Position: Geriatric Fitness/Wellness Specialist

Reports To: Director of Fitness and Wellness

Location: Brighton Campus, Golda Meir House in Newton and the Brown family house in Brookline. Please note: locations are accessible by public transportation

This is a part-time position for 17 hours per week. Preferred schedule is Mondays and Thursdays 9:30am-4:00pm and Wednesdays 9:30am-2:30pm, this is negotiable.

GENERAL SUMMARY:

The Fitness/Wellness Program engages our residents in a meaningful experience, offering diverse choices of exercise, health & wellness and expressive therapy programs that contribute to healthy aging. The Geriatric Fitness/Wellness Specialist will work with our residents in classes and one-on-one sessions to support their fitness goals. This position requires a bilingual candidate: excellent English, Mandarin and Cantonese verbal and written communication skills are required.

ESSENTIAL JOB FUNCTIONS:

- Facilitate and lead daily exercise classes for residents as well as staff.
- Upgrade and/or moderate level of exercise classes where appropriate.
- Teach specialized arthritis and balance exercise classes.
- Work one-on-one with residents in gym.
- Conduct resident evaluations for resident participation in the Fitness & Wellness program for both supervised and unsupervised gym usage. This includes assessments, training and coaching on all gym equipment in order to access resident competency, both cognitively and physically. Facilitate the resident gym key entry program in collaboration with resident’s physicians, PT's and OT's.
- Work with frail, isolated residents in their apartment one-on-one in our “In Home” program. The goal being to bring residents into the gym and out of their apartments in order to minimize isolation and encourage socialization.
• Collect and update medical information in electronic record, and record all assessments, follow-up and encounters including falls, for each resident.
• Coordinate with residents’ PTs/OTs and other health care providers, for follow through on exercise and rehab protocol.
• Orient and train Co-op students from Northeastern University.
• Train volunteers when required to assist with the Fitness & Wellness program.
• Monitor resident participation to be sure participation is on-going and at an acceptable level.
• Work closely and collaboratively with Fitness/Wellness Director, Manager, Resident Service staff, Program Team, and other 2Life colleagues.
• Research trends in healthy aging to exercise/health/wellness and nutrition.
• Administer new wellness programs and projects. These include expressive therapy programs such as music, art, dance and drama.
• Collaborate with Fund Development on grant applications.
• Computer literate, including Word, Excel, Power Point, File Maker Pro & Salesforce.

SUPERVISORY RESPONSIBILITY: None

PREPARATION, KNOWLEDGE, SKILLS AND ABILITIES:

• Degree or Certification in Exercise Physiology and/or Exercise Science/ Public Health or Fitness
• Entry-level position, with some experience working with older adults or in the fitness field preferred.
• Bilingual: Excellent English, Mandarin and Cantonese verbal and written communication skills are required.
• Good interpersonal skills with interest and ability to work well with older adults, including those with cognitive impairments, fitness and all staff.
• This position requires a collaborative working style in order to be a successful team member.
• Ability to listen and establish trust, and remain non-judgmental.

WORKING CONDITIONS/PHYSICAL DEMANDS:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. While performing the duties of this job, the employee is regularly required to type, file or lift office supplies up to 20 pounds. The employee is frequently required to stand, talk and hear.
The above statements are intended to describe the general nature and level of work being performed by people assigned to do this job. The above is not intended to be an exhaustive list of all responsibilities and duties required.

*External and internal applicants, as well as position incumbents who become disabled as defined under the Americans with Disabilities Act must be able to perform the essential job functions (as listed) either unaided or with the assistance of a reasonable accommodation to be determined by management on a case by case basis.

2Life Communities is an Equal Opportunity Employer. We are committed to inclusive excellence and strives to create the finest affordable housing in the world through the collaboration of diverse, talented individuals. We encourage women, people of color, and applicants from the LGBTQI+ community to apply.

Qualified candidates should forward a cover letter and resume to hr_jobs@2lifecomunities.org. For further information about 2Life Communities, see our website at www.2lifecomunities.org.