

Carleton-Willard Village Wins MassAging Award

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Each year, members of MassAging, a not-for-profit association of aging services providers in Massachusetts, carefully select a program that distinguishes itself among others. The 2009 Program Innovation award has been given to Carleton-Willard Village for its program titled “We can work it out”.

Adequate daily exercise is difficult to achieve for anyone, regardless of age. Nursing home residents are often limited in opportunities for movement because of frailty or chronic health conditions. And yet, maintaining mental and physical health requires engagement in physical activity as long as possible. Designing a program that increases opportunities for movement and engages residents in creative and fun ways was a challenge the staff of Carleton-Willard was willing to take on. A team led by the Activities Director, Fitness Director and Music Therapist developed “We can work it out” for residents of the Nursing Center. This program keeps even the frailest residents active by allowing them to bend, stretch, and flex their bodies, not just by increasing the number of activities that emphasize exercise, but by incorporating opportunities for physical movement during a typically sedentary activity, such as crafts.

One of the ways in which the program promotes movement is through easy-to-follow exercise videos that Carleton-Willard developed. The videos allow the staff to mingle about the room and provide one-on-one assistance to the residents as they follow the steps. Creative props have been incorporated to heighten interest and give variety to the workout. The program is not restricted to a specific time of day, but integrates stretching and movement throughout the day. Sedentary activities frequently incorporate “the seventh inning stretch”, encouraging residents to take a break from an activity and stretch out their muscles, while continuing with the spirit of the activity. For example, during a cooking class, participants will be asked to stop, take a big spoon and “stir the pot” a few times, or grab a rolling pin and “roll out the dough”.



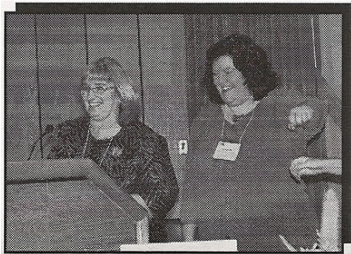
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As a result of the new program, attendance in daily exercise programs has increased and residents seem more engaged and active.

"Carleton-Willard has met the challenge of designing and implementing an innovative program that addresses a major need among older persons," says MassAging president Elissa Sherman. "MassAging is extremely proud to recognize Carleton-Willard with this award."

Carleton-Willard Village served as host to the 35th Annual Meeting of the MassAging Membership on Thursday, October 8th where the 2009 Achievement Awards were presented.



*This program keeps
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MassAging is an association comprised of not for profit providers of eldercare services to more than 25,000 people in Massachusetts. Services span a continuum from nursing facilities, assisted living residences, retirement communities and housing providers. Members work together to advance eldercare and collaborate to successfully improve the living qualities of the elderly.

For more on MassAging, please visit www.massaging.org. Carleton-Willard Village is a continuing care retirement community in Bedford, MA, providing high quality senior living services since 1884. For more information on Carleton-Willard Village, please visit www.cwvillage.org.