

Piece of Mind



Freedom of the Road

By Mary Arthur

Administrator of Hillcrest Manor
Sunnyside, WA

Today 14 elders drove a car again and enjoyed every minute.

We often forget that getting a driver's license is a symbol to young people that they are accepted as young adults. Even more

quickly we forget that elders must relinquish their driver's licenses voluntarily or involuntarily when health issues emerge.

It is a joy to return that freedom and dignity to the elders by use of a modern video game. Of course, residents also have a ball with other Nintendo Wii sports such as bowling, golf, and tennis. How great to tap into what society has to offer as entertainment and increase "range of motion", socialization and laughter in the lives of our elders! -submitted 1/30/08

The first time we realized Video Gaming was changing long term care was when a small elderly woman with dementia massaged her right bicep and explained to us, "My muscles are killing me from bowling last night!"

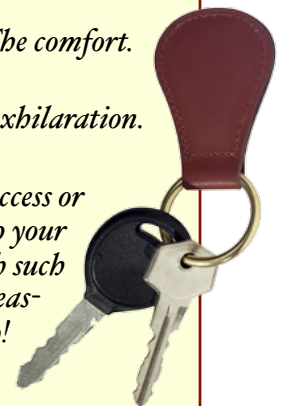
As we visit care communities across the country, the Wii Factor builds in momentum and continues to brighten lives. Until Mary Arthur (see article to the left) I hadn't thought of what it must be like for folks to get behind a wheel again.

The comfort.

The exhilaration.

If you have access or funding to equip your community with such technological pleasure, give it a go!

- Rachel Kail



YOUNG @ HEART (WWW.YOUNGATHEARTCHORUS.COM)

It's very possible you've already heard of this group as their film recently screened at the 2008 Sundance Film Festival in Utah (available for purchase this Spring) and they've been performing since 1982. If this mentioning is news to you, however, check out their website or snippets on YouTube like Coldplay's *Fix You*. Ranging from 72-88 years young, this elder collaboration is full of so much talent and soul, there won't be a dry eye in the room.

