

MADISON PARK DEVELOPMENT CORPORATION
JOB DESCRIPTION

Position: Geriatric Fitness/Wellness Specialist (Contracted position)
Reports to: Smith House Community Coordinator and Property Manager
Status: Hourly/Contract 1099
Location: Smith House, Madison Park Village, 757 Shawmut Ave, Roxbury, MA 02119

Introduction: Smith House is an affordable rental multi-family building providing homes for 134 older adults in Nubian Square, Roxbury, MA. It is managed by Winn Residential Management Company and owned by Madison Park Development Corporation (MPDC), a long-lived community development corporation committed to providing affordable homes for low and moderate-income families. Working together, Madison Park and Winn seek to improve the lives of older adults living at Smith House and Madison Park Village in general by offering on-site resources and programs that strengthen physical fitness and nurture overall well-being. In meeting this goal, we have developed a new wellness room at Smith House, which will require oversight by a Geriatric Fitness/Wellness Specialist.

Position Summary: The Geriatric Fitness/Wellness Specialist position is a new part-time position, 25-30 hours per week, sited at Smith House, with three morning blocks of time and two afternoon blocks of time; schedule to be negotiated. The Geriatric Fitness/Wellness Specialist engages our residents in meaningful physical fitness experiences, offering diverse choices of exercise and health & wellness programs that contribute to healthy aging for older adults. The Geriatric Fitness/Wellness Specialist will work with residents in classes and one-on-one sessions to support their fitness goals, and will instruct and oversee use of weight bearing/low impact exercise machines located in the wellness room.

ESSENTIAL JOB FUNCTIONS:

- * Facilitate and lead daily exercise classes for residents. Adjust level of exercise classes as appropriate.
- * Work one-on-one with residents in the wellness/fitness room including weight bearing/low impact exercise machines.
- * Ensure compliance with Massachusetts Phase 3 COVID-related mandates applicable to fitness centers.
- * Ensure that all shared equipment including exercise machines are sanitized between classes to protect the health and well-being of participants
- * Conduct resident evaluations for supervised strength-building machine usage and fitness classes. This will include assessments, training, and coaching on all equipment in order to assess resident competency, both cognitively and physically.
- * Collect and update participant information via electronic record of all fitness assessments, follow-ups, and encounters including falls. Safeguard personal medical information.
- * Train an assistant (to be hired) and volunteers to assist with the Fitness & Wellness program.
- * Monitor resident participation to ensure their participation is at an acceptable level.
- * Work collaboratively with MPDC staff, Property Management Staff, Community Coordinator, and Community Wellness Advocate.
- * Provide reports and share program information with MPDC and Winn as requested.

* Remain up-to-date on research trends in healthy aging related to exercise, health, wellness, and nutrition.

QUALIFICATIONS

- * Degree or Certification in any of the following: Exercise Physiology, Exercise Science, Fitness, Public Health or Expressive (Dance/Movement) Therapy
- * Demonstrated completed training in American Heart Association Hands-Only CPR
- * Experience working with older adults in the fitness field
- * Experience with weight bearing/low impact exercise machines and ability to instruct on their use
- * Computer literate, including Microsoft Office Suite and data tracking systems.
- * Bilingual [English-Spanish], with excellent verbal and written communication skills
- * Good interpersonal skills with interest and ability to work well with older adults, including those with cognitive impairments.
- * Ability to listen, establish trust, and remain non-judgmental.
- * Possess a collaborative working style in order to be a successful team member.

WORKING CONDITIONS/PHYSICAL DEMANDS:

While performing the duties of the job, the specialist is often required to use computer technology and at times, lift office supplies up to 20 pounds. The employee is also frequently required to stand and talk while providing instruction and exercise support to users of the fitness room.

TO APPLY:

Email resume, cover letter and references

HR@madison-park.org

No phone calls please.

Madison Park Development Corporation

184 Dudley Street

Roxbury, MA 02119