



"TAKE DELIGHT IN THE LORD AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART."

PSALM 37:4

BOCCE BALL

"WE LOVE BOCCE BALL!"



(MELODY CHILDERS, ASSISTANT ACTIVITY DIRECTOR, LEADS THE NURSING HOME RESIDENTS IN BOCCE BALL)

OVERVIEW

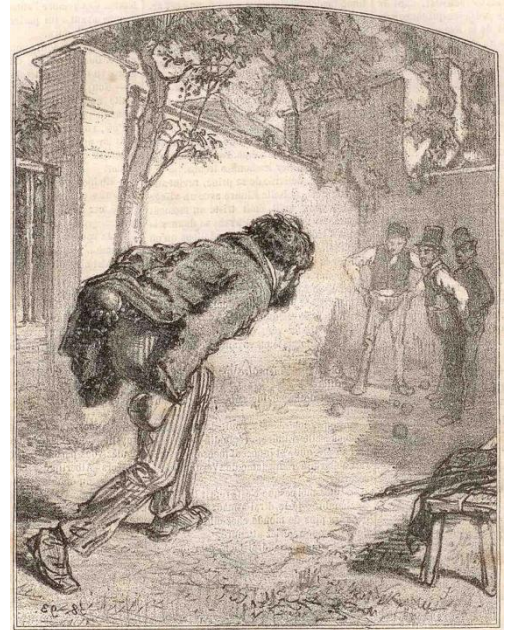
Due to the ministry of Dr. Doug McNeal, retired pediatrician, who has dedicated years and many hours of his time in addressing issues on behalf of individuals struggling with challenges of muscle control, there is now a new and glorious light shining on the horizon as a powerful beacon of hope for the elderly in the form of Bocce Ball.

As early as the 6th century B.C., Greeks were known to have played a game similar to Bocce Ball using flat sticks, stones, and later round stones.

Although this game has evolved as an incredibly popular sport globally, it is just now being recognized in the United States as a viable sport. Most people, who have knowledge about

the game, identify it as an Italian sport, but possess only general information about the rules of play and its benefits. In the event an individual has some background information on Bocce Ball, the first comment is regarding the usage of wooden balls along with a visual image of bowling.

Today, the game of Boccia that the Romans adopted from the Greeks has entered with great success into a vast array of different population groups throughout the United States. Not only are young children enjoying the sport whose secret has been kept so long, but also by families in backyards everywhere. (Interestingly enough, if the game is played outside, it is called Bocce. However, when enjoyed inside, it is referred to as Boccia Ball.)



In addition, many pictures and videos are showing up on the internet of elderly residents at independent living facilities totally immersed in Boccia as a wonderful recreational activity and a way of enjoying fellowship with one another. The versatility of the game allows them to play it on courts that are taped off or simply on the lawn; causing the activity to be an economical way of having fun together.

Proving the wonderful game of Boccia Ball has taken on a life of its own by crossing all boundaries, just type in USCPAA BOCCIA and the screen will light up with photographs and articles of individuals enjoying it as a part of the Special Olympics. Although they have limited muscle control, they can enjoy the game assisted by ramps or shoots.

Now, the spectacular game of Boccia Ball is being enjoyed with great gusto by another special group of individuals in the winter season of life and residing in a health care facility in Springfield, Missouri; all because Dr. Doug Mc Neal recognized them as being worthy and able to enjoy the sport.

Thus, it was through the efforts of Tim Trafford, Activity Director and Assistant Activity Director, Melody Childers that this game has now been offered to a totally new population. Not only did they willingly test the game, but were open and creative in adjusting it to meet the needs of the aging bodies of the residents challenged by various diseases. As you review the summary of their test results regarding Bocce Ball, you will want to provide a standing ovation of thunderous applause on behalf of the elderly all over the world.

TEST RESULTS:

No! Your eyes are not deceiving you! The residents at a local nursing home absolutely adore playing Bocce Ball and served as pathfinders in testing the game for the elderly in Springfield, Missouri under the direction of Tim Trafford, Activity Director and Melody Childers, Assistant Activity Director.

So much, it is important to note that their aging bodies did not stand in the way of allowing them to enjoy this ancient sport to the max. Even though some were dealing with the challenge of Parkinson's Disease, needed oxygen, or were confined to a wheelchair, while playing Bocce Ball, they stayed right in there with the best of them and basked in the enormous applause from their fellow residents because of their contributions. It was also reported that the attitudes of even those suffering from the greatest physical challenges improved socially due to the acceptance by the group during this sport.



Ladies and gentlemen, when it comes to the sport of Bocce Ball, please be aware this is serious business to these competitors; so much that a volunteer named Coleen, took it upon herself to bring in a tape measure to assure accurate scoring!

In fact, Tim and Melody had to become extremely creative with the seating arrangement due to the overwhelming number of residents desiring to play; so much that a new Bocce Ball set had to be ordered to accommodate the astounding number of participants. Oh joy!

