



*The Florida Association of Homes and Services for the Aging
Innovation Exchange*

Submission Form

Name/Title of Submitter:	Rhonda Kader and Dennis Walton
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Date of Submission:	3/21/2006
Title of Innovation:	Get Out and Go!
Topic for Submission: (Please choose a topic from the list included in the attached submission guidelines which best describes the innovation you are submitting.)	Topic: Quality of Life
Audience: (Choose one or more, as appropriate.)	<input type="checkbox"/> HUD Housing Communities <input type="checkbox"/> Retirement Communities (CCRC or fee for Service) <input type="checkbox"/> Assisted Living Facilities <input checked="" type="checkbox"/> Nursing Homes

- Description of Innovation:** Please succinctly describe the innovative program or service, creative idea or best practice and the resulting benefits to your organization or the consumers you serve. Limit the narrative to three pages, excluding attachments such as forms.

Village on the Green has developed a program that focuses on health and wellness for our residents. The Get Out & Go program encourages outdoor activities through wheelchair walks, golf cart rides, rides on the tandem bike, putting on the golf green and “Aquacise”. Indoor activities include chair aerobics with a personal trainer and weight resistance training in the gym.

The aides and volunteers assist with the wheelchair walks and golf cart rides on a rotating basis. Village on the Green has benefited tremendously from the grant that allowed us to purchase our “Duet” bike. The bike has a wheelchair-like device on the front, in which the resident sits. The driver of the bike is then able to take the residents for scenic tours of the beautiful grounds. The bike has been a terrific addition; it has given great pleasure to our residents, who look forward to their daily bike ride. They have the opportunity to get out in the fresh air and the opportunity for a change of scenery. We have found that through these opportunities to get outside, our residents

have demonstrated a decrease in exit seeking behavior.

Another grant allowed us to add a pool lift to our facility pool. This has facilitated our residents' participation in the "Aquacise" program. The residents are able to enjoy the benefits of the water, which as we know is proven to relieve pain. The residents also make time to enjoy the newly renovated putting green.

Our indoor activities include "Exercise with Tony" four days a week. Tony is a personal trainer who combines chair aerobics and music to the delight of many residents. He also takes individual residents to the gym to participate in the "Vigor" program, which is a weight resistance program designed specifically for people with limited mobility/ability.

2. **Budget:** Provide information about the annual budget or total cost of your innovation (if a one-time expense) and the number of staff or volunteers used to implement it. If your innovation did not require a budget or staff, please indicate.

The Duet tandem bicycle was made possible by an AHCA grant for \$9,500. The pool lift was also purchased by AHCA grant monies totaling \$4,200. The golf carts are usual and customary part of our operating budget; no extra expenses were incurred in beginning this implementation. Wheelchair walks around the property are accomplished by volunteers at no cost other than periodic recognition. The aerobics program could also be accomplished by a trained volunteer, and there is little expense for equipment and music.