

# MEDIA RELEASE



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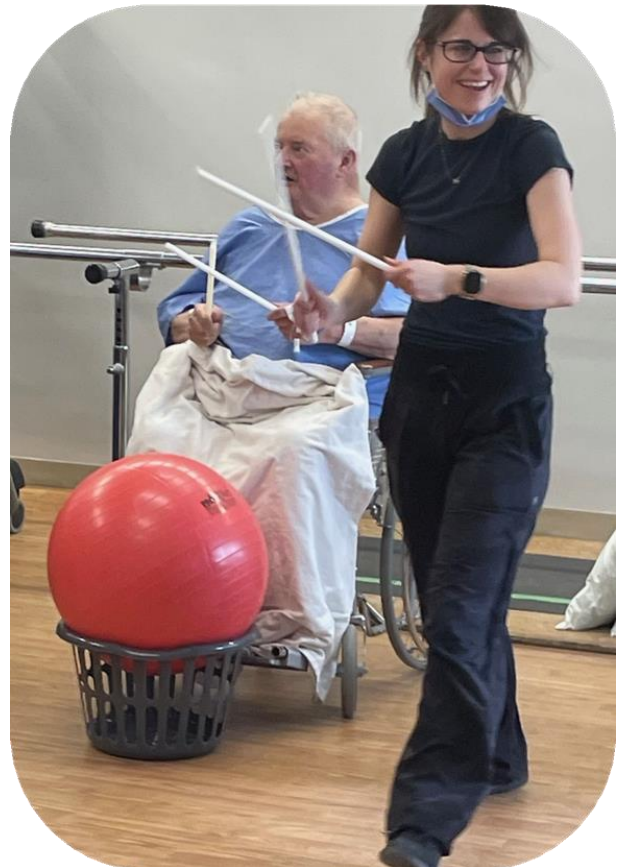
## Restorative Care Gym Transformation

**July 10<sup>th</sup>, 2024** – For Campbellford Memorial Hospital (CMH) patients awaiting long-term care or post-acute rehabilitation, participating in Restorative Care, which uses recreational therapy and physiotherapy to engage the patients cognitively, socially, and physically, is an essential part of their preparation and recovery.

The Restorative Care Gym reopened in the summer of 2023 after renovations to install reliable air conditioning (as part of the Hospital's HVAC project), add entryway ramps to make the outside patio accessible, and improve the layout of the space to accommodate recreational therapy and physiotherapy care.

Caitlyn Payne, Recreation Therapist, Restorative Care, explained: "We are thrilled to return to the renovated Restorative Care Gym. It's totally different atmosphere makes patients calmer and more engaged in therapy. The renovated space has already transformed how we can support patients in achieving their goals."

Since the new space opened, the Restorative Care Team has reintroduced more active group programs like drum fitness and bowling, and the Physiotherapy Team has begun using the required equipment to help patients enhance their function.



Caitlyn Payne leads patients in drum fitness in the newly renovated Restorative Care Gym.