

## Medical Surgical Nursing 2026

### Erie County Senior Center Activity Proposal

**Directions:** Please answer the following questions, typing your response in the space provided. This document is due in the dropbox labeled ECSC Activity Proposal by Friday 1/16/2026 by 1500.

1. Please list names of each person in the clinical group. Jenna Bauman,  
Eliot Haitonic, Noah Henry

2. What activity will you be leading while at the Erie County Senior Center? Give a detailed outline of your activity, and explain how you plan on running your activity? Chair Yoga + Guided Relaxation  
15 min: Explain activity, guided breathing vid (YouTube), 2-3 min: Break,  
30 min: Guided chair yoga (YouTube), 2-3 min: Break,  
15 min: Light movement/dancing to music, congratulate residents, pack up

3. How will this activity benefit the clients? 1) Improve circulation & flexibility,  
2) ↓ anxiety & stiffness, 3) Accessible & easy to follow,  
4) Connect w/ themselves & one another

4. Describe the anticipated level of participation, any declines in functional ability and what you plan to adapt to these needs. Expect mod-high lvl of participation d/t ↑ mobility requirements.

#### Adaptability:

- Experiencing pain/discomfort - communicate that it is ok to back off a bit & take time to pause, breathe, & rest. Resume once comfortable.
- Can be done in a wheelchair.
- Communicate that even small movements/ROM is beneficial!
- Offer breaks btwn sessions & hydration (water bottles).