

Caremerge partners with Spiro 100

In a recently announced partnership, California-based Spiro100 will bring its full suite of on-demand wellness classes to senior living communities via Chicago, Illinois-based Caremerge, an EHR (electronic health records) and engagement platform that promotes wellness and collaboration in over 460 communities. The collaboration offers safe, in-room physical activity to Caremerge communities and senior care providers.

Staff members and residents will have access to the company's library of more than 100 virtual exercise and meditation classes. Each class is created and led by senior wellness experts to provide a purposeful fitness tool for providers and better quality of life for residents.

"Health and safety challenges have led many [senior living communities] to make cuts to their fitness option," comments Howard Rochestie, cofounder, Spiro100. "Health and wellness for older adults has never been more important than it is right now."

Rochestie continues, "After observing the challenges in the senior living sector, we noticed when activity and fitness programs were cut, wellness and activities directors were tasked with finding ways to keep vul-

nerable residents healthy and happy. Now is the right time to bring senior living communities a digital fitness tool developed for aging adults of all ability levels."

Nancy Koenig, Caremerge CEO, calls the new partnership "an important step toward fulfilling our Smart Aging® vision to provide technology solutions that deliver personalized and empowered resident wellness." More information is online at <https://caremerge.com> and <https://spiro100.com>.

Revera invests in platform to address long-term care staffing challenges

Revera, Inc., an owner, operator, developer and investor in Canada's senior living sector, recently announced a CAD\$1 million investment in BookJane, Inc., through its Innovators in Aging Program. BookJane offers a staffing platform that helps alleviate the administrative burden of filling staff shifts on short notice in healthcare centers and senior living operations.

Revera managers now post and fill available shifts on the BookJane platform instead of doing telephone call-outs. Revera employees from the area, who are familiar with the company's procedures, or other qualified local caregivers, can view and accept open shifts by clicking a button on the BookJane app. The expectation is that managers will have more time and resources to spend supporting high-quality care and residents will experience greater continuity of care from trained staff following familiar protocols and procedures.

BookJane was chosen in 2019 as a recipient of a CAD\$600,000 investment from Revera's Innovators in Aging Program, a \$20-million investment fund through which the company partners with start-up entrepreneurs and inventors to pilot and scale innovations in its long-term care communities and retirement residences. The recent additional investment comes following a pilot of BookJane in Revera's communities. Information about the app and

a demonstration can be accessed at www.bookjane.com.

Vermont hospital hosts reunion to mark rehabilitation week

Mt. Ascutney Hospital and Health Center in Windsor, Vermont, held a virtual rehabilitation reunion, bringing together former patients and caregivers of its Rehabilitation Center to reconnect and share stories of success. The annual reunion, normally held outdoors in person, was brought online this year because of the pandemic.

Starting on September 16 and throughout Rehabilitation Week, former and current patients were invited to visit the hospital's webpage to watch a video created specifically for them. They could also join a dedicated online group that was open through the end of September, so they could engage with hospital staff and share their stories.

Belinda Needham-Shropshire, the hospital's director of rehabilitation services, says, "The rehabilitation reunion is a highlight of the year for all of us. The people we work with mean the world to us, and it's a delight to see them every year, living their lives. We also know that reconnecting with us is an important part of their journey, because physical and emotional healing keeps happening long after people leave us.... We're making every effort to maintain these important connections until we can celebrate again as a group next year."

Digital skills deemed 'crucial' for fitness workforce

EuropeActive has released "Innovation and digitalisation in Europe," a document that offers an outline of the current European Union strategy on digitalization and how it might impact the fitness and wellness sector. The outline provides a high-level view of the challenges of the "digital evolution," spurred on by the pandemic. It highlights that "with more and more fitness facilities relying on digital platforms in the future, investments in the fitness workforce's digital upskilling will be crucial."

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