



STEP RIGHT UP: Enhancing Senior Living with a Wellness Carnival

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Brevillier Village



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Brevillier Village is a non-profit housing and health care community for seniors and provides fully independent living, personal care assisted living, and skilled nursing or short-term rehabilitation. Brevillier Village serves to enhance residents’ physical, emotional, and spiritual lives in an effort to impart life fulfillment.

Project Summary

The student intern participated in creating a wellness carnival for the residents of Ball Pavilion at Brevillier Village. The wellness carnival was held during the month of June and included seven carnival booth games designed by the student intern. The carnival was interprofessional as every department staffed a game and additional health education was given to CNAs during the carnival.

Project Goals

- Provide a fun, morale boosting wellness program for BV residents that is sustainable
- Challenge resident’s cognitive, physical, and mindfulness abilities
- Incorporate oral health education



BTG Focus Areas

The wellness program focused on aspects of elder health and senior quality of life, nutrition, physical activity, and oral health.



Site Activities

A total of 20 residents participated in the wellness carnival. Each resident successfully completed seven challenges in the Ball Pavilion recreation room. The following games were used with associated health outcomes highlighted:

- Axe Throwing- physical activity and addition
- Pin the Food on the myPLATE- nutrition, communication, and critical thinking
- Pop a Prize- mobility
- Brevillier Fishing Hole- oral self-care
- Hungry, Hungry Hippos- mindfulness and emotional well-being
- Name that Tune- memory and cognition
- Ball Toss- dexterity and strength

Following the completion of each game, residents were able to pick prizes of their choice and receive oral health supplies.

Personal Statement

“My time at Brevillier Village has taught me several important aspects of geriatric care. I quickly realized that while each resident is unique in their abilities, they all deserve a wholehearted effort towards their life satisfaction, including the best quality of care. I have come to know that many times it may be the simpler, but meaningful events, activities, and conversations that each resident desire. This was my inspiration for the wellness carnival. I knew my medical knowledge and creativity could be incorporated into a fun event that boosted morale and improved health outcomes. I am thankful for the Bridging the Gaps program as this opportunity deepened my understanding of senior health and how I can better serve the senior population as a future physician.” – Joseph Theiss



Acknowledgements

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