

MARIA KISHFY

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SUMMARY OF QUALIFICATIONS

“It’s not what we can’t do - it’s changing how we do it”- Maria Kishfy

Health & Wellness – Public Speaking & Training – Health Education

Provide public and community health education through evidence-based approaches including shaping systems that determine the delivery of services to address chronic conditions, prevention of disease, and promotion of health. Excellent communication skills. Able to lead and develop high-performing team.

Continue to build a strong professional network and health stakeholder affiliations to expand evidence-based health programs to the local public sector. Adept at managing multiple, concurrent responsibilities while ensuring quality execution and services. Microsoft Office Suite: Word, Excel, and PowerPoint.

NOTEWORTHY ACHIEVEMENTS

Measuring Improvement

Implemented a way to measure the improvement of functionality for older adults by utilizing SFT Functional Testing for Ages 60-90+ with favorable results. These favorable results (components of fitness ie range of motion, cardio, strength, and endurance) continues to rely on pinpointing the need and executing the fitness programming necessary to continue maintenance and restoration.

Skilled in Working with Varied Age Groups

Keen ability to target any age group. Personally engage in ongoing training and professional development to provide excellent service. Strong focus on researching new techniques and practices.

Creating of Curriculum to Meet Specific Needs

Wrote student-centered curriculum for educational summer camps to target the dimensions of wellness ie, coping strategies, Adventure training, problem-solving, character education and nutrition. Program effectiveness measured by questionnaire items.

PROFESSIONAL BACKGROUND

Atria Lincoln Place, Lincoln, RI

2011 – 2019

Fitness Director

- Develops, schedules, and provides all fitness programs including Aquatic Programs for residents and community members, Helps participants set and achieve goals.
- Conducts individual assessments with members to develop personalized exercise prescriptions.
- Develops procedures and training manuals for all programs and exercise protocols specific to disease conditions.
- Develops promotional literature and promotes ongoing member recognition programs to encourage retention and referrals.
- Market programs and performs ongoing market analysis to determine program expansion strategy.
- Participate in department head meetings.
- Maintains and updates participant records – attendance, medical forms, waivers of liability, etc
- Monitor expenses to meet budget expectations and generates income to assure program profitability.
- Provides in-service training for Lincoln Place staff on the safe use of al fitness and aquatic equipment

Rhode Island College, Providence, RI

2015 – present

Adjunct Faculty - Course PED451 Recreation for the Older Adult

- Wrote course materials such as syllabi, homework assignments and handouts.
- Wrote, administered and graded midterm and final examinations.
- Planned, evaluated and revised course content and course materials.
- Fostered students' commitment to lifelong learning by connecting course materials to broader themes and current events.

Adapt For Fitness Lincoln, N. Providence, RI

2007 - 2017

Owner/Personal Training Services

- Handled all small business development. Implemented market strategies for business growth
- Event and promotions management.
- AFAA Practical Examiner.
- Focused on raising awareness and promote positive actions for musculoskeletal disorders through adaptive it looks like some text is missing here.
- Developed, designed and implemented client-centered group and personal training programs.

Lincoln School District, Lincoln, RI

2006 - 2009

Teacher for Adaptive Physical Ed/Health Education

- Promoted physical, mental and social development by implementing classroom games and outdoor recreational activities.
- Adapted teaching methods and materials to meet students' varying needs and interests.
- Observed and evaluated students' performance, behavior, social development and physical health.
- Planned/implemented creative lessons in accordance with district, county, state and federal guidelines.

COMMUNITY FUNDRAISING EVENTS

Lunch 'n Learn - American Heart Association
Heart Ball - American Heart Association
Pancakes for Parkinson's - American Parkinson's Disease Association
Nusteping to End Alzheimer's - Alzheimer's Association RI
Fitness Frenzy - American Breast Cancer Foundation
Painting and Vino - National Multiple Sclerosis Society
Walk to Cure - Arthritis Foundation
Optimism Walk – American Parkinson's Disease Association

AWARD

Named "***New England Trainer of the Year***"
By the American Aerobic Association of America - International Sports Medicine Association – 2016
Belvin Award for Volunteerism
American Parkinson's Disease Association - 2018

Continued

INFORMATIONAL & MOTIVATIONAL SPEAKING ENGAGEMENTS

Put Pain in Its Place - Living with Arthritis Expo, Radisson, Warwick, RI, 2013

Fit in your 40's' – presented for the Amica Wellness Library Amica Insurance, Lincoln RI

Put Pain in Its Place and Exercise and Arthritis, 2013 -2015, Mancini Senior Center, Lincoln Senior Center, Atria Lincoln Place

Younger Next Year: The New Science of Aging: Henry Lodge, MD, Lincoln Senior Center, Atria Lincoln Place

Arthritis Foundation: Facilitator Arthritis Foundation Exercise Program, Miriam Hospital

GRANT AWARDS

RI Department of Health - Increasing access to the Chronic Disease Self-Management Program Awarded - 2017

Purpose: Increase awareness on the evidence-based Chronic Disease self-management program to those living in RI

New England Arthritis Foundation & National Office and Centers for Disease Control and Prevention - LIVE WELL Series - 2013

Purpose: Increased awareness and offered individuals the opportunity to manage pain through evidence-based program ie Arthritis Foundation Exercise Program and Arthritis Foundation Aquatic Program.

American Parkinson's Disease Association - 2019

Purpose: Measure functional fitness by utilizing human kinetics Senior Fitness Testing. This includes expanded information on ways to modify test protocols for older adults with limiting conditions such as PD and track progress.

MEDIA

Front Cover & Main Feature: Neighborhood Living Magazine *A Social Publication for the Residents of Limerock in Lincoln*

Public Health & Fitness Promotion & Education: Valley Breeze, The 411, The Providence Journal, March 2012-2019

Guest Writer: The President's Challenge Newsletter, 2012

Featured Yoga Practitioner: (6wks) The Providence Journal, Feb - March 2012

Cited: Letters of Appreciation: Arthritis Foundation 'Connections' Newsletter, 2012

EDUCATION/CERTIFICATIONS

Bachelor's degree - Physical Education - Rhode Island College – Providence, RI

RI Teaching Licenses: Physical Education, Adapted PE, and Health

RI License - Assisted Living Administrator

Certifications: Tivity Health: Silver Sneakers Trainer 60+. **Department of Health:** Matter of Balance Lifestyle Coach, Pre-Diabetes Lifestyle Coach, Diabetes Self-Management Facilitator, And Chronic Disease Self-Management Program Facilitator. **Aquatic Exercise Association:** Arthritis Foundation Exercise Program, Arthritis Foundation Aquatic Program. **American Fitness Association of America:** Weight Training, Group Training. **American Aerobic Association International/American Sports Medicine Association:** Yoga Practitioner, Personal Trainer, And Aquatic Trainer

(All licenses and certifications require ongoing continuing education requirements)

American Parkinson Disease Association: Parkinson's Disease Awareness Training for Fitness Professionals

MENTORSHIP

- Lincoln High School Mentorship Program
- Rhode Island College Internship Program for Community Health and Wellness