



PHFA's Housing  
Services Department  
**Best Practices**

**Marietta Senior Apartments**  
**Band Together Exercise**

**Categories:** Healthy Living

**Outcomes:**

Elderly residents experience significant improvement in their balance, walking and overall health. Program provides for increased socialization between residents, along with community members, who are welcome to attend.

**Program Components:**

**Peer Leaders** The Service Coordinator and two residents were trained by Dr. Sciamanna, of PSU Hershey Medical Center to lead the program.

**Program** The exercise program is a progressive strength training that uses resistance bands specifically designed for seniors. Class meets three times per week for 45 minutes. Program manual available at <http://www.btpennstate.org/wp-content/uploads/2013/08/BT-Manual.pdf>

**Space** A community room which is well lit and free of clutter is suggested. There should be sturdy, armless chairs available in the room. Preferably there should be a storage area in the room or nearby where the exercise equipment can be stored between classes.

**Equipment** The exercise program uses a variety of resistant bands, providing for the different levels of the participants. Additional equipment includes exercise trackers, timers, and a binder to hold trackers. All participants are required to have a permission form from their primary care provider and asked to complete surveys during the program.

**Staffing** On-site Supportive Services is available to all residents of Marietta Senior Apartments.

**Program Promotion** The Service Coordinate promotes the program using flyers and sign-up sheets for the activity. For additional information go to [www.btpennstate.org](http://www.btpennstate.org)

**Units:** Marietta Senior Apartments consists of 56 units for elderly and persons experiencing homelessness  
**Management Agent:** Community Basics Inc.  
**Service Coordinator:** Tabor Community Services  
Jennifer Poff  
717.799.7658  
[jpoff@tabornet.org](mailto:jpoff@tabornet.org)



**Background:**

Marietta Senior Apartments in Marietta is a senior development for residents aged 62 and older, with 10 units given preference to individuals 62 and older experiencing homelessness.

**Investment in Services:**

The Supportive Service on site staff is paid out of the property's operating budget. The equipment was provided for by donations.

**RESULTS**

**Healthy Living** reduced the risk of falling by two-thirds

**Partnership** with Medical Center during trial assisted with a subsequent grant award of \$13,950,000 to expand program, allowing for additional clinical research in the field

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For more information,  
contact PHFA's Housing Services Department:

Martha McGraw  
717.780.3962  
[mmcgraw@phfa.org](mailto:mmcgraw@phfa.org)