

## Friendship Village First to Introduce Balance Technology to Help Seniors Prevent Falls

*Retirement community continues to help seniors live well longer with new VSTBalance™*

St. Louis, MO. (May 28, 2019) – Falling is the number one risk factor among senior citizens and often signals declining health for many. In its ongoing mission to help its residents live well longer, Friendship Village has partnered with VirtuSense Technologies to monitor balance patterns and prevent falls among its residents.

“I had no idea that a simple scan from a machine could reveal so many warning signs,” said Bob Wilds, Friendship Village resident, as he stepped down from the VSTBalance scan platform. “I feel great and my fall risk is minimal, but I’m happy that the machine has revealed my results so that my wellness coach and I can work on maintaining and improving them over the next 6 months.”



VirtuSense uses 3D technology to help visualize and assess the balance of residents while taking them through several assessments such as seeing their walking speed, range of motion and general mobility. These assessments provide hard data regarding stability, normal walk gait, leg strength, balance and agility. The test takes about ten minutes.

“Because balance is so critical at this stage of life, having access to a system like this is instrumental in evaluating our residents’ levels of fall risk and in helping them stay healthy,” said Sarah Corbett, Wellness Coordinator, Friendship Village Sunset Hills. “It really is changing the way we look at providing senior care, and it’s changing the way our residents look at their own health.”



“Doing more to help seniors live well longer is what defines Friendship Village,” said Terry Walsh, President and CEO, Friendship Villages of St. Louis. “We take seriously our commitment to our residents and incorporating the latest technology like VirtuSense to help prevent falls is just one way we stand apart from other senior living communities.”

Independent research\* shows that seniors who live in a Life Care community live longer, healthier and more independent lives than seniors in the community at large. Friendship Village is St. Louis’ only, true, Type A\*\* Life Care community with campuses in Chesterfield and Sunset Hills. The Life Care program gives Friendship Village residents access to unlimited health care, all in one location, at a predictable monthly cost for life.

To learn more about Friendship Village, please call 314.270.7833 or check out the website at [FriendshipVillageSTL.com](http://FriendshipVillageSTL.com).

\*“The Age Well Study: Comparing Wellness Outcomes in Life Plan Communities vs. the Community-at-Large.” Mather LifeWays Institute on Aging, Northwestern University, Year 1 Report

\*\*“MyLifeSite Resources - CCRC Information, Videos, Book & Research.” *MyLifeSite*, [www.mylifesite.net/resources/](http://www.mylifesite.net/resources/).

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*Photo Caption: Friendship Village Sunset Hills Wellness Coordinator Sarah Corbett works to assess resident Bob Wilds’ fall risk using the new VirtuSense VST Balance fall prevention and balance screening program.*

**Friendship Village Senior Services** is a faith-based, not-for-profit organization devoted to providing and promoting faith-based, carefree senior living at their community campuses. Friendship Village Senior Services is the only certified servicer of the Life Care program in the greater St. Louis Metro area, which allows Residents to advance across every stage of life without worry of access or cost to needed medical care. Friendship Village Senior Services is the parent company of **Friendship Village at Home**, bringing extensive experience and quality care of Friendship Village services, including Medicare home health and private duty. The lives of more than 1,000 senior adults are enriched by a local, mission-driven Board of Directors, excellent teamwork and joyful living through the highest-quality services that promote life-long well-being. For more information about **Friendship Village Senior Services** please visit [www.FriendshipVillageSTL.com](http://www.FriendshipVillageSTL.com).