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KINNERET COUNCIL ON AGING CONTINUES TO ENHANCE RESIDENT ENGAGEMENT

Orlando, Florida, February 24, 2017 – The Kinneret Council on Aging (KCOA), a non-profit agency that provides ongoing programs and services to residents of Kinneret Apartments, has announced additional activities and engagement to better meet the changing needs of its residents.

KCOA has added numerous onsite activities including a free continental breakfast Monday thru Friday featuring assorted breads, pastries and fruit as well as coffee. Breakfast is provided in the dining room from 9am – 1pm where a large screen television has been installed. The dining room remains open and available for residents to congregate for social activities, meals and movies. For those who depend on a prepared meal, this service is still provided through a partnership with Orlando Lutheran Towers. In addition, each month the “Kinneret Kitchen” now offers all residents packaged ingredients such as meat, canned vegetables, fruit, pasta and sauces, along with recipes so that they can easily cook healthy meals. A Farmer’s Market also provides residents the opportunity for fresh fruits and vegetables on a monthly basis. The Kinneret Kitchen and the Farmer’s Market are provided through a partnership with Second Harvest Food Bank with funding from KCOA. Both programs have been well received with strong and growing participation from residents.

The “Be Healthy Zei Gezunt” program, that began in February 2016, offers residents an array of wellness activities including yoga, chair exercise classes and health screenings. This program has recently been enhanced to encourage participation in the wellness activities as well as the onsite food distribution and special events. Prizes will be awarded for completing a minimum number of activities. Residents continue to have a full activity schedule including onsite games, birthday celebrations and boutiques as well as excursions to grocery stores, restaurants, malls and area attractions. All the above activities are provided at no charge to Kinneret residents.

“The enhanced activities better meet the health and well-being needs of our residents who continue to enjoy an active, independent lifestyle and offers additional opportunities for engagement,” explained Leslie Collin, Executive Administrator of KCOA. “It is exciting and rewarding to see so many of our residents participating in the new activities.”

Kinneret Apartments is a low income independent living senior facility located in downtown Orlando. For information on the facility or to find out how you can donate to KCOA, please go to www.kinneretapartments.com or contact Leslie Collin at 407.425.4537 ext. 215.

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