

Cedar Village Rehabilitation Center

Life begins at Cedar Village.

JEWISH FOUNDATION OF CINCINNATI AQUATIC THERAPY CENTER OPENS AT CEDAR VILLAGE IN MASON

*High-Tech Features Include Underwater Treadmills
And Pool Floors That Can Be Raised and Lowered For Easy Access*

FOR IMMEDIATE RELEASE / OCT. 28, 2014

MASON, Ohio – Cedar Village Retirement Community has opened a high-tech aquatic rehabilitation facility, giving Cedar Village’s rapidly expanding rehab program another major treatment option to help patients heal from accidents, surgeries or illnesses.

It’s one of the most advanced facilities of its kind in Greater Cincinnati, comparable to facilities operated by the Cincinnati Bengals, the Ohio State athletic department and the Cleveland Clinic. Rehab centers and other health care programs for older adults rarely have aquatic therapy facilities this sophisticated.

[The \\$2.4 million complex](#), which will be open to patients of all ages throughout Greater Cincinnati, has two small pools, which will be used for individual therapy, and a larger pool, which will be used for group therapy, aerobics classes and lap swimming.

The floors of the smaller pools double as treadmills. In addition, the same floors can go up and down to allow people with mobility problems, including those who use walkers and wheelchairs, to easily enter the pools. And to analyze progress, underwater cameras attached to monitors will give patients and therapists a view of patients’ underwater movements.



**A demonstration of an individual therapy pool
at the dedication of
The Jewish Foundation of Cincinnati
Aquatic Therapy Center.**

The new complex is called The Jewish Foundation of Cincinnati Aquatic Therapy Center because the Foundation has so generously contributed \$2.4 million to the combined expansion of [Cedar Village's inpatient and outpatient rehab facilities](#).

More than 100 donors and community leaders as well as Cedar Village staff, residents and patients gathered Oct. 24 to dedicate the complex.

“Making Cincinnati the best Jewish community in the country in which to grow older – and to get healthier – is an objective our trustees believe is really worth striving for,” said [Jewish Foundation](#) President Michael R. Oestreicher. “By investing in this Aquatic Therapy Center at Cedar Village and other senior services, the foundation is effectively pursuing that objective.”

Andrew Shott, immediate past chair of the Cedar Village Foundation board, credited broad support for making the project possible. In addition to the foundation, there were 573 individual donors, including 226 Cedar Village employees.

He said the Aquatic Therapy Center will promote fun as well as healing, joking that planning had already started for the Cedar Village water polo team.

Mason Vice Mayor Victor Kidd, who called Cedar Village “a great neighbor and partner,” presented a proclamation, declaring it “The Jewish Foundation of Cincinnati Aquatic Therapy Center Day.”

After the ceremony, dozens of people toured the complex while staff demonstrated how to use the small pools for individual therapy. Guests were impressed, calling the center “amazing” and “impressive.”

“We're thrilled with the reaction we've received from people who have toured the Aquatic Therapy Center,” said Debi Tyler, Cedar Village's rehabilitation director. “Over the years, our patients have told us repeatedly that they love the care they receive from our expert, compassionate staff. This new facility will help us provide even better service to our patients and help them heal even more quickly.”

Aquatic therapy is a powerful tool for rehabilitation because the buoyancy of water minimizes pain, reduces the stress on joints and allows patients to exercise much longer. A patient who can only exercise on land for five minutes, perhaps due to obesity, breathing problems or arthritis, might be able to exercise for an hour in a warm-water pool. That means patients can recover more quickly than with conventional treatments.

The opening of the aquatic therapy center completes the second phase of a \$6 million expansion of Cedar Village's rehab services, giving Cedar Village one of the most comprehensive rehab programs in Greater Cincinnati. The first phase, which opened in 2011, consisted of renovations that greatly expanded the amount of space devoted to rehab services, including an advanced therapy gym and renovated rooms for short-term rehab patients.

Separately, Cedar Village opened a [satellite rehab location](#) in 2013 at the Mayerson JCC in Amberley Village.

Turnbull-Wahlert Construction of Cincinnati built the Aquatic Therapy Center. The Chicago and Washington, D.C. offices of Perkins Eastman handled the architectural work. HydroWorx of Middletown, Pennsylvania manufactured the individual therapy pools.

SPECIAL FEATURES OF THE AQUATIC THERAPY CENTER:

- The center is a one-story, 6,200-square-foot building with a basement located next to the existing rehab center. The two buildings are connected via a 29-foot corridor.
- The larger pool has a depth from about four feet to five feet. It is 21 by 50 feet. It has a platform lift that makes it easy for people with mobility problems to enter the water. It has two underwater ledges for people to do seated exercises or rest. People also can climb its wide steps for exercise.
- The two smaller pools are about nine by seven feet each and used mostly for one-on-one sessions with aquatic therapists. Jogging in place, simulated bike riding and modified jumping jacks are among the exercises that can be done in the smaller pools.

KEY NUMBERS IN THE CONSTRUCTION PROCESS:

- 13,000 bricks
- 24 tons of structural steel
- 450 sheets of drywall
- 625 panels of acoustical ceiling tile
- 66 sound absorbing panels
- 103,200 ceramic and glass tiles
- 28,900 gallons of water in the pools

Cedar Village, located in Mason, Ohio, is a nonprofit continuing care retirement community whose goal is to make aging an enriching experience. It offers independent and assisted living apartments as well as short-term rehabilitation and long-term care. Specialties include inpatient and outpatient therapy, specialized dementia care, home care services and hospice care. More information is available at www.cedarvillage.org or 513-754-3100.

-30-

Media contacts:

Sally Korkin, 513-336-3140, skorkin@cedarvillage.org

Elliot Grossman, 513-240-9801, egrossman@ashire.net