

FOR IMMEDIATE RELEASE

January 10, 2020

Contacts:

Shawn P. Middleton
Director of Communications
Mystic Valley Elder Services
(781) 324-7705 ext. 320
smiddleton@mves.org

Mystic Valley Elder Services Healthy Aging Group Leader Susan Becker Wins Outstanding Leader Award

MALDEN—Mystic Valley Elder Services (MVES) Healthy Aging Program Group leader Susan Becker recently won the Outstanding Leader Award. The Outstanding Leader Award recognizes the dedication and passion of the leaders who positively impact the lives of thousands of adults every year through the Healthy Aging evidence-based programming.

Susan has been a volunteer leader with MVES since 2013. She has taught over 65 Tai Chi (8 week) classes, 12 Matter of Balance programs, 5 Chronic Disease Self-Management programs and 3 Healthy Eating workshops and has helped to run a Healthy Eating control group this past summer 2019.

She was MVES' first Tai Chi leader and has grown the Tai Chi program by recruiting other Tai Chi leaders and helping them manage their classes. The participants love Susan and her class retention rate is extremely high. Through word of mouth, the demand for Susan's Tai Chi classes has expanded and there is always a waitlist to take her class.

Stoneham couple Eddie and Pauline have taken Tai Chi classes at the Stoneham Senior Center. One of the reasons the couple continues to take the course is because of their class leader, Susan. "Susan is a people person," says Pauline. "She is very personable and a great leader. She explains the process making sure all of us understand it and will work with you until you have the movement down." Both agree that having Susan lead their class really adds to the sessions. "She's an excellent teacher," says Eddie. "She goes over the actions until we have retained what we have learned."

"Mystic Valley would not be able to run as many programs as we do without Susan," says Donna Covelle, Healthy Aging Program Coordinator with Mystic Valley Elder Services. "She is always willing to help out and improve the programs in any way that she can."

Mystic Valley Elder Services is seeking Healthy Aging Program Group leader volunteers like Susan to help advance the mission of its Healthy Aging Program by assisting people with chronic medical conditions to

manage their medical problems and disabilities by leading the workshops that support, educate, and nurture a greater control over their lives. Group leaders receive a \$300 stipend for facilitating a Healthy Aging Program workshop(s) and will also receive training.

For more information on Mystic Valley Elder Services' Healthy Aging Programs or how to become a group leader, please contact Donna Covelle at (781) 388-4867 or dcovelle@mves.org.



(l to r) Donna Covelle, Healthy Aging Program Coordinator at Mystic Valley Elder Services, congratulates Susan Becker for winning the Outstanding Leader Award.

About Mystic Valley Elder Services

Located in Malden, Mass., Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org