



# Louisiana Nursing Home Olympics 2019

## Regional Coordinators Information

This helpful resource is to be used by regional coordinators when planning the Regional Nursing Home Olympics. If you have questions, contact Renee Bethel at 225.927.5642 or at [rbethel@lnha.org](mailto:rbethel@lnha.org).

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### Preliminary Information

- Read the rules and guidelines provided by LNHA.
- Choose date and time for the event and select an appropriate location
- Set a deadline for return of your registrations
- Communicate event details to regional facilities providing suggestions of how to prepare and what to bring (example: refreshments and decorations). Encourage each facility to provide a creative theme and incorporate it into their decorations, banner and t-shirts. Share the rules and guidelines document as provided by LNHA.
- If required, LNHA provides Certificate of Insurance
- Alert the local press of your upcoming event and encourage them to write an article about it. There is a sample press release (see **page 7**) for you to use as a template if desired. Be sure to let the press know several weeks ahead of time and remind them two weeks prior.

### Registration

- Check registrations for compliance with rules – each facility can enter one person per event
- Make event rosters
- Make packets for each participating facility including:
  1. Roster of participants and events for specific facility
  2. Certification of Participation for each participant (see PDF)
  3. Assigned athletic numbers and pins
  4. Participation ribbons
- On event date have one representative from each facility come to the registration table. At that time, mark anyone off the roster who was registered, but is not able to participate.

### Equipment Needed

- Tables, chairs, bleachers
- Refreshments
- Decorations: balloons, helium, signs for the events and facilities

- Clipboards and pencils
- Masking tape and measuring tape
- Bean bags and containers
- Softballs, horseshoes and Frisbees
- Horseshoe board
- Stopwatches
- Socrates Trivia Test and key
- Backdrops

## **Opening Ceremonies**

- Music
- Parade of Athletes
- Welcome
- Presentation of Colors (Boy Scouts of America, VFW, Armed Forces Honor Guard or ROTC)
- National Anthem and Invocation
- Torch Run
- Proclamation
- Throwing of Game Ball

## **Events**

Make sure everything is set up before participants begin to arrive

- A. Softball Throw
  1. Tape the starting line
  2. Tape measure with "0" at the end in the field
  3. Clipboards and pencils
  4. Softballs
- B. Bean Bag Toss
  1. Tape the starting line
  2. Backdrop
  3. Container and bean bags
  4. Clipboards and pencils
- C. Frisbee Throw
  1. Tape the starting line
  2. Tape measure with "0" at the end in the field
  3. Clipboards and pencils
  4. Frisbees
- D. Wheelchair Races
  1. Tape the lanes
  2. Stopwatches
  3. Clipboards and pencils
- E. Socrates Trivia
  1. Tests and Key
  2. Pencils for all participants

## **Volunteers and Judges**

- A. Confirm there are enough volunteers and judges to run the events
- B. Set a meeting time to fully explain all the rules to the volunteers. Explain that the residents take the Olympics seriously, so it is important to adhere to the rules.

- C. Softball Throw
  - 1. Coordinator (Administrator)
  - 2. Tape measurer
  - 3. Participant line up and ball holder
  - 4. Ball fetchers
- D. Bean Bag Toss
  - 1. Coordinator (Administrator)
  - 2. Participant line up and bag holder
  - 3. Bag fetchers
- E. Frisbee Throw
  - 1. Coordinator (Administrator)
  - 2. Tape measurer
  - 3. Participant line up and Frisbee holder
  - 4. Frisbee fetchers
- F. Wheelchair Races
  - 1. Coordinator (Administrator)
  - 2. Timers (one for every lane)
  - 3. Participant line ups
  - 4. Starter
- G. Socrates Trivia
  - 1. Coordinator (Administrator)
  - 2. Writers/readers if needed
  - 3. Scorers

## **Awards Ceremony**

- Choose medal presenters (politicians, celebrities, well-known community figures)
- If desired, select a photographer. If you take photos, please send them to Karen Miller, LNHA Communications Director at [kmiller@lnha.org](mailto:kmiller@lnha.org).

# Horseshoe Board

## Materials

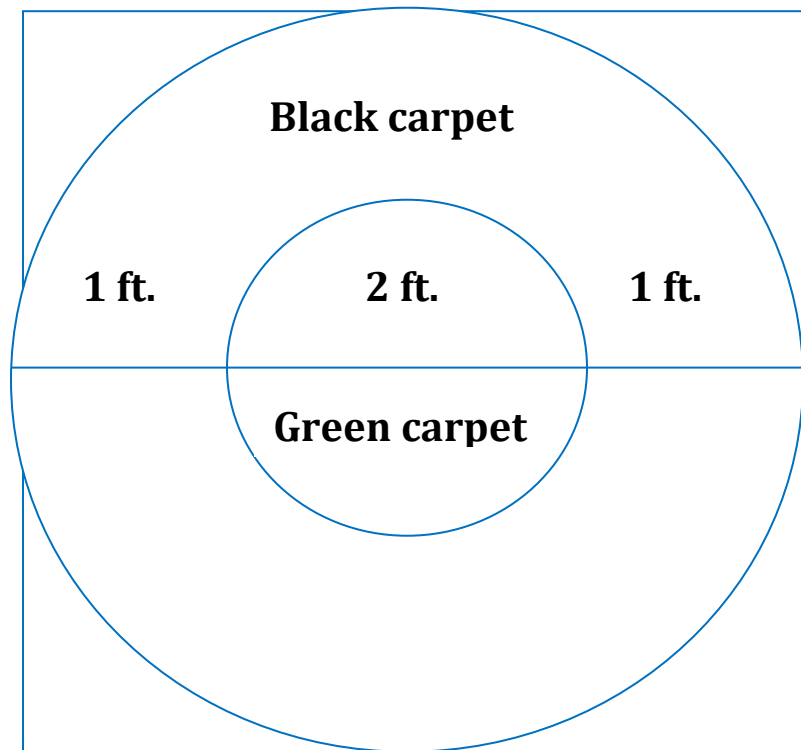
- 1 - 1/2 inch plywood 4 foot square
- 4x4 foot carpet
- 2x1 foot carpet
- 1 - 3/4 inch flange
- 1 - 3/4 inch pipe, 18 inches long with nipple thread on one end
- 1 - 3/4 inch rubber cap on top

