Bingocize App

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A few years ago, WKU brought the idea of combining exercise with bingo to assisted living facilities throughout the Bowling Green area.

Now “Bingocize” has been taken a step further as Amy Bingham explains in this week’s View from the Hill.

Sneaking in exercise during a favorite past time like Bingo seems like a great idea so why not throw in some technology? It’s happening with the new mobile app version of Bingocize and some area senior citizens are more than happy to test it out.

Karen Elliott \ Coordinator, LaRue County Senior Center

Marilyn Hiday \ Attends LaRue County Senior Center

Dr. Jason Crandall \ Assistant Prof. of Exercise Science

Dr. Matthew Shake \ Assistant Prof., Psychological Sciences Dept.

 “It’s really encouraging to think that we can do this, I’m 76 years old and its really helped my memory and all.”

It’s time for Bingocize at the LaRue County Senior Center but the bingo cards have been replaced with tablets.

 “I told them all along this is a chance to make history because we’re developing an app and it’s going to go world wide.”

 “I think we’ve all enjoyed being the first to try this out and get it to going.”

For ten weeks, the senior citizens here are testing out the Bingocize mobile app.

 “In the game you will see there are core health questions that pop up so we are trying to teach them that information.”

The manual version of Bingocize (incorporating exercise into a bingo game) was Dr. Jason Crandall’s brainchild more than three years ago.

A grant from the Kentucky Science and Engineering Foundation funded the development of an app with a cognitive component.

 “My role in the project has been to test and track cognitive abilities because we’re interested to know if exercise will improve some aspects of attention and memory too.”

 “We’re sneaking in the technology, the health education information, a little exercise but at the same time we hope it will help them think better also.”

 “We’ve done a lot of laughing, a lot of exercising and a lot of moaning and groaning but we’ve all enjoyed it.”

WKU has a copyright and trademark for Bingocize® which is used as far away as California and New York.  Dr. Crandall is hoping to receive approval from the Centers for Disease Control and U.S. Administration on Aging to promote the Bingocize® App as an evidence-based program across the United States.

With this week’s View from the Hill, I’m Amy Bingham.