of Wyoming Parks and Recreation Department.  
For more information contact the Wyoming Senior Center at (616) 530-3190  
or email: [parks\\_info@ci.wyoming.mi.us](mailto:parks_info@ci.wyoming.mi.us)