



LEFT: Movin' and Groovin' winners Gerrie Albert, Catherine Giovengo, Jo Ann Ladesic, Grace King, Darlene Luff, Mimi Perez, Mike Keally and Catharine Blackburn display their medals, certificates and the map that shows their travels across the U.S. Pat McGuire and Patricia Poremski also participated in the activity.

RIGHT: Danielle Bodnar presents the team trophy to Mike Keally, the top walker of the group.



Pittsburgh to Los Angeles, One Step at a Time

The residents of Lynn Williams Apartments and Lloyd McBride Court, along with residents from four other senior apartments, participated in a fun activity called **Movin' & Groovin'** to help them get moving a little more each day. Danielle Bodnar, Enrollment Specialist for LIFE Pittsburgh, an all-inclusive medical care, adult day and home care program, sponsored the program and worked with the residents for a year to complete it.

On the first day, Danielle gave each resident a pedometer and a tracking sheet. The object was to use the pedometer to count the number of steps and record them on the tracking sheet. A destination was set and Danielle mapped out a route from Pittsburgh, PA to Los Angeles, CA with planned stops in ten cities along the way; Cleveland, Chicago, Louisville, Nashville, Memphis, San Antonio, Santa Fe, Phoenix, Las Vegas and finally reaching Los Angeles. At the end, a party was to be held for the team that reached LA first.

The residents met with Danielle once a month to turn in their tracking sheets and their progress, in miles, was marked on the map. For each stop, Danielle brought along facts, information and memorabilia about that city. The participants also brought their treasures and shared with everyone their stories and memories of their experiences in the different cities.

The participants from Lynn Williams Apartments were the winning team and on Tuesday, May 22nd a pizza party was held in their honor. To the surprise of the residents, Danielle presented them with a team trophy and each one got a medal and a certificate of completion. The residents stated they enjoyed being a part of the program and that it was fun to see how many miles they actually walked each month.