

Wii..... What Fun!

WCNH's new Wii Nintendo benefits residents mentally, emotionally and physically

Lyons, New York, March 5, 2008 --- Residents at the Wayne County Nursing Home and Rehab Center are having a good time playing the new Wii Nintendo game. In fact, when a resident figures it out, the Wii can become addictive – and trying to control the remote brings lots of laughter.

With a 58 inch plasma TV, it's easier to see games that mimic hunting for big game, driving cars, playing pool, tennis, baseball and many more crowd-pleasing choices. Different levels of any game can match the individual ability of a resident's hand, arm and eye coordination, as well their personal interest.

For example, one resident of WCNH is very interested in the new game technology, but unfortunately he was unable to swing the remote to simulate the bowling ball. But give him the remote to drive a car "speeding" down the highway, avoiding all those obstacles, and there is no stopping him!

The Wii Nintendo games are great exercise, but they are also so much fun residents don't realize they're using all those muscles. The best muscle activity, of course, is the smile on everyone's faces.

WCNH is trying to offer everyone an opportunity to try the Wii, and even residents with dementia are getting a charge out of it. It also provides a great intergenerational activity. Recently during Presidents Week, WCNH had staff's children volunteering at the nursing home who jumped at the chance to play the Wii Nintendo with the residents. Austin Busco, son of Joy & Kevin Buscco, assisted and explained to resident Katherine Witchey how to use the remote to get the best results from her bowling technique.

The Wii gives those residents who no longer can get out to play a round of golf, or go to the bowling alley, a chance to feel like they are participating in the game they used to enjoy in the past. It has all -around wellness benefits to the residents, not only physically but cognitively. It boosts their self-esteem through accomplishments and fosters competition to challenge them. From a recreational aspect, it is exciting and fun -- and laughter can be heard throughout the hallways while the different games are being played.

The Wayne County Nursing Home, a public facility licensed by the New York State Department of Health, is a 190 bed skilled nursing facility located at 1529 Nye Road, Lyons, New York. Wayne County Board of Supervisors has a 175-year history of providing facilities to care for residents in need.

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