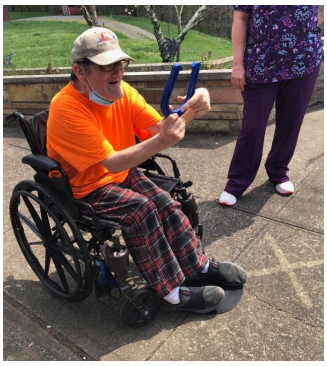
35th Annual WV Geri Olympics

April 4-29, 2022



To ensure the safety and well being of residents and staff, the 35th Annual West Virginia Geri Olympics will again be held at individual long-term care facilities. Though we look forward to the day when 500 people can gather safely, nothing is more important than the safety of our participants.

Dates:

One event will be held each week of April at participating facilities. Results should be emailed to the event coordinator at the end of the week.

Week 1 (April 4-8) - Bowling

Week 2 (April 11-15) Horse Shoes

Week 3 (April 18-22) Corn Hole and Clothes Pin Stacking

Week 4 (April 25-29) Basketball shooting

Participants:

As many residents from each facility may be entered and participate as desired. Residents may participate in more than one event. They will each be awarded a medal, certificate and trophy for practicing and being part of their facility team. Participate means they have practiced or trained for several team sessions with other residents making up the facility team! It has been our experience that many of these events have been added to the regular monthly program.

Awards:

Trophies, certificates and medals will be sent to each care home for residents that have been entered and actively and socially engaged. The Spirit Award will be awarded to the facility that posts the best 45 second skit on the Geri Olympics Facebook page. Skits must be posted by April 27. All awards will reach the care home before National Nursing Home week so the residents can be recognized.

Competitive teams and events:

1. **Bowling** will be held the week of April 4 – 8 with scores to be e-mailed to Brent Sturm at sturms65@yahoo.com by midnight on Saturday April 9th.

The team will be made up of 4 residents that represent the facility with two alternative members being used in case one of the first 4 members will not be able to participate. The length of the bowling lane will be 12 feet long. Each bowler will roll a total of 10 frames. If the bowler knocks down all 10 pins with the first ball they will move to the second frame and the score for the first frame will be 10. If the bowler does not knock down 10 pins they will be allowed to roll another ball. If they knock down all the remaining standing pins the score for that frame will be 10. If the bowler leaves any pins standing after the second ball is bowled the score for that frame will be the number of pins knocked down. This process will be repeated. After 10 frames are bowled the score will be the total number of pins knocked down. The most points that a bowler can score is 100.

2. **Horseshoes** will be held the week of April 11 – 15 with scores e-mailed to Pat King kingpr@wvstateu.edu by midnight on Saturday April 16rd.

A team will consist of 4 residents with two alternate members being used in case one of the first 4 members cannot participate. Each resident will pitch 20 times from a distance of 10 feet. Only ringers will count for score. Each ringer will count as 1 point. The most points a resident can score is 20.

3. **Corn Hole** will be held the week of April 18 - 22 with scores e-mailed to Charlie Wilson cnicewv@gmail.com by midnight on Saturday April 23rd.

A team will consist of 4 residents with two alternate members being used in case one of the first 4 members cannot participate. Each resident will pitch 20 times from a distance of 10 feet. Only bags that go in the hole will count for score. Each bag that goes through the hole will count as 1 point. The most points a resident can score is 20.

4. **Clothes pin stacking** will be held the week of April 18 – 22 with results e-mailed to Hunter Burkhead mac4dummy@aol.com by midnight on Saturday April 23rd.

A team will consist of 4 residents with two alternate members being used in case one of the first 4 members cannot participate. Each resident will have 20 seconds to clip spring loaded clothes pins on a rope in front of them. Points will be awarded by the number of clothes pins that are clipped to the clothes line at the end of each 20 seconds round. Each participate will do 3 rounds of 20 seconds. Residents score will be the total number of clothes pins they clip on the clothes line in three rounds.

5. **Basketball** will be held the week of April 25 - 29 with scores to be e-mailed to Tyler Miller tylerdmill78@gmail.com by midnight on Saturday April 30th.

A team will consist of 4 residents with two alternate members being used in case one of the first 4 members cannot participate. Each resident will shoot 20 times from a distance of 5 feet. The most points a resident can score is 20.

6. Spirit award - teams who want to submit a spirit skit will post a 45 second or less video on the Geri Olympics Facebook page. Skits over 45 seconds long will not be judged. Staff are encouraged to participate. Skits will be judged and trophies presented. The first place trophy will be a traveling trophy and remain with the winning facility for one year. Skits must be posted on the Geri Olympics Facebook page by April 25, 2022. They should also be emailed to Ted Muilenburg htm406@aol.com or texted 304-610-9649. It is suggested this be done a few days early to help manage technical issues. The trophies, we hope, will be available for presenting during National Nursing Home Week.

2022 GERI OLYMPICS REGISTRATION FORM

Facility teams register by returning the registration form to Dr. Ted Muilenburg by March 10, 2022 along with a check for $150. Registration fee covers cost of per trophies and all awards. For information or questions email htm406@aol.com or call 304-610-9649.

FACILITY_____

ADDRESS_____

PHONE_____

ACTIVITY DIRECTOR_____

Registration fee included_____$150.00

Number of residents on team _____ (this is for mailing out awards)

Name and Emails address of contact for person(s) sending event scores

1 _____

2 _____

Name and Cell phone of contact for person(s) sending event scores

1 _____

2 _____

Bowling 4 Residents (name 6 residents- numbers 5 & 6 are alternate)

1.

2.

3.

4.

5.

6.

Team leader/coordinator: E-mail event results to Brent Sturm sturms65@yahoo.com

Basketball 4 Residents (name 6 residents- numbers 5 & 6 are alternate)

1.

2.

3.

4.

5.

6.

Team leader/coordinator: Tyler Miller and Goldie Miller email tylerdmill78@gmail.com

Corn Hole 4 Residents (name 6 residents- numbers 5 & 6 are alternate)

1.

2.

3.

4.

5.

6.

Team leader/coordinator: Charlie and Nicole Wilson. cnicewv@gmail.com

Horseshoes 4 Residents (name 6 residents- numbers 5 & 6 are alternate)

1.

2.

3.

4.

5.

6.

Team leader/coordinator: E-mail event results to Pat King kingpr@wvstateu.edu

Clothes Pin Stacking 4 Residents (name 6 residents-numbers 5 & 6 are alternate)

1.

2.

3.

4.

5.

6.

Team leader/coordinator: Hunter And Hannah Burkhead Email Mac4dummy@aol.com

Spirit Award

Yes will do skit_____

No will not do a skit_____

Skit must be posted as a video on Geri Olympics face book page by April 25, 2022.

Questions on skit contact Dr. Muilenburg

Note if there are ties -both teams will receive trophies.

Return registration form along with $150 to Dr. Ted Muilenburg, PO Box 434, Institute, WV 25112

Special note

Special welcoming to Geri Olympics 35 will be done by none other than "ELVIS" followed by several songs. This will be videoed and posted on YouTube for facilities when they hand out awards and celebrate in their facilities. This could be added to national nursing home week festivities.