

Move '22

Fall carnival brings together Pittsburg residents of all ages



Residents of Pittsburg care facilities interact with students during Move '22 Fall Carnival.
COURTESY PHOTO / LIVE WELL CRAWFORD COUNTY

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PITTSBURG, Kan. — Pittsburg residents gathered this week to play, laugh and interact together in a multigenerational block party.

The event, held Wednesday in the parking lot of Gran Villas, a Medicalodges Assisted Living Center, was the third in a series of Move '22 events planned throughout Crawford County this year. It was made possible through support in the form of volunteers and donations from Avalon Hospice, Community Health Center of Southeast Kansas, Gran Villas, Kansas State University Research and Extension — Wildcat District, Live Well Crawford County, the Pittsburg Parks and Recreation Department, and the Pittsburg Public Library.

40 third graders from George Nettels Elementary School got out of their school bus to see the parking lot full of fall-themed treats and activities. While they decorated pumpkins and paper leaves, played kickball, bowling, cornhole, a balloon-pop game and more, the senior residents of Gran Villas and other nearby care facilities enjoyed the perfect fall weather while they soaked in all of the laughter and joy around them.

"This is such an amazing opportunity for our students," said Sarah Sarley, a third grade teacher at George Nettels. "I feel a real sense of community here today and am so happy to see my class interacting with community members from another generation."

Robin Paulie, October's Move '22 event organizer and activities coordinator for home and long-term care for CHCSEK, said that one of the great things about the event was that it improved the health and well-being of students, "but also that of the residents who are benefiting from the stimulating activity, fresh air and individual attention."

In addition to all of the fall treats provided like apple cider, K-State even brought out their Blender Bike, a unique stationary bicycle that needs a rider powering the pedals in order for the blender mounted on top to make fresh smoothies.

Move '22 events are the product of a collaborative effort of volunteers from Age Well, a task force of Live Well Crawford County. Age Well works to improve the health and wellbeing of the aging population through promotion, implementation, and support of healthy aging programs. The group chose to achieve their mission this year by launching the Move '22 events, the purpose of which is to provide opportunities that improve mental health through fellowship and increased physical activity. Now that the group has hosted events in Arma, Franklin and Pittsburg, they are deciding which other local community they will host a Move '22 event in next.