



FOR IMMEDIATE RELEASE

January 14, 2022

\$52,100 OTF Grant Helped Older Adults Bike Around the World

www.yeehong.com

HEAD OFFICE

2311 McNicoll
Avenue, Scarborough
ON M1V 5L3

TEL: (416)-321-6333

FAX: (416)-321-6313

E-MAIL:

Centre@yeehong.com

FOR DONATION:

Tel: 1(866)YEEHONG
(933-4664)

Online:

[www.yeehong.com/
donate-form](http://www.yeehong.com/donate-form)

Scarborough, ON – In 2020, the Yee Hong Centre for Geriatric Care received a \$52,100 Seed grant from the Ontario Trillium Foundation to help it deliver a fun, virtual program that takes older adults on virtual bike rides around the world. The grant helped pilot the Centre’s innovative Virtual Reality Exercise (VR-Ex) project.

“Yee Hong has done it again!” said the Honourable Raymond Cho, MPP for Scarborough North and Minister for Seniors and Accessibility. “Yee Hong continues to provide new innovative and important ways for Seniors to stay active, fit, healthy and have fun. This Virtual Reality Exercise project will take Yee Hong’s Seniors on virtual bike rides around the world. I can hardly wait to bike through the rest of North America, the Arctic, Africa, Asia and so on. Congratulations.”

The grant has helped with staffing, training, purchasing 10 Centivizer VR pedalling units, sanitizing equipment for users, and some administrative costs. The program makes use of the 2RaceWithMe system developed by Centivizer Inc., a company founded by Professor Mark Chignell of the University of Toronto, and is piloted with older adults attending Yee Hong’s various Adult Day Programs. Participants engage in virtual world travel with the use of video content. The playback of these videos is controlled by the users’ continual foot or hand pedalling of a stationary bike – if the pedalling stops, so does the video playback.

This OTF Seed Project tests the potential of digital games to encourage physical activity and exercise, a trend coined exergaming, as it relates to older adults.

“The pandemic has led to a significant decrease in opportunities for older adults to engage in physical and cognitive activity. With the generous support from OTF, we are excited to introduce this program to help our clients re-engage in activity using a new technology,” said Maria Chu, Executive Director of Yee Hong’s Community and Professional Services Division.

“Exercise is the best drug and we are not getting enough of it, especially when we get older ... Exergames make exercise fun and overcome the barriers that prevent people from exercising,” said Professor Mark Chignell when asked about the inspiration behind 2RaceWithMe.

The Ontario Trillium Foundation (OTF) is an agency of the Government of Ontario, and one of Canada’s leading granting foundations. Last year, nearly \$112M was invested into 1,384 community projects and partnerships to build healthy and vibrant communities and strengthen the impact of Ontario’s non-profit sector. In 2020/21, OTF supported Ontario’s economic recovery by helping non-profit organizations rebuild and recover from the impacts of COVID-19. Visit otf.ca to learn more..

-30-

For enquiries, please contact: virtualreality@yeehong.com