



Dear Activity Director:

The Institute for Geri Olympics and Active Living planning team is excited to welcome you to the 30th Annual Geri Olympics. We are inviting you and your health care facility to attend the event scheduled for April 21, 2017 at the South Charleston Community Center. This year the focus will be on **CELEBRATING 30 YEARS AND THE RESIDENTS, HEALTH CARE PROFESSIONALS AND GERI O VOLUNTEERS THAT MAKE IT HAPPEN.** We suggest that you plan on arriving between 8:30 and 9:30 am. The event will conclude around 1:30.

Geri Olympics promotes active living, wellness and quality of life for residents of nursing homes and assisted living centers. Our philosophy is that you do not go to nursing homes to die but to live and be as active as possible. West Virginia Geri Olympics has received global recognition and attention and is being used as a model for similar events in other states and around the world with partners in the Czech Republic, Scotland and Canada. The program was featured in an invited symposium at the World Conference on Active Living in Glasgow Scotland in August 2012. Cooperating sponsors of Geri Olympics include the Bureau of Senior Services, City of South Charleston, West Virginia Lottery, Charleston and Central West Virginia Regional Convention and Visitors Bureau, Mylan Pharmaceutical and Marshall University Schools of Pharmacy and Medicine and WVU school of Pharmacy. We appreciate our sponsors and urge you to thank them for their support in enabling us to host Geri Olympics for all these years.

During Geri Olympics, many events will be featured including Bowling, Horseshoes, Basketball Shooting, Candle Blowing, Clothes Pin Stacking, Corn Hole, Golf Putting, Obstacle Course, Marksmanship Wheel chair races and relays. Some facilities like to include training or preparation for the Olympics in their daily activity program. Those who have attended in the past are familiar with each event. New facilities are encouraged to call the number listed above for specific ideas. The Geri Olympics planning team is always looking for activities that would be of interest to care home residents or that would have therapeutic value. They work with a variety of therapeutic recreation specialists, occupational therapists and physical therapist in their search for events that would be of interest to the residents and in developing adapted equipment.

In the past two years several nursing homes have enjoyed developing cheers. We are opening this up to all facilities but recognize it presents time challenges because residents tire easily and are ready to head home by 1. We welcome all facilities to present a cheer (most likely some will not exercise this option). If we have 30 facilities doing this and allow 2minutes per facility we're looking at adding an hour to the program. So we're requesting that cheers or skits be held to 2 minutes.

The participation fee is \$100.00 per facility and should be included with registration. If your facility is ordering T-Shirts, that fee should also be included. If you have questions or need assistance please feel free to call or email the contact information listed above. Registration information should be sent to: Dr.

Ted Muilenburg, PO Box 434, Institute, WV 25112 (304-610-9649: [htm406@aol.com](mailto:htm406@aol.com)) We look forward to your arrival and participation in the event. Checks can be made out to GERI OLYMPICS or IGO.

Team pictures and other pictures will be taken and uploaded to facebook where they can be printed. Anyone can take pictures and upload them to our facebook site. PHOTO CLEARANCES OR RELEASES ARE THE RESPONSIBILITY OF THE CARE HOME.

Dr. Ted Muilenburg,  
Director



### REGISTRATION FORM

2017. WV GERI OLYMPICS PLEASE RETURN BY MARCH 20

FACILITY NAME \_\_\_\_\_

Phone number \_\_\_\_\_

Address \_\_\_\_\_

Zip and city \_\_\_\_\_

Activity director \_\_\_\_\_ Email address \_\_\_\_\_

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Please put One \* by four bowlers (we will invite more residents to bowl if time allows) and two \*\* by four team members doing the obstacle course. Rosters help in planning and may be changed at any point up to actual starting of the events. It is also helpful to consider who will be on your wheel chair racing relay team.

Please send to: Dr. Ted Muilenburg, PO Box 434, Institute, WV 25112.



**T-Shirt Order Form checks can be made out to GERI OLYMPICS or IGO**

Facility name \_\_\_\_\_

**Color Preferences**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Phone # \_\_\_\_\_ email \_\_\_\_\_

T-Shirts are priced at \$10.00 each and can have the facility name on the front or back and the Geri Olympics logo on the front or back, or on the lapel. T-Shirt orders must be received by March 25, 2017 and should include a check or money order for payment in full.

**Sizes**

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

Please send to: Dr. Ted Muilenburg, PO Box 434, Institute, WV 25112.

Please return by March 20, 2017

## INSTITUTE FOR GERI OLYMPICS AND ACTIVE LIVING PROGRAMS FOR 2016

### OTHER GERI OLYMPIC EVENTS



APRIL 19, 2017. 10:00 am to 2:00 pm  
CELEBRATING SENIORS, South Charleston Community Center

Programs and mini training programs (15-30 minutes) for seniors, care givers or family members helping seniors remain independent, active and engaged in community life. 9 am to 3 pm. This events seeks to honor and celebrate our seniors and is for ALL seniors, care givers and friends.

International guests Apostolis Emaneulidis a physio therapist who works with seniors in Athens Greece will be here to work with our seniors and care givers. Patrick Renner developer of MindMate a special app for the iPhone or I pad will also be here to work with seniors and care givers. This will be a great time of informally sharing and learning that helps our seniors gain an improved quality of life. Please join us there is no cost.

Geris Olympics On The Move- contact Dr. Muilenburg about this and to discuss arrangements for Geri Olympics teams to visit your facility.