The four foot carpet should be 4 inches longer and wider to wrap around the edge and stapled on the bottom. Using contrast colors, bright green and black for the 5 and 10 point areas is suggested.

Residents with limited vision are able to differentiate their points scored. Also cover the pole with freezer or cloth tape to keep the pole from being so slick.

**4" to turn under and staple**

**Cut and hinge  
if needed for  
transport**



## Louisiana Nursing Home Olympics Order Form

Facility Name	Contact Person	Telephone Number	Event Date
Mailing Address	City	State	Zip

Item	Quantity requested	Price	Total
Athletic Numbers		.40 each	\$
Medals	Gold	\$2.25 each	\$
	Silver		\$
	Bronze		\$
Ribbons	Participant	.50 each	\$
	Volunteer		\$
	You Make a Difference		\$
		<b>Total Amount Due: \$</b>	

**Return this order form to [rbethel@lnha.org](mailto:rbethel@lnha.org)**

Louisiana Nursing Home Association  
7844 Office Park Blvd, Baton Rouge, LA 70809

# Louisiana Nursing Home Olympics Registration and Waiver

Complete a separate form for each event each resident enters. A resident may enter no more than two events, with the exception of Socrates Trivia, which is too time-consuming for multiple entries. Please print or type.

Last Name	First Name	Middle Initial
Age	Sex: Male or Female	Facility Name
LNHA Region	Medicare eligibility number	Other insurance policy and number
Name of closest family member	Street address	City
State	Zip	Phone

### Check event

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spectator	Beanbag toss	Shot Put	Discus Throw	Socrates Trivia	Horseshoes	Chariot Race (propelled by feet only)	Chariot Race (propelled by hands only)	Chariot Race (propelled by hand/feet combination)

\_\_\_\_\_ has been examined by me and in my professional opinion is physically able to participate in the event(s) circled above.

Print Doctor's Name

Doctor's Signature

Date

I, \_\_\_\_\_, wish to participate in the Louisiana Nursing Home Olympics. I hereby release \_\_\_\_\_, its owners and/or stockholders, the Louisiana Nursing Home Association and their officers, agents and employees of liability arising out of such participation. I also understand that photo and possibly motion pictures will be taken to document this event. I release the right to use those likenesses in that standard, honorable fashion. I further acknowledge that I have read the above release and understand its contents.

Date

Resident (or curator) signature

Responsible party signature



**FOR IMMEDIATE RELEASE**

**CONTACT:**

**JENNIFER PETERS**

**318.688.0961**

### **SHREVEPORT-AREA SENIORS TO COMPETE AT LOUISIANA NURSING HOME OLYMPICS**

(Shreveport, LA – September 29, 2019) Hundreds of Shreveport-area seniors are abuzz preparing for the Louisiana Nursing Home Olympics to be held Friday, September 30, 2019, at the Bossier Civic Center.

The Region 6 Louisiana Nursing Home Olympics will host a series of athletic, Olympic-style events that have been adapted to the abilities of nursing facility residents. Since its inception in 1983 by the Louisiana Nursing Home Association, this event has provided an arena for seniors to remain physically active, to socialize with peers, to compete and experience the excitement of winning.

The events include Socrates trivia, shot put and discus throw, bean bag toss, horseshoes, and a chariot (wheelchair) race. Additionally, a spirit award is given to the facility that shows the most team support, a banner award will be presented to the facility displaying the most impressive banner theme, and a table award is also presented to the best table.

For more information on the Louisiana Nursing Home Association, visit the website at [www.lnha.org](http://www.lnha.org).

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#### **ABOUT GARDEN PARK**

Garden Park Nursing and Rehabilitation Center is a 2018 Bronze National Quality Award recipient. We provide quality care for more than 150 residents each day. Garden Park is proud to be part of the Central Management Company of nursing facilities and home health agencies. Founded in 1987, Garden Park offers services ranging from short-term rehabilitation therapy to skilled nursing care. Our goal is to provide compassionate and comprehensive care in a loving and safe environment. For more information on our facility, visit our website at [www.gardenparknursingandrehab.com](http://www.gardenparknursingandrehab.com).

#### **ABOUT LNHA**

The Louisiana Nursing Home Association (LNHA) is a nonprofit organization representing nearly 250 member nursing facilities and assisted living facilities that care for more than 25,000 of Louisiana's elderly and disabled individuals each day. On behalf of its members, LNHA advocates for providing quality care and nurturing environments to Louisiana's frail and elderly. For more information about LNHA, visit our website at [www.lnha.org](http://www.lnha.org).

Garden Park Nursing and Rehabilitation  
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318.688.0961 | [www.gardenparknursingandrehab.com](http://www.gardenparknursingandrehab.com)