

Move More in '24!

We made it through the holidays! It's time to celebrate and move forward with new energy with goals for our residents. Let's move more!

Bingocize® is fun and easy. Here's a quick overview of a Bingocize class session: Look for Bingocize® Session #1 Round #1 in your Bingocize® Range of Motion Sessions binder. Follow the instructions beginning with calling 5 numbers and then 3 seated stretches...it's all described as you go. Then another 5 numbers, more stretches and so on. If you get to the end of session #1, just start over until your Bingocize® time is up. The next time you have Bingocize®, start with session #2. Follow the outline every single time. Easy, fun fitness!

Bingocize® Video Reminder: There's a 6-minute new video for you to watch, which can be found at: BingocizeNC.WCU.edu/facility-resources/. It is important for everyone to view it so we can make sure Bingocize® is implemented uniformly.

Faculty Spotlight



Gail Elliott, PhD, RN, is Associate Professor of Clinical Nursing at Western Carolina University. She worked diligently to place 48 nursing students at Bingocize® programs during the fall semester. Given Covid interruptions, staff changes, and program schedule changes, she faced multiple challenges. However, the resident's feedback regarding their experiences with the nursing students was wonderful.

Dr. Elliott finds inspiration from students due to the fresh perspective they bring and their genuine desire to learn and provide compassionate care. Their dedication and positivity energizes her.

In placing students, Dr. Elliott wants students to understand the magnitude of their role, to uncover critical ways of engaging with diverse groups of patients by providing holistic, compassionate, safe, and creative care.

In working with the Bingocize program, Dr. Elliott says her novice students could have a purpose. They can engage socially and 'see' how long-term care facilities function. They witnessed for themselves the deep impact of therapeutic touch, communication, a smile, and motivation. It is a unique opportunity for them to both witness and participate in evidence-based care implementation.

If your program is near one of the participating universities, you are welcome to be part of the student program. Make sure your program is robust and functioning regularly because students do not have flexible schedules. Work with the faculty supervising the students and let them know the best way to contact you. The faculty will set clear expectations for the students. We appreciate the facilities that have generously opened up their doors to support student learning!

Congratulations Dr. Elliott! You have created a wonderful path forward for other faculty and facilities that want to work together.

Currently, these universities are participating with Bingocize®-NC: Western Carolina University, University of North Carolina-Pembroke, and University of North Carolina-Charlotte.