

WAYNE COUNTY NURSING HOME
1529 Nye Road
Lyons, New York 14489

NEWS RELEASE

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FOR IMMEDIATE RELEASE

"WALK OF AGES" DESIGNED TO BOOST ELDERLY WITH DEMENTIA But Staff and Rehab Patients Benefit, Too, at Wayne County Home

Lyons, New York, April 10, 2006 --- Taking a walk outside on a warm spring day might seem like a simple thing to most people, but for 40 residents of the Wayne County Nursing Home and Rehabilitation Center, it was a special experience designed just for them on March 31st, as part of WCNH's new "*Walk of Ages*" program.

The "*Walk of Ages*" idea arose from a workshop called **Endless Possibilities: Enriching the Lives of Residents with Dementia**, which was attended by staff members from the Home. Jane Beach, Activities Director at WCNH, collaborated with Administrator Margaret Haroff to involve all staff members and the heads of their departments to make the program a success. The staff was encouraged to get away from their desks, put down pens, turn off computers, and go for a walk with any resident who wanted the opportunity.

Preparation was a key to success, since the grounds had to be cleared of winter's debris to make the walk safe, and activities were designed to enhance sensory and memory experiences for residents with dementia, such as finding signs of spring along the path. Activities staff added a little more interest by placing Easter eggs and some motion objects like singing flowers and frogs on the path as well.

The Rehab Center staff was also available to show proper procedures in walking residents in wheelchairs and walkers. Depending on the route residents and their companions decided to take, the walk lasted from 15 minutes to 25 minutes.

All departments from Nursing, Education, Administration, Social Work, Household Assistants, CNA's, Housekeeping, Rehab Services, Food Nutrition, Ward Clerks, Food & Nutrition, volunteers and some family members pulled together to make the event a pleasant walk on what turned out to be a warm spring day with temperatures in the 70's. Noticing signs of spring --- open windows, flowers sprouting, hidden Easter eggs – was a morale booster for everyone who attended, as well as stirring memories of spring planting and gardening for residents. The Walk ended with lemonade and socializing, another important wellness facet for residents and staff alike.

More *Walk Of Ages* are being planned, based on the event's success. Wayne County Nursing Home and Rehabilitation Center welcomes anyone who would like to help or participate. Contact Jane Beach, Activities Director, for more information.

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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