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Self-distancing? Online option can get you get 'movin' and groovin'

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By CHUCK BALLARO (news@breezenewspapers.com) , North Fort Myers Neighbor

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Area residents, including those in bed, using a wheelchair or living in assisted living or in nursing homes, can take part in get-you-moving activities remotely.

Lori's Movin' and Groovin' can provide those who are "self-distancing" the opportunity to smile, sing, shimmy and shake from the safety of their own chair through appointments that allow Lori and her instructors to interact with clients via a Smart TV or laptop.

Lori Adams, owner of the company that started in 2009 in North Fort Myers, is a certified dementia practitioner, long-term care fitness leader and group exercise instructor who uses song to lift people's spirits and get them to move their bodies for a few minutes.

Article Photos



Lori Adams, owner of Lori's Movin' and Groovin', is now of...

"Most of my work is at assisted-living and dementia facilities. They come in and I sing songs that they love. By doing that, I get them to move their limbs," Adams said. "They get a better range of motion through their joints, engage their muscle groups, which is good for them because they are so sedentary all the time."

Now, and for the foreseeable future, Adams and her instructors will offer their services for half price until they can visit in person.

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The price for the online sessions is a dollar a minute for 30-minute, 45-minute and hourlong sessions. Adams said so far, the program, which is available to individuals and to communities, has been successful.

"A couple of communities have been able to hook up their laptops to their computers. I'm able to see the residents and they see me," Adams said, adding that some places don't have the equipment or people with the technological savvy.

The great benefit for those who are older, besides the movement, is the fact they don't feel as isolated, a feeling that has deepened as places have been forced to close facilities to visitors.

"They're in these places and they can't even see their family. For them to see me, it brightens their day and makes them feel normal," Adams said.

Adams has five instructors in Southwest Florida who have seen their workload fall off sharply. Adams was doing about 60 events a month, but has seen it go down to a few per week.

She also has an instructor in North Carolina and eight in Michigan and Ohio, facing the same dilemma.

Adams said she expects this to last from now until the middle of May. Slowly, the online sessions have become more popular.

Some facilities, she said, have confined patients to their rooms, while others allow patients to congregate in small groups, practicing social distancing.

Adams said this is where she is able to do her magic, though they are usually spread so far apart she can't see them all.

"At least it's something they can do out of their rooms. Music stirs up so many brain pathways, especially with people with dementia. It gets people out of anxiety and motivates them," Adams said. "They can't come into our worlds, so we have to go into theirs."

For more information, call Adams at 734-320-1842 or email lorismovinandgroovin@gmail.com

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