



Human Services Director
MOLLIE GREENE, MA

COUNTY OF SOMERSET DEPARTMENT OF HUMAN SERVICES

OFFICE ON AGING & DISABILITY SERVICES

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Aging & Disability Services Executive Director
JOANNE FETZKO

9.15.25

To Whom It May Concern,

I have had the privilege of coordinating the highly popular Geri-Fit program within the Somerset County Office on Aging & Disability Services over the past two years. Throughout 2025, this evidence-based program has been consistently offered at the following county senior centers, with the corresponding frequency and approximate client participation as outlined below:

1. **Senior Wellness Center at Basking Ridge**
 - Three cycles annually
 - Approximately 18 clients per cycle
2. **Senior Wellness Center at Bridgewater**
 - One cycle scheduled to commence in September 2025
 - Approximately 18 clients per cycle
3. **Quail Brook Senior Center**
 - Three cycles annually
 - Approximately 15 clients per cycle
4. **Warrenbrook Senior Center**
 - Two cycles annually
 - Approximately 15 clients per cycle

Due to the program's popularity, waitlists are regularly utilized. Individuals on the waitlist are given priority enrollment for subsequent classes. Additionally, if a client misses two consecutive sessions without notice, outreach is conducted to confirm their status and the open spot is offered to someone on the waitlist.

During my tenure, there has been strong interest expressed by clients at the Senior Wellness Center at Bridgewater in offering Geri-Fit at this location. After multiple efforts to secure qualified instructors, I am pleased to report that two new instructors have been appointed to launch the program there in September 2025. Furthermore, in response to the demand and to accommodate additional participants, a third volunteer instructor has been recruited, allowing for two concurrent program offerings at this site.

Recently, the Geri-Fit instructor team convened, during which experienced instructors provided mentorship and guidance to the new team members, including plans for ongoing observation and collaboration across programs. It is truly inspiring to witness the dedication and commitment of these instructors as they strive to meet the health and wellness needs of our clients through this evidence-based initiative.

- Mission Statement -

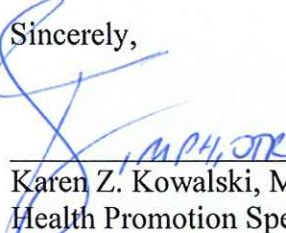
The County of Somerset is committed to excellence and innovation in public service, promoting the well-being of all residents and communities by providing effective, efficient and responsive leadership.

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As the coordinator of evidence-based programs for the county, I would also like to commend Francesca Fisher and her team for their exceptional responsiveness, clear communication, and unwavering support, all of which contribute significantly to the smooth operation and success of these programs.

I wholeheartedly recommend the Geri-Fit program to other agencies and extend my gratitude to all involved for their outstanding and dedicated work.

Sincerely,



Karen Z. Kowalski, MPH, OTR
Health Promotion Specialist
Somerset County Office on Aging & Disability Services