The NINTENDO Wii... A NEW THERAPEUTIC APPROACH
Laura Cronin, Operations Manager, Ledgewood Rehabilitation & Skilled Nursing Center

The bingo and card games could be abandoned and the painting and yoga have a new high tech activity to compete with. The patients of Ledgewood Rehabilitation and Skilled Nursing Center in Beverly have joined the high tech electronic gaming world.

The craze at the facility started four months ago when Ledgewood’s Medical Director, Dr. Carl Johnson, suggested that the Nintendo Wii might be a complement to the leisure and rehabilitation programs. His wife, Cathy Johnson, ANP, suggested to her husband that he should look into the benefits of electronic games as a therapeutic activity for his patients at Ledgewood.

He believes that the Nintendo Wii is an ideal form of exercise for patients with limited mobility and endurance. “It is challenging both physically and mentally and will surely improve their overall quality of life,” stated Dr. Johnson. Since then, the Wii has become a standard part of the leisure and rehabilitation services.

From a rehabilitation standpoint the Wii is a complementary modality. All of the games can be played sitting or standing. Whether it is baseball, bowling, or tennis, a patient can progress from sitting to standing. Improvements have been seen in balance, sitting and standing endurance, hand eye coordination, range of motion, sequencing and concentration. “I used to go bowling all the time,” says Anna Stroup, a patient receiving therapy after hip surgery. “I have a bad arm; I have not been able to play because even a ten pound ball bothered my arm. This is really fun.”

In addition to the physical benefits, patients can play sports they enjoyed in their youth or participate in sports they had always wanted to try. The use of the Wii twice a week has demonstrated a positive physical and emotional therapeutic response.

“I love to see our patients have an opportunity to participate in a blending of therapeutic and leisure activity. The Wii has been a great addition to our services.”

Laurie Roberto
Executive Director, Ledgewood

CONTINUED ON PAGE 2
The Nintendo Wii, the latest high-tech video game console, uses a sensor that reacts to body motion. For example, Wii Baseball, one of the most popular games, requires players to swing their controls as if they were actually holding a baseball bat. The player can also use a pitching motion as if they were the pitcher. The motions translate to the screen, which transforms the experience into a virtual reality and absorbs the player in the game. The screen puts each player right out on the field, on the court or on the mound. “The patients really come out of their shell; it’s great to see their competitive edge,” says Mandee Cokas, Leisure Program Director.

“The virtual side of the game is one of the best aspects,” says Mandee. “It takes the residents out of their current space and puts them at home plate with the crowd cheering them on to hit a home run!”

Nintendo started to reach out to seniors in 2006 and the results have been explosive. Twenty-four percent of Americans over age 50 played video games in 2007, up from 9 percent in 1999 according to the Entertainment Software Associates. The fact that games such as golf, baseball, tennis, and boxing are games this generation has grown up with is one reason for the popularity. The other is that it is easy to learn and use for those who may not have used video games before.

At Ledgewood, the Wii’s popularity grows every day. “Our short-term rehabilitation patients are now requesting to play everyday as part of their therapy program,” says Jen Humphrey, Rehabilitation Aide. “We provide a simple demonstration at the start of a rehab stay and before you know it the patients have played for an hour. They barely realize that they are able to balance, as well as increase their endurance and range of motion.”

The residents plan on practicing enough so they have an active and skilled bowling league. Then they will sponsor games at Ledgewood and would love to eventually go on the road to other facilities within the Northeast Senior Health continuum. Seacoast Nursing and Rehabilitation Center, The Herrick House and Heritage at Danvers have also incorporated the Wii into their activity programs opening up some exciting possibilities for some inter-facility competition. Many of the residents have expressed an interest in forming a “virtual bowling league” with residents of other Northeast Senior Health communities.

The Wii has certainly fueled the competitive fires and provided our patients with a means to “virtually” pursue their favorite sports and activities. All the programs at Ledgewood have their purpose, but the Wii has verified the physical and emotional benefits in a different way from the traditional therapeutic services.

Ledgewood is enjoying keeping up with what is “up and coming” and will continue to use this exciting technology to enhance the patients’ experience.

Laura Cronin will be a guest speaker at The Herrick House on March 5, 2008 at 6:30pm. Learn more and see a demonstration of the Wii in a senior health environment. Please call 978-921-1999 to RSVP for this exciting event.

NORTHEASTLINK
Our Unique Approach to Comprehensive Geriatric Care Management

NortheastLink is a team of Geriatric Care Managers. This team provides care coordination and support services that not only meet an elder’s needs, but do it in a way that preserves their dignity and independence. NortheastLink Geriatric Care Managers (nurses and social workers) assist families and their care givers through the many challenges that come with chronic and acute illnesses, falls, isolation and perhaps a diagnosis of Alzheimer’s...
GUIDELINE RECOMMENDATIONS FOR VACCINATIONS FOR MOST OLDER ADULTS

