



Supporting Whole Person Health Through Movement and Music

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The Regency at South Shore



Regency at South Shore

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Community Site Preceptor: Jennifer Musone, PCHA

The Regency at South Shore is a full-service community, situated along the beautiful tree-lined streets of the former Strong Estate in Erie. The Regency's private setting is conveniently located near shops and businesses, and offers a host of services and amenities, including social activities, transportation, and maintenance. The Regency offers independent living and optional personal care and meal services.

Project Summary

The student intern developed a few projects to improve both physical and cognitive wellness. The projects included an oral health presentation, musical bingo, a live drumming fitness lesson, and gathering professionally led exercise class videos. The goal of these projects was to create sustainable activities that can be used now and in the future by the staff of the Regency to improve health and wellness in the community. These activities reach this goal by strengthening physical and cognitive skills in the community members, which helps improve the quality of life of the community.

Musical Bingo				
Everybody's Tryin' to be my Baby	Twist and Shout	The Green Door	At the Hop	Jolene
Great Balls of Fire	Banana Split for My Baby	Sweet Nothin's	(Let me Be) Your Teddy Bear	Room Full of Roses
Shake Rattle and Roll	What a Wonderful World	Free Space	Earth Angel	Mr. Sandman
In the Mood	Do-Re-Mi	God Bless America	Come Go with Me	Good Golly Miss Molly
The Wanderer	That'll Be the Day	You Are My Sunshine	Life is But a Dream	Ring of Fire

Busy Bee Packet!

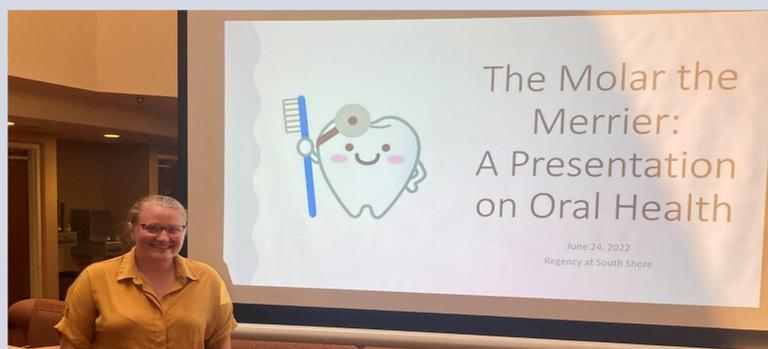


****All answers will be at the back of the packet after the page that says "Answers"**

Musical Bingo and Busy Bee Packets

Project Goals

- Educate residents on oral health
- Create sustainable exercise programs to improve physical health
- Create activities that can be done in groups or individually to improve cognitive wellness
- Foster an inclusive environment by creating programs with the population's wants and needs in mind



Giving my oral health presentation to the residents: The Molar the Merrier.

Site Activities

At the Regency, I gave an oral health presentation where I educated the residents on several different oral health issues relevant to their population. I also gave out oral health supplies such as toothbrushes, toothpaste, and denture supplies. I also developed an exercise program and taught the director of activities, which we called Drum and Fit. Drum and Fit will be a weekly addition to the activities at the Regency. I also gathered videos from local professionals in the community that can be utilized for residents with different skill needs. Finally, to improve cognitive skills, I hosted a musical bingo program for the community and created packets that can be done individually with similar goals in mind. I did all of this with things the residents enjoy in mind in order to make the programs more inclusive to the community.

BTG Focus Areas

Chronic Disease (Diabetes, Kidney Disease, Respiratory Diseases, etc.), Elder Health and Senior Quality of Life, Mental Health, Nutrition and Weight Status, Oral Health, Physical Activity and Fitness

Personal Statement

"During my time at the Regency at South Shore, I was able to develop skills that will help me in my future career as a physician. I was able to work with a population that varied so greatly in their needs. It was evident that by improving the physical and cognitive wellness of residents, their overall quality of life is bettered. This more holistic approach to healthcare is something that I will carry with me into my future career, especially as an osteopathic physician. During my time, I also found a love for the geriatric population, and I look forward to seeing where this newfound passion may take me."



Peg (left) and Lois (right) enjoying the first day of the new Drum and Fit class.

Acknowledgements

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