

Seniors challenged by Nintendo Wii

WHEN presented with the opportunity to play video games while teaching seniors at Apache Junction Senior Center about wellness, a group of 20 PT, OT, PA, ATC, Au.D., and D.O. students immediately rose to the challenge.

According to the center, less than 10 percent of their population was involved in health and wellness programs. Turning to ATSU for help, a group of students developed and implemented a “Wii-hab” program that has since increased wellness participation at the center.

The “Wii-hab” program uses the Nintendo Wii gaming system, which uses motion-sensitive controllers that allow gamers to move in real time and space to control movement on a video screen. This allows seniors to participate in physically and mentally engaging activities such as bowling, baseball, and tennis without leaving their homes.

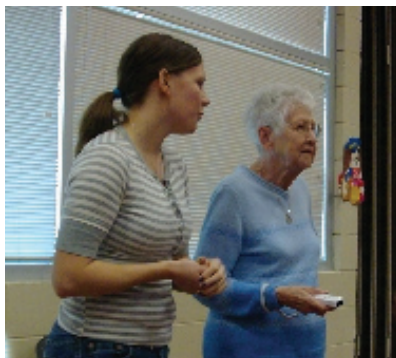
According to Assistant Professor Elton Bordenave, M.Ed., CHC, Arizona Campus committee chair for the

Program on Aging, the social component of the gaming system has made it a popular and effective tool within the senior population.

Students experienced its social effects first hand. “We set up Wii bowling on a 30-foot projector screen and had surprising results,” Charlie Hansen, student co-chair of the Wii committee said. “At first, only a few would try it, but eventually 20 to 30 people tried.”

Wiis are showing up in nursing homes and rehab centers across the nation. With the potential to improve range of motion and muscle strength without overexertion, “Wii-hab” combines fun, exercise, and social activity in one.

Students have visited the center two to three times a month over the past three months. “The feedback from the center has been rewarding because the program has made such an impact there,” Wii committee student co-chair Thomas Webb said.



PT student Andrea Schippers, class of 2010, shows a senior resident the Nintendo Wii controller.



OT student Tonya Doty, class of 2009, teaches an Apache Junction Senior Center resident to bowl on the Nintendo Wii.

Students moved by Wii's results



“Playing with and watching them play has been a real learning experience for me. I am truly impressed with how well they did and how willing they were to participate.”

Charlie Hansen
Physical Therapy, Class of 2010



“It’s exciting to see how eager some individuals are to try this new activity we are teaching them. It’s exciting to see their enjoyment.”

Thomas Webb
Physical Therapy, Class of 2010

CASA swear in

ELEVEN KCOM students were sworn in by Adair County, Mo., Circuit Judge Russell Steele as Court Appointed Special Advocates on March 3. CASA promotes the best interests of abused and neglected children in the juvenile court system. "CASA provides a great opportunity to do truly meaningful volunteer work," Bradley Scoggins, OMS I, said.



Bradley Scoggins, OMS I, receives his CASA pin on March 3 from Adair County CASA Director Sandy Richardson.



Mike Paddock, MS, OMS II

Dr. Head, Paddock make AACOM presentation

JANET A. Head, Ed.D., RN, AACOM-NAO liaison, AHEC director, presented with Mike Paddock, MS, OMS II, ATSU-Missouri SGA president, on April 11 at the 2008 American Association of Colleges Osteopathic Medicine and Association of Osteopathic Directors and Medical Educators joint annual meeting. Dr. Head and Paddock presented on "Interprofessional Practice Preparation."



Fourth annual Lecture on Aging

The fourth annual Lecture on Aging was held April 4. Keynote speaker Sue Levkoff, MSW, SM, Sc.D., lectured on "Integration of Mental Health Services for Older Adults in Primary Care." Dr. Levkoff is associate professor of psychiatry at Brigham & Womens Hospital and Harvard Medical School and associate professor of the Department of Social Medicine at Harvard Medical School.