

80th Street Residence partners with Rhythm Break Cares to bring Weekly Ballroom Dancing Program to Residents with Dementia and Alzheimer's Disease

The 80th Street Residence, the only assisted living community in New York City entirely devoted to providing Enhanced Memory Care to those with Alzheimer's and related dementias, is joining forces with Rhythm Break Cares (RBC), a not-for-profit organization dedicated to enriching the lives of others through the joyous art of ballroom dance. The program is designed to encourage Residents with varying degrees of cognitive impairment to actively participate in a weekly dance program with the RBC dance instructors. The instructors, all talented, professionally trained dancers in their own right, have participated in the Alzheimer's Association's NYC Chapter Dementia Care Training Program, which has given them the insight needed to reach the Residents at 80th Street.

The movement and heart felt personalities of the RBC dance instructors, along with the music played, give Residents a way to connect to the moment while also bringing back some of their favorite memories. Clare Shanley, Executive Director at The 80th Street Residence, says, "The 80th Street Residents embraced this new program to a degree far beyond our wildest expectations. Never before have I witnessed such a transformation as each week more and more Residents join in the movement and dancing. Following the cha chas, tangos and salsa numbers, we actually had a conga line going the very first week! Honestly, it's hard not to get caught up in all the fun of the music and dancing. In fact, the program is so contagious that we now see more and more families and staff members joining in and dancing along with the Residents. We should sell tickets!"

80th Street is very proud to offer an intimate, refined and comfortable boutique environment with Staff second to none and welcomes the opportunity to offer assistance. To learn more, please contact Lindsey Harbison at 212.717.8888, or visit us at

www.80thstreetresidence.com