

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU."

1 Peter 5: 7



ROCKING CHAIR THERAPY



Rocking Chair Therapy Research



"When first introduced to the concept of Rocking Chair Therapy people rarely question the idea - it's as if they had known it all along. But they always want to know more. Through personal accounts, therapist insight, medical research and historical references we're able to convey the potentially therapeutic benefits of rocking in a rocking chair. This site seeks to explore and gather information for people interested in the subject. Certainly, we are not medical professionals and in no way intend to prescribe or make crazy claims. We just want to share the passion and promise of rocking in a rocking chair."

"Research from the Columbia Hospital in Milwaukee, Wisconsin resulted in an article in the "American Journal of Sports Medicine", March-April 1989 titled "Seniors ROCKING TO GOOD HEALTH" detailing the benefits of rocking to older Americans. It is good for the mind, body and spirit and even can help those with an otherwise sedentary lifestyle to achieve muscle tone through the manageable, non-weight bearing exercise of rocking in a rocking chair."

"Later, studies at the University of Rochester, Rochester, New York using Rocking Chair Therapy with Alzheimer and Dementia patients. Their research showed that seniors could literally rock away their anxiety and depression. The patients required less medication and their balance improved as well. Further benefits included a happier nursing home staff. Families of rocking seniors were happier because their loved ones were happier. Isn't it interesting that this research showed that one intervention (rocking) produced six benefits, and effected many people in a positive way?"

"Arthritis Today", the magazine of the Arthritis Foundation, suggests "rock the night away." The article continues: "Sit in a rocking chair while watching TV or reading, and just rock. Rocking is relaxing and it can improve strength and flexibility – especially in your knees." (Type in the title above and you will find amazing research regarding rocking chair therapy. In addition, look up the studies at the University of Rochester, Rochester, New York using Rocking Chair Therapy for an in depth look at the advantages of this program for the elderly.)

ACTIVITY: Rocking Chair Therapy

SUPPLIES NEEDED: ***Rocking Chair that is sturdy and washable.*

Directions:

So easy! So beneficial! Simply invite residents to sit in the rocking chair and enjoy!



One day when the first snow had arrived filling the air with soft flakes and covering the ground with a blanket of white, Activity Director Tim Trafford whispered in the ear of Santa's elves his desire to have a rocking chair that was sturdy and washable for the purpose of using it as therapy for the residents. (Supporting balance was his goal.) He described the elderly people he was ministering to as being from a generation that was accustomed to having a rocking chair in the living room as well as on the front porch.

Thus, the elves possessing enormous love for older people went right to work by contacting the manager of the local Cracker Barrel Restaurant regarding the request, along with the need for it to be affordable. Wasting not a second, the manager responded by suggesting an appropriate design that just happened to be on sale. In addition, he

even offered to deliver it to the facility.

Since the annual Christmas Party was being held the very next day, timing was everything for its arrival. Waiting until all the residents were at lunch, the rocking chair was quickly slipped through the front door and placed out of site.

Then, after all the carols had been sung and the beautiful presents unwrapped, Santa's elves brought the rocking chair out and set it in front of the residents. When spotting the special present, the residents, in one unified voice exclaimed:



“A ROCKING CHAIR!”



The rocking chair had a message to all the residents that said, "ROCK ON!" FROM: SANTA!

Tucked safely behind the tag containing Santa's picture was a poem titled: "MY OLD ROCKING CHAIR" written just for these sweet old folks.

(You will find the poem as part of the introduction at the beginning of the collection.)



Since Santa had climbed down so many chimneys delivering gifts to the good boys and girls, he was sure the kind faces he was witnessing would cut him some slack. Thus, with eyes twinkling, he gave an enormous sigh and was the first to try out the new rocking chair.



Not to be outdone, this eager rocking chair generation wasted no time in testing the beautiful present themselves.



SOUTHERN BELLE BEA WAS FIRST!

LES WAS NEXT!



SANTA SCORED!



MY OLD ROCKING CHAIR



Sitting alone in my rocking chair
Relaxing, thinking, free of care
Letting gentle breezes kiss my face
Stirring sweet thoughts time can't erase.

Oh how my mind wanders back in time
Recalling treasured memories so sublime
Dear rocking chair my very best friend
Such precious reflections to me you send.

Let my spirit gently soar magically high
Riding on clouds in the azure blue sky
Treasuring each blessing one by one
Packed with laughter, filled with fun.

Sitting alone in my rocking chair
Relaxing, thinking, free of care
Resting safely in my Master's hand
Until I reach His promised land.

(Colene Smyer Hank)