



Getting Started with Bingocize®

The steps to getting started:

1. Sign the paperwork and send back to WCU
2. **If you sent signed paperwork back and have not received training links, please email slipscomb@wcu.edu**
3. Receive the online training links and complete the training
4. Send a copy of training certificate to WCU
5. Receive Bingocize® in a Box
6. Get residents ready (medical director okay, add to treatment plans, etc)
7. Promote Bingocize® to residents
8. Schedule Bingocize® sessions
9. Have fun doing Bingocize® with residents



Strategies for Success

1. Keep bingo games as they are and don't take them away. Use Bingocize® as part of exercise. Don't combine the two.
2. Keep it fun! Stay playful.
3. Engage residents with each other, encourage interactions while playing.
4. Perhaps add a story-telling element by allowing the winning resident to tell a funny story from their life.
5. Create Bingocize® Buddies. Having a partner can encourage participation and engagement.
6. Have participants envision themselves as stronger and healthier as they do the exercises.
7. Suggest they choose super hero personalities for Bingocize®.
8. Do a 'best part of my day' check-in. Ask participants to share the best part of their day.

CMP Projects to Date

CMP (Civil Money Penalty) Bingocize® started with Western Kentucky University (WKU), the home-base of Bingocize®. Tennessee and South Carolina have active CMP Bingocize® projects with North Carolina just becoming active. So far, 42 North Carolina Certified Nursing Facilities have received paperwork to sign for participating in the program. Other states that are in process include Alabama, Minnesota, Mississippi, and Kentucky (UK). So far 8,266 residents have benefitted from CMP Bingocize® projects with a total of 232 CNFs participating. This doesn't include NC's data, which will be added soon to this total.

Monthly Data Collection

Because Bingocize® NC is funded by DHHS, there are certain data that are collected each month to insure the program is meeting grant requirements. Specifics about how this will work will be sent to facilities soon. No identifying data will be used. Attendance, demographics, ADLs, falls, and social interaction data (all de-identified) will be collected monthly.



General Info

“Over 13 million adults 65 years of age and older will fall this year resulting in over \$50 billion in health care costs. The good news is effective health promotion programs can help reduce falls. The bad news, adherence and retention are typically less than 50% because older adults believe exercise programs are painful and not very much fun.” (Bingocize® web page).

Dr Jason Crandall created Bingocize® to help change older adults views on exercise by combining the game of bingo with gentle exercises and health education. A 90% retention rate over 10 weeks was found during team testing. In addition, they significantly improved physical, social, and mental health scores.

On Aging

by Maya Angelou

When you see me sitting quietly,
 Like a sack left on the shelf,
 Don't think I need your chattering.
 I'm listening to myself.
 Hold! Stop! Don't pity me!
 Hold! Stop your sympathy!
 Understanding if you got it,
 Otherwise I'll do without it!
 When my bones are stiff and aching,
 And my feet won't climb the stair,
 I will only ask one favor:
 Don't bring me no rocking chair.
 When you see me walking, stumbling,
 Don't study and get it wrong.
 'Cause tired don't mean lazy
 And every goodbye ain't gone.
 I'm the same person I was back then,
 A little less hair, a little less chin,
 A lot less lungs and much less wind.
 But ain't I lucky I can still breathe in.

How to Recognize & Prevent Burnout

Symptoms of health care worker burnout include:

- Cynicism & reduced feelings of sympathy or empathy
- Feelings of isolation & depersonalization
- Chronic physical & emotional fatigue
- Changes in sleeping or eating patterns
- Hypersensitivity or total insensitivity when presented with emotional material
- Irritability
- Feelings of hopelessness
- Frequent illness
- Withdrawing from friends and family

Helpful changes can include:

- Maintaining basic self-care including a nutritious diet, getting at least 30 minutes of daily exercise, and creating a good sleep routine.
- Practice stress reduction techniques including deep breathing exercises, yoga, and meditation.
- Take time off before burnout sets in. Use days off and vacation time to rest and recharge.
- Connect with friends and colleagues to reduce feelings of isolation.
- Keep your appointments with your regular physicians to maintain good physical and mental health.
- Speak with your supervisor if your workload or schedule is becoming overwhelming.
- Reach out for professional support to help you process your feelings and address concerns.

From Crossroads Hospice

