

Program offers seniors a chance to exercise

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Rehab department project manager and physical therapist Lyane Murnaghan, far right, demonstrates a left-right combo for resident Peggy Murray, while therapist Jan Lichowid aids Jane Adams, background, as Murray and Adams 'face off' in Nintendo Wii boxing at the Sullivan County Nursing Home on Friday. CHRIS BERTELSEN PHOTO

By **KATELYN HARDING**
Staff Writer

UNITY — Residents at the Sullivan County Nursing Home has incorporated a Nintendo Wii into its exercise program, giving them the

benefits of increased good health, a time to socialize and to diversify their regular workout program.

The program, which was instituted last year, includes boxing, bowling, tennis and golf, and lasts for usually an hour. Any resi-

dent who wants to and is willing can participate.

Lyane Murnaghan, 36, the program manager of the rehabilitation department and a physical therapist at the home said the residents love spending time playing the Wii because it's fun

and something different.

Katelyn Harding can be reached at (603) 543-3100 Ext. 139 or by e-mail at kharding@eagletimes.com



Residents Ina Buswell and Joan Edwards, and staff physical therapists Lyane Murnaghan and Jan Lichowid, left to right, watch as Doug Putnam, second from right, 'bowis' for a spare while playing Nintendo Wii bowling at the Sullivan County Nursing Home on Friday. The physical therapy program has been using sports games on the Wii, including boxing, bowling, tennis, and golf, since April of last year. The video games, which require players to mimic the motions of competitors in actual sports, offer residents an entertaining way to exercise. CHRIS BERTELSEN PHOTO