ACTIVITY: Bocce Ball

Supplies:



FlagHouse (1-800.793.7900 USA) Email: flaghouse.com

Item Code Number: #G12686 (Soft Bocce Set)

(This soft Boccia set, developed by the National Disability Sports Alliance (NDSA), is ideal for everyone. Synthetic hand-sewn balls are designed for easy grip and true roll. Includes: 12 Boccia balls (6 red, 6 blue), 1 white target ball, and a heavy-duty carry bag. Official size and weight

Price: \$122)

Procedure:

Wherever you choose to play, maximize the space you have by spreading the residents out evenly around the room. A circle seems ideal but is not necessary. Staff must participate when there isn't the same number of residents on each team. Anyone that is not wheelchair bound can either stand or sit in a regular chair.

To begin, choose a player to "launch" the white ball. They should try to roll the white object ball somewhere in the middle of the circle. The person who throws the white ball will play their ball last. Then the play is rotated clockwise until each player has thrown their ball. Then the white ball is just rotated clockwise around the circle.

Object of the game: (To see who can throw the ball closest to the white ball.) If a red ball and a blue ball are deemed to be the same distance from the white object ball, both of those balls are removed. Next, look for the ball that is now closest to the white object ball. The ball closest to the white earns 1 point. If it is a "kisser" (touching the white ball) it is worth 3 points. Do not count balls that are next closest because it will get too confusing for the residents. **The players will try to knock the opponent's ball away from the white ball as the game progresses. They will also try to throw their ball so it blocks their opponent from knocking it away from the white ball. (THE GAME IS COMPLETE WHEN A SCORE OF 5 HAS BEEN REACHED BY ONE TEAM vs 13 points in regulation Bocce Ball.) THIS IS A VARIATION FROM ORIGINAL SCORING FOR BOCCE BALL BECAUSE IT WORKS BETTER WITH ELDERLY RESIDENTS.**

SCORING PHOTOGRAPHS

Let us now observe some balls close up to review the rules for scoring when playing Bocce Ball with the elderly population.



TARGET OR OBJECT BALL CALLED A PALLINA.

(Residents take turns throwing it out before each game.)



Look at the photo to the left. Which ball is closer to the target white ball? Hope your reply was, "RED"!



Which one is closer?

Hope you called it a tie. Both teams get

points. Do you remember what you do with all the other balls around? Hope you remembered to simply remove them to make scoring less complicated for the elderly players. Be sure you measure correctly because all eyes are on you!



Watch Melody carefully deciding which balls are closest. No matter how many balls are on the floor, all eyes are focused on the ones nearest to the white ball.



FLAGHOUSE

Boccia Ball Score Sheet

	Red	Blue	
Match # 1			Match # 1
Match # 2			Match # 2
Match # 3			Match # 3

	Red	Blue	
Match # 1			Match # 1
Match # 2			Match # 2
Match # 3			Match # 3

ELDERY PEOPLE & EMOTIONS

Just because an individual living in the winter season of life, needs assistance with care and requires a wheelchair for mobility, doesn't mean emotions are absent! Their individual personalities are the same all their lives. ONCE FIESTY! ALWAYS FIESTY! ONCE COMPETITIVE! ALWAYS COMPETITIVE! Enjoy the following photographs and be amused! The game of Bocce Ball brings it all out!

COMPETITIVE!



*"WHERE SHOULD I
THROW THIS,
MELODY?"*

*DO YOU THINK
BEA (ON THE
LEFT) LIKES THE
WAY SHE JUST
THREW THE
BALL? NOT
COMPETITIVE
BEA!*





LELA HAS JUST
THROWN HER
RED BALL!
OBSERVE HER
REACTION
BELOW!

OH, RATS!



USES STRATEGY



READY?



AIM!



FIRE!



LAUGHTER!



PLEASE BE AWARE THAT THE TEST RESULTS SHOWED THAT MORE THAN ONE BOCCE BALL SET HAD TO BE PURCHASED DUE TO POPULARITY OF THE GAME. IF YOU START WITH ONLY ONE SET, THE RESIDENTS WILL NEED TO TAKE TURNS PLAYING. BE SURE TO PAY CAREFUL ATTENTION TO WHOSE TURN IT IS BECAUSE THEY WILL ALL WANT TO PLAY THROUGHOUT THE TIME PERIOD. WHY DID IT TAKE ONLY A SHORT TIME BEFORE MORE THAN ONE SET WAS ORDERED? THE RESIDENTS SAID IT ALL! "IT IS A GAME ALL OLD PEOPLE CAN PLAY!"



RESULTS:

- 1.) The game became so popular among the residents that an additional Bocce Ball set had to be ordered. Actually, a resident's family member donated the money to purchase the second set. **Bocce Ball has become such an enormous favorite to the residents that a third set is needed.**
- 2.) The elderly get so involved in the competitive spirit of the game that a volunteer noted the issue and brought in a tape measure to assure accurate scoring. Even in the elderly, the competitive spirit lives!
- 3) Socially, the game allowed even residents faced with the challenge of being excluded due to severe limited muscle control to be accepted by the group. They basked in the applause from their team mates.
- 4) Photographs say it all. See attached photographs filled with the happy faces. Common to hear the residents reminding one another as to the schedule on the calendar slotted for playing Bocce Ball.

MAGIC SHOT OF THE DAY!

*CAUTION! THESE GUYS
ARE GOOD!*

LOOK WHERE HIS RED BALL LANDED! IT
HIT THE FLOOR AND THEN JUMPED UP AND
STAYED ON TOP THE HEAP OF BALLS THAT
WERE ALREADY KISSING! OLD PEOPLE
ROCK FOREVER!