<table>
<thead>
<tr>
<th>Vaccination</th>
<th>What it Does</th>
<th>Who Needs It</th>
<th>Who Should Not</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Flu Shot</strong></td>
<td>Protects against the influenza virus (but not against “avian” or “bird” flu;</td>
<td>Anyone who is 50 or older, or lives in a nursing home, or has a serious health</td>
<td>People who are allergic to eggs, have had allergic reactions to flu shots in</td>
<td>Every year, ideally in October or November</td>
</tr>
<tr>
<td></td>
<td>there is no vaccine for bird flu at this time)</td>
<td>condition such as heart disease, diabetes, asthma, lung disease or HIV. Older</td>
<td>the past, or have been diagnosed with Guillain-Barre Syndrome</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>adults’ caregivers should also get a flu shot.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pneumococcal Shot</strong></td>
<td>Protects against pneumococcal bacteria, which can cause pneumonia and blood</td>
<td>Anyone who needs a flu shot</td>
<td>Only once, unless you had the shot before turning 65 (in that case you will</td>
<td></td>
</tr>
<tr>
<td></td>
<td>and brain infections</td>
<td></td>
<td>need a “booster” shot after 5 years)</td>
<td></td>
</tr>
<tr>
<td><strong>Tetanus/Diphtheria Shot</strong></td>
<td>Protects against two potentially deadly bacterial infections</td>
<td>Everyone</td>
<td>Once every 10 years</td>
<td></td>
</tr>
<tr>
<td><strong>Herpes zoster (shingles) Shot</strong></td>
<td>Protects against the development of shingles – outbreak of sometimes intensely painful rashes or blisters on the skin – reducing the risk by 50%</td>
<td>Adults 60 years of age and older</td>
<td>People who have active tuberculosis, or problems with their immune system – such as leukemia, lymphoma, other malignant or lymph system or HIV infection and those taking drugs that suppress the immune system</td>
<td>Once</td>
</tr>
</tbody>
</table>

These are guidelines. Always consult your personal physician.

Kevin J. Ennis, MD and Board-Certified Geriatrician, Center for Healthy Aging

disease. The NortheastLink Geriatric Care Management team can provide services in the private home, assisted living, rehabilitation and skilled nursing facilities and hospitals. When the goal is to stay at home for as long as possible, this unique team of professionals can conduct an assessment, arrange and monitor in-home services or provide an advocate for medical appointments. In addition, NortheastLink’s comprehensive Home Safety Evaluation is a valuable service that helps keep seniors safe in their home. This team of Care Managers has extensive training and experience in providing care and support for individuals coping with Alzheimer’s disease and related disorders. NortheastLink is a program of Beverly Hospital’s Northeast Senior Health. For more information or to speak with a NortheastLink Geriatric Care Manager, please call 978-921-1697, extension 224.
Beverly Events

BEVERLY SENIOR CENTER - FREE LECTURES
February 8, 2008  10:00am-11:00am
Eating Your Way to Better Health
Linda Jean, RD, LDN, Seacoast & Ledgewood

March 14, 2008  10:00am-11:00am
Food Health for Seniors
Ken Cesa, Podiatrist, in private practice

For questions or directions, call 978-921-6017

BEVERLY HOSPITAL LECTURE HALL
February 28, 2008  11:30am-1:00pm
Luncheon Lecture: Dry Eyes
Jason Rothman, MD, Ophthalmic Consultants of Boston
Luncheon cost $6. RSVP to 978-921-1697 x300 by Feb. 25

March 27, 2008  11:30am-1:00pm
Luncheon Lecture: Understanding Pain Management
Coleen Reid, MD, Hospice of the North Shore
Luncheon cost $6. RSVP to 978-921-1697 x300 by Mar. 24

THE HERRICK HOUSE - FREE LECTURE
February 6, 2008  2:00pm-3:30pm
Depression and Medication Management
Hollie Noveletsy, RNCS, ARNP, BC, Center for Healthy Aging
Refreshments will be served.  Please RSVP to 978-922-1999

For more information about upcoming events please call the Northeast Senior Health Events Hotline at 978-524-6040.

* Please note that all speakers are from Northeast Hospitals (Beverly Hospital and Addison Gilbert Hospital) unless otherwise noted.

Danvers Events

DANVERS SENIOR CENTER - FREE LECTURES
February 6, 2008  10:30am-11:30am
Sleep Management
Mauri Cohen, MD

March 5, 2008  10:30am-11:30am
Communicating Effectively with Your Physician
Eileen Fagan, RN, BSN, CHPN, Hospice of the North Shore

For questions or directions, call 978-762-0208

CENTER FOR HEALTHY AGING AT THE HUNT CENTER
Free Monthly Brown Bag Pharmacy Sessions
Pharmacist will review your medications and offer suggestions.

February 21, 2008  11:00am-1:00pm, RSVP by Feb. 19
March 20, 2008    11:00am-1:00pm, RSVP by Mar. 18

Reserve a 15 minute appt. at 978-921-1697 x300

PEABODY INSTITUTE LIBRARY IN DANVERS
March 6, 2008   6:00pm-7:00pm
Kidney Health
Jeffrey R. Rubel, MD, MPH, Nephrologist

Gloucester Events

ROSE BAKER SENIOR CENTER - FREE LECTURES
February 27, 2008  10:00am-11:00am
Street Smarts: Seniors and Driving
Neil Mann, MD, Center for Healthy Aging

March 27, 2008  10:00am-11:00am
Immunizations for Seniors
Kevin Ennis, MD, Center for Healthy Aging

For questions or directions, call 978-281-9765

FREE LECTURE AND DEMONSTRATION AT THE HERRICK HOUSE
On the Upper Campus of Beverly Hospital
March 5, 2008  6:30pm
Nintendo Wii: See How Seniors are Having Fun and Benefitting from the Nintendo Wii
Light supper provided.

For reservations and directions, call 978-922-1999