

# **Suggested Ideas for the Upcoming**

## **Resident Councils of Washington**

### **Commemorative**

#### **Wheel-Roll-a-thon**

##### **What is a wheel-a-thon?**

RCW hopes its Wheel/Roll-a-thon will become a tradition – a tradition that takes an ordinary event (like a walk) and introduces an awareness aspect by focusing on the abilities of people using a wheelchair or walker. People with or without disabilities could navigate a mile or ? route, or obstacle course they will encounter some challenges as they face curbs, uneven floors, tired arms and other obstacles, however, in the end will realize their accomplishments and prove there are no limits to what you can do.

The Wheel/roll-a-thon is a fun, family friendly event to help support the efforts of RCW in each of the communities it serves.

##### **What happens?**

On the day of the wheel-a-thon, participants turn in their pledge and sponsor sheets. Teams can choose a wheelchair/walker and decorate it or individuals can participate alone. Following a brief opening ceremony, the wheelers and walkers take off and complete the course, (inside, outside or ?). If inside your facility, try some adaptations. For example, have a wheelchair course set up. Wheelchairs need to be wheeled or pushed through the course. At different stations individuals can perform tasks, like eat a cracker and whistle, put a hat on, drink a glass of water...use your imagination. In an adaptive Poker run, each wheeler would pick up a poker card at each station. At the end, after receiving all the cards, the best poker hand would receive a prize. If up to it the facility could have staff and resident participate in a 24 hour marathon similar to the Cancer Relay for Life. Teams would have to wheel 24 hours and each team could raise the pledge money.

**What is a roll-a-thon?**

This activity could be intergenerational, inviting family members to team up with their resident. The facility would need to have a Wii bowling game. This could be a marathon game or a score kept game ...use your imagination..maybe you will come up with a completely new activity.

The point is: Have fun, raise awareness and help RCW raise funds to continue the legacy started 25 years ago.