

Summerland Health Care Auxiliary & Recope

The Summerland Health Care Auxiliary has once again shown support for Summerland's South Okanagan Recope Society program with a generous donation of \$25,000.00. This support helps Recope with many expenses including pool rental, purchasing of program equipment and training for volunteer staff, thus ensuring that the cost of the Recope program remains affordable for the clientele. The Summerland Health Care Auxiliary began its support of Recope in 2002 with a donation of \$10,000.00. The increase since then has been in a large part possible due of the wonderful community support of the Thrift Shop through the donation and purchase of merchandise there. This community support has allowed this increase in donations to Recope as well as the many other health care programs including the Hospital Expansion project that the SHCA supports.

Recope provides medically designed and supervised therapeutic exercise programs for adults with medical challenges to help them get moving, feel stronger, experience less pain and reclaim an active and independent life. This reduces their reliance on other, more expensive, facets of the health system and empowers them to maintain their health through fitness activities.

Recope began in 1976 when a Doctor, Occupational Therapist, Physiotherapist and Nurses felt an aquatic rehabilitation program would be good for a number of their patients who had impaired mobility due to serious accidents. The program has grown over the years to provide support for people with a wide variety of challenges that make it difficult for them to exercise on land. Recope became a registered society in 1980.

The majority of our clients live in Summerland and benefit from being able to participate in local, affordable rehabilitation services. We offer programs for adults with orthopedic, neurological, medical and mental health needs.

Clients wishing to benefit from this program require a Doctors referral and after an assessment of needs by the Recope Nurse and Occupational Therapist a program of appropriate exercise is set up. The Recope program takes place at the Summerland Aquatic Centre where both water and land classes are offered. Demand for service continues to grow with over 700 client visits per month (averaging 60 participants 3 times per week for 1 hour sessions, with approximately 200 active members.

100% of funds raised are used locally in Summerland for direct programming expenses to help improve health and quality of life for citizens in the community.

For more information on the Recope program see our website at: www.recope.ca