

Nursing home residents participating in International Geri Olympics

Institute, WV – A team of local nursing home residents are planning a trip to Prague, Czech Republic, to participate in the Fourth Annual International Geri Olympics. A fundraising kickoff event will be held on Thursday, November 29, from 10:00-12:00 in the Kanawha Valley Room of the Schoenbaum Family Enrichment Center located at 1701 5th Avenue in Charleston.

The International Geri Olympics is an expansion of the West Virginia Geri Olympics, which celebrated its 20th anniversary in 2007. Coordinators of the West Virginia event met representatives from Charles University in Prague while lecturing there on educational programming. The meeting led to a collaborative partnership and the formation of the international version of the event.

“The WV Geri Olympics has been a popular program for over 20 years, promoting an active lifestyle and involvement as a means of aging successfully and happily,” said Dr. Ted Muilenburg, Director of the WV Geri Olympics. “For these participants, competing in the International Geri Olympics will be the experience of a lifetime and proof that life doesn’t end just because you enter a nursing home.”

Geri Olympics offers nursing home residents a chance to compete in mild physical activities such as horseshoes, bowling, basketball, relay and wheelchair races.

Coordinators are attempting to raise the needed funds to take its group of participants, called Team USA, to Prague. The trip will mark the first time a United States team has participated.

Sponsors for the event include West Virginia State University Extension, the West Virginia Bureau of Senior Services, Step by Step, and WV Dreamers.

For more information about the International Geri Olympics Kickoff Event, contact Dr. Ted Muilenburg at 304-610-9649.

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