

MyCommunity TREND

CHERRY HILL TOWNSHIP

Sunday, July 4, 2010 Vol. 4 No. 78 Zone CA3

Part of the family that brings you the *Inquirer*

Nonprofit wants to build a playground for children of all abilities

By Megan Doherty

Blitzer

Peggy Grossnick is committed to helping create a completely handicapped-accessible playground in Cherry Hill, and she plans to keep up her efforts "until the first swing swings."

Like the many others involved, Grossnick, an operating partner of the Silver Diner in Cherry Hill, is doing so in the memory of a small boy born with half a heart.

"Jake was a customer here," she said of how she met Jacob Myles Cummings Minto, a Pennsylvania boy. She formed a connection with the small boy and his family.

"When he passed, it was just devastating," said Grossnick.

The Minto and Cummings families began the Build Jake's Place campaign after Jake's death in October 2007. He was 2-and-a-half.

Since Jake loved to play and spent time doing physical therapy at a playground, the family decided that building a playground for children of all abilities would be the best way to honor Jake's memory.

"He loved being there," said Jim Cummings, Jake's maternal grandfather. "The fact of the matter is, Jake couldn't play there."

Jake had difficulty keeping up with other children on the playground, and he couldn't be in the sun for long because of the medications he took.

"Every child deserves to play," said Cummings.

He added that one in 10 children in New Jersey cannot fully access playgrounds, even those that meet the Americans with Disabilities Act requirements.

That is the case at the park Build Jake's Place will rebuild, the playground at Challenge Grove Park in Cherry Hill.

"They could get there, and they

could go to the bathroom there, but that is it," said Cummings. "That is not the same as being involved in the play."

Jake's family and friends want to build a "boundless playground," and they are work-

ing with Boundless Playgrounds, another nonprofit that helps develop inclusive playgrounds.

See JAKE'S PLACE on page 8

Win Tennis Tickets

My Community Trend has a pair of courtside tickets to a July Philadelphia Freedoms tennis match at Villanova University. Find the entry form inside, and mail it in for your chance to win.

Total Rehab and Fitness

Helping You Free Your Life from Pain



Harriet Berkey, who suffered from weakness and fatigue, now taking control of her health with help from the TRF staff.

People can eat healthy and exercise their entire lives, but sometimes disease strikes and it's not related to something you did or didn't do. It is just an unfortunate fact of life.

Such was the case with Harriet Berkey who was diagnosed with a neurological disorder 20 years ago. As a registered nurse, Harriet's job requirements were sometimes too demanding for her. She went to see her family physician, Dr Marshall Lauer, to see if he had any new ideas on how to better address some of her symptoms which included walking and balance disturbances, numbness, pain, vision problems, weakness and fatigue.

Dr Lauer sent Harriet to Total Rehab & Fitness. Dr Lauer liked the concept of TRF for someone like Harriet because someone "with a chronic condition like the one Harriet has had for so many years, she needs a place that is going to keep her involved in her program. A place like TRF will monitor her exercise routine and stick with her," states Dr Lauer.

Harriet came to TRF 6 month ago and the results are in. With the help of physical, occupational and behavioral services, Harriet is TRF's latest success story. *"I went on vacation this year and my*

**Take control of your life! Call
(856) 424-5552 today!**



From the cover

Since Harriet came to TRF, the quality of her life has dramatically improved. The staff at TRF created an individual rehabilitation program for her and carefully chose an evolving, safe exercise routine that she controls. Now Harriet is managing her disease instead of letting it control her life.

Another tale of success is Centennial Mill's resident Harold Haskel. Harold was diagnosed with cancer and underwent surgery, which was highly successful. "I was happy that the surgery went well and that the surgeons believed they got all of the cancer out. My real concern, at that point, was my lack of strength and how I was going to get it back. I was in a hospital bed for a period of time and felt really weak, and falling was a real possibility," states Haskel.



Harold feels stronger every day

Fortunately, Harold found Total Rehab & Fitness and Harold started on a road to recovery. Total Rehab & Fitness operates on a multidisciplinary model. By offering physical, occupational, speech and behavioral therapies, all patient needs are addressed. The staff at TRF prides themselves on successful outcomes. Whether a patient needs one therapy or multiple therapies, it is all there.

"The staff at TRF took time to truly understand my medical history, current health condition and my goals," Haskel reported.

"The staff did an excellent job of slowly working me into a safe exercise routine and eventually back to my previous lifestyle. I worked with physical and occupational therapy for several months, and I have not felt this strong and energetic since I was 20," said Harold, "Working with the staff at TRF did not cost me a thing because they take my Medicare. I was concerned that when my Medicare benefits ran out, I would regress to my previous self, but since TRF has a Live Long Maintenance Program that extends my care, I was able to continue to work with the therapists. I pay a very affordable monthly fee that enables me to maintain my health. I have been working with the staff at TRF for almost one year, and I am very happy and feeling great!" beamed Haskel.

In short, Total Rehab and Fitness is in the business of improving lives. "Our patients get results because they are our priority. The results we achieve are aimed at returning and maintaining our patients in a pain-free lifestyle," reports John Marmarou, Director of Therapy Services. This approach to result-oriented patient care is changing the face of therapy.

So, if you're ready to reclaim your life call Total Rehab and Fitness today! They're waiting to help you get back on track again! Call (856) 424-5552 to book an appointment today! Also, visit their website at www.livelongtrf.com to see other patient testimonials and hear their success stories.

How can Total Rehab & Fitness help improve the quality of your life?