



Dear Activity Director:

Geri Olympics promotes active living, wellness and quality of life for residents of nursing homes and assisted living centers. Our philosophy is that you do not go to nursing homes to die but to live and be as active as possible. West Virginia Geri Olympics has received global recognition and is being used as a model for similar events in other states and around the world with partners in the Czech Republic, Scotland, Greece and Canada. The program was featured in a symposium at the World Conference on Active Living in Glasgow Scotland in 2012. For many years Geri Olympics has been supported by The Bureau of Senior Services and we want to recognize them for their continued support of senior citizens in West Virginia.

The Geri Olympics planning team is always looking for activities that would be of interest to care home residents or that would have therapeutic value. They work with a variety of therapeutic recreation specialists, occupational therapists and physical therapist in their search for events that would be of interest to the residents and in developing adapted equipment.

The Institute for Geri Olympics and Active Living is extending an invitation to your health care facility to attend the **33rd Annual Geri Olympics.**

April 24, 2020

South Charleston Community Center

THEME: "REMEMBERING THE 50's and 60's"!

(Your group may want to dress in the style of those two decades)

Registration 8:30 am – 9:30 am

Event will end 1:30 pm

Participation fee is \$150.00 per facility and should be included with registration.

Medals and certificates to all residents attending

If your facility is ordering T-Shirts, that fee needs to be included as well.

(See T-Shirt order form attached)

Registration and money for registration and T shirts need to be received by

March 20, 2020

(Registration form is attached)



An example of events during the Olympics includes: Bowling, Horseshoes, Basketball Shooting, Candle Blowing, Clothes Pin Stacking, Corn Hole, Golf Putting, Obstacle Course, Javelin, Marksmanship, Wheel chair races and relays. Facilities in the past have prepared for these events prior to the Olympics during their daily activity programs. Those who have attended in the past are familiar with each event. New facilities are encouraged to call Ted at 304-610-9649 for specific ideas.

In the past two years several nursing homes have enjoyed developing cheers/chants to cheer their team on to victory. We are opening this up to all facilities but recognize it presents time challenges because residents tire easily and are ready to head home by 1:00 pm. We are requesting that cheers or skits be held to 2 minutes or less.

The Spirit Award is given to residents and their facilities who demonstrate the most spirit. This year the first place trophy will be a "TRAVELING TROPHY" meaning a plaque will be engraved with the name of that facility and attached to the trophy. The trophy will remain with that facility until the next Geri Olympics and then will be held for a year by the winner of that year. Several administrators helped in setting this up and we all hope it will promote healthy competition between facilities and their staff.

For additional assistance, please feel free to call or email the contact information listed below.

Send Registration and T-Shirt order forms in one mailing to:

Dr. Ted Muilenburg ~ PO Box 434 ~ Institute, WV 25112

Cell: 304-610-9649 email: htm406@aol.com

Checks made payable to: GERI OLYMPICS or IGOAL.

Team pictures and other pictures will be taken and uploaded to Facebook where they can be printed. Anyone can take pictures and upload them to our Facebook site. PHOTO CLEARANCES OR RELEASES ARE THE RESPONSIBILITY OF EACH FACILITY We look forward to your participation in the 2020 Geri Olympics! Kind regards,

Ted

Dr. Ted Muilenburg, Director



REGISTRATION FORM
2020 WV GERI OLYMPICS
PLEASE RETURN BY MARCH 20

FACILITY NAME _____
Phone number _____
Address _____
City, State, Zip _____
Activity Director _____ Email address _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Please place one * by four individuals who want to bowl
(we will invite more residents to bowl if time allows)

Place two ** by four team member's names who will be participating in the obstacle course.



Registration helps in planning and may be changed at any point up to actual starting of the events.

It is also helpful if you can pre-plan who will be on your wheel chair racing relay team.

T-Shirt Order Form checks can be made out to
GERI OLYMPICS or IGOAL

Facility name _____

Be sure to spell correctly – please print the name.

Color Preferences

1 _____ 2 _____ 3 _____

Phone # _____ email _____

T-Shirts are priced at \$12.00 each and can have the facility name on the front or back and the Geri Olympics logo on the front or back, or on the lapel. T-Shirt orders must be received by March 23, 2019 and should include a check or money order for payment in full.

Place the number of each size in the space after the size.

Sizes

S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

Please return all forms by March 20, 2020