

NEWS RELEASE

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LECOM Health’s Parkside at Corry Senior Living Community Achieves Blue Zones Project Approved Status

ERIE, Pa. (July 29, 2021) — LECOM Health’s Parkside at Corry independent senior living community announced today it has achieved Blue Zones Project Approved™ status, becoming the first senior living community in Northwest Pennsylvania to do so.

Blue Zones Project Approved™ status indicates Parkside at Corry has pledged to inspire, encourage, and promote well-being among its residents through programming and activities aligned with the Blue Zones Power 9® Principles. The principles include a variety of lifestyle initiatives that encourage making healthy choices aimed at living longer, better and aging successfully.

“We’re extremely proud that Parkside at Corry is the first senior living center in the tri-state area to achieve Blue Zones Project Approved status,” said Dr. James Lin, president of the LECOM Institute for Successful Aging. “LECOM continues to be the leader in helping our senior population age successfully, and Parkside at Corry is another example of how we are providing seniors unique opportunities to live better.”

“The partnership formed between Blue Zones Project Corry and LECOM Health’s Parkside at Corry demonstrates a sincere focus on the well-being of our senior community. LECOM Health’s Parkside at Corry prioritizes well-being and successful aging and their staff have invested time and energy into this beautiful facility, creating a space where seniors can

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maintain a healthy, vibrant, and independent life. We are encouraged by their dedication to long-term health and well-being and appreciate the work Parkside at Corry has done with the Blue Zones Project to create a living environment where healthy choices are easier for their residents,” said Jennifer Eberlein, Community Program Manager, Blue Zones Project Corry.

Examples of some of the Blue Zones inspired activities that are available to residents include a weekly Walking Moai® to encourage socialization and good health, and regular cooking demonstrations to promote healthy eating. The facility also has unique features available to residents, such as Japanese tatami mats for meditation, and an exercise mirror providing residents access to the latest fitness technology.

Parkside at Corry is LECOM Health’s newest independent living center and is now accepting leasing applications. Part of the LECOM Institute for Successful Aging, the community opened in January 2021, and has 39 one-bedroom and two-bedroom units. The modern-designed facility is located adjacent the Corry Memorial Hospital, providing residents 24/7 access to medical care as well as several amenities such as on-call maintenance and housekeeping.

Blue Zones Project® is a community well-being improvement initiative designed to make healthy choices easier through permanent changes to environment, policy, and social networks. By helping people live longer, better through environmental change, communities can lower healthcare costs, improve productivity, and boost national recognition as a great place to live, work, and play.

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LECOM Health is a highly innovative, multi-faceted health care and education system. As the nation’s only osteopathic academic health center, LECOM Health includes Millcreek Community Hospital, Corry Memorial Hospital, Medical Associates of Erie, LECOM Senior Living Center, LECOM Senior Living Communities, LECOM Medical Fitness and Wellness Center, LECOM Nursing and Rehabilitation Center, LECOM Center for Health and Aging, the Visiting Nurse Association of Erie County and the Achievement Center of LECOM Health. At the core of LECOM Health is the Lake Erie College of Osteopathic Medicine (LECOM), the largest and one of the most affordable medical schools in the country. Since 1993, LECOM has trained over 15,000 health care professionals through its cutting-edge, student-centered College of Osteopathic Medicine, School of Pharmacy, School of Dental Medicine, School of Health Services Administration and School of Graduate Studies at campuses in Erie and Greensburg, Pennsylvania, Bradenton, Florida, and Elmira, New York.