



PARKVIEW LAGRANGE FOUNDATION

Wii-Hab in the Life Bridge Program

The Nintendo® Wii™ used for therapy purposes and more.

Many kids enjoy playing with electronic gadgets such as the Nintendo® Wii™, but individuals in the Life Bridge Senior Program at Parkview LaGrange get to have all of the fun! Participants are encouraged to play the Wii...and often. A recently installed Wii console was purchased through the generosity of donors to help senior participants increase their physical activity and social interaction. Not only has it served this purpose, but it has also brought joy back into their lives.

The Parkview LaGrange Life Bridge Senior Program was created to help senior citizens navigate life's challenges. The program is also dedicated to helping its participants enjoy life again. With an experienced medical director, expert

counselors, and skilled nurses, patients can find the help they need to get back on their feet.

Paula Ramey, a Parkview LaGrange nurse, finds the opportunities offered through the program to be extremely valuable for patients. "The activities really help many people who are facing different challenges," she says. "A lot of good things come out of it and it's great to help bring joy back into their lives."

One participant treated through the program shares her dancing skills with everyone when playing the Wii. Before her husband died, she frequently danced the cha-cha with him. Grieving his death and battling Alzheimer's herself, she finds comfort dancing with the help of the Wii. She also involves nurses and other participants by teaching them how to dance.

"I think it brings back pleasant memories for her," Paula says. "Everyone is always smiling and having a

good time with it, there's no doubt about that."

Many of the Life Bridge Senior Program staff were unfamiliar with the Wii gaming console themselves, but they knew how beneficial it would be if utilized properly. For Parkinson's patients who begin to lose automatic movements such as swallowing, the program's psychiatrist suggests the boxing game on the Wii. This helps exercise the throat muscles and serves as an occupational therapy tool.

Participants find the Wii useful on a weekly basis. Although the console is used in many different ways, one thing is certain: the Life Bridge Senior Program and the Wii is helping to bring healing and joy back into the lives of older patients through increased physical activity and social interaction.



Pictured above: Participants and staff of the Parkview LaGrange Life Bridge Senior program.

For more information
about how your generosity
heals, please visit
Parkview.com/Foundations

“Sleep Baby: Safe & Snug”

Protect your little one with safe sleeping habits.

Many new mothers wish their little one came with an instruction manual to help guide their development. While no instruction manual truly exists, Parkview LaGrange Hospital does send each new mother home with a bag filled with small gifts and an important tool designed to help save a baby’s life: the “Sleep Baby: Safe & Snug” book. This storybook educates mothers on the need to practice safe sleeping habits with their infants. Each book is made available to mothers thanks to local donors through Parkview LaGrange Foundation and helps keep infants sleeping safely and snugly.

At Parkview LaGrange, nurses make it their mission to educate moms on safe infant sleep practices and possible risk factors associated with sleeping. Sudden Infant Death Syndrome (SIDS) is the leading cause of death among infants one month to one year old, claiming the lives of about 2,500 babies each year in the United States. Although the sudden deaths are unexplainable, some potential risk factors are smoking, overheating from excessive sleepwear or bedding, stomach sleeping and co-sleeping.

“Knowing how high the infant mortality rate is, I know that we need to continue to be educated on the topic and share this important knowledge with our local mothers in an effort to save more babies,” said Melinda Forbes. Forbes is a birth planner at Parkview LaGrange Hospital and regularly teaches



moms about the dangers of risky sleeping habits.

After delivering their babies, mothers at Parkview LaGrange receive education during their entire hospital stay. Education from Parkview LaGrange nurses and the Sleep Baby books include the importance of not sleeping with their newborns and placing them on their back to sleep. Tummy time is encouraged, but only when an adult is awake and supervising the baby to ensure they are not in distress.

Through the generosity of donors, tools like the “Sleep Baby: Safe & Snug” book and other education efforts help mothers gain the knowledge they need to keep their sleeping babies safely and snugly at all times.

Contact Your Parkview Foundation

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The Foundations of Parkview Health support our Regional Medical Center, community hospitals, and specialty facilities by raising funds for innovative programs, professional education, and new technologies that enable Parkview Health to provide exceptional care for our patients.

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Join Us for Upcoming LaGrange Foundation Connect Events!

Sept. 6, 11:30am-12:30pm

Oct. 4, 11:30am-12:30pm

Nov. 8, 11:30am-12:30pm

Dec. 6, 11:30am-12:30pm

An RSVP to Sherri Johnston at 463-9004 is required if you would like to attend a Parkview LaGrange Foundation Connect event.