

Craig Cormack Designs Exercise for Every Need

If a visitor walks into the room during the exercise program, the ladies might be practicing their boxing moves, or rowing an imaginary boat, or swimming the breast stroke. Deep breathing and good posture are two essential elements in Craig Cormack's plan.

According to Mrs. Sheila McDonough, "Craig studies our dossiers; he knows our abilities and disabilities. He really does his homework!"

Miss Walkinshaw says, "He is well-organized. Our time just flows. It is never boring."

The ladies went on to say that Craig knows every individual in the group, and that he is able to tell if someone is not feeling as well as usual. It is clear that the ladies have great confidence in Craig's skills and his ability to encourage with respect, gentleness and kindness.

Craig has been working with Fulford residents for seven years. He visits three mornings each week, and is in demand at other residences as much as his time allows. He admits that Fulford is his favourite workplace. Having grown up with a loving grandmother, Craig says Fulford has become a second home to him, with "all his grandmothers". When Craig visits the dining room in the early morning, he calls each lady by name as he invites her to participate in the morning exercise program. He finds the staff to be so kind and caring as they assist the ladies into the exercise room.

Sylvie Castonguay, Head Nurse, frequently visits during exercises. She notes the energy in the room. Even those with some cognitive impairment participate fully, and enjoy Craig's sense of humour. He entertains them with stories of hide and seek with his cat! Sylvie and Craig agree that breathing and clear communication lower blood pressure and assist with coordination. Counting during the exercises keeps minds focused and relieves any stress.

One lady said, "I never feel embarrassed if I can't do an



Craig Cormack and Miss Walkinshaw

exercise. He never shouts, just talks quietly." Another said, as she was returning to her room, "When I exercise every muscle in my body I feel ready for the day." Fulford residents are fortunate to have Craig, such a capable coach and trainer.