

Bingocize® (Bingo-Exercise Program for Seniors)



Visit any certified nursing facility and you are likely to hear a resident enthusiastically shouting, “Bingo!” Unfortunately, playing bingo requires little physical movement and there is often little social interaction between the residents. Capitalizing on the popularity of bingo, Western Kentucky University (WKU) Associate Professor, Dr. Jason Crandall, created **Bingocize®** as a way to address these problems. Residents play Bingocize® twice per week for about an hour each session. Led by trained Certified Nursing Facility (CNF) staff members and university students, residents perform gentle strength, range of motion, and balance exercises interspersed with bingo calls. This pattern is continued until a participant wins the game and is awarded a small prize. Our team has shown the program can increase social engagement, improve functional/gait performance, and improve aspects of executive function (*Shake & Crandall, 2018; Falls et al., 2018, Crandall & Shake, 2016; Stevens et al., 2018; Crandall et al., 2015*).

Awarded a three-year Kentucky CMP grant in 2017, our WKU team launched Bingocize® in 28 Kentucky CNFs and partnered with faculty from nine other universities — the University of Kentucky, University of Louisville, Kentucky Wesleyan College, Spalding University, Northern Kentucky University, Morehead State University, Murray State University, Madisonville Community College, and Eastern Kentucky University. After completing an online training program, university students assisted trained CNF staff to implement the program. Faculty and students from multiple academic disciplines have participated including social workers, speech pathologists, psychological scientists, exercise scientists, physical therapists, occupational therapists, and others. So far, hundreds

of university faculty, students, and CNF staff have implemented the program. And most importantly, over 740 CNF residents have enjoyed and benefitted from playing Bingocize®.

Here’s a few examples of the benefits described by students, CNF staff, faculty, and residents:

“Bingocize® has impacted me as a student by showing me in a real life setting how important physical activity is for stimulating the aging mind and body. Bingocize® gives residents an opportunity to not only exercise and play bingo, but to socialize with other residents and students.

—Communication Sciences and Disorders students,
Murray State University



“Participating in Bingocize® has definitely been a positive learning experience for the students involved and I have also been inspired by the initiative. This hands-on opportunity goes beyond expanding their knowledge of health information — they are making connections, improving communication skills, gaining confidence in working with diverse populations, learning the ins and outs of program planning, working with stakeholders across the community, and understanding autonomy in various career paths.”

—Dr. Melinda Ickes,
University of Kentucky Health Promotion Faculty Member,
Lexington, KY

Bingocize® , cont. (Bingo-Exercise Program for Seniors)



“My experience with Bingocize® has been awesome! The whole dynamic of the game of bingo has changed with Bingocize®. My residents are having fun, socializing more and encouraging each other (to exercise) throughout the session. As a lead facility, I am also receiving the added bonus of exercise during each session.”

—Nolly Brandon, Activities Director,
Greenwood Nursing and Rehabilitation,
Bowling Green, KY

“I am enjoying Bingocize® and look forward to it each week. Bingocize® makes bingo enjoyable by getting people to move and encouraging each other to exercise. I enjoy the socialization with my peers and a feeling of increased flexibility.”

— Frances Jones, resident,
Greenwood Nursing and Rehabilitation,
Bowling Green, KY



“Bingocize® is very efficient, getting us to exercise and have fun at the same time.”

— Clara Burns, resident,
Christian Health Center,
Bowling Green, KY

Our team is well on the way to achieving our overall goal of improving the quality of life of 1,250 residents while helping train and inspire the future long-term care workforce. We hope to replicate our Bingocize® model in other states, so when you walk down the halls of any CNF you may hear a resident enthusiastically shouting *Bingocize!*



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