



Exciting Times in Senior Olympic World

Eastern Iowa Games Opens in Cedar Rapids

The first edition of the Eastern Iowa Senior Olympics opens on Friday, May 12. The Games will be held on the campus of Coe College in Cedar Rapids. The initial Games will have over 160 entrants competing for medals in 50 events. These numbers are very similar to the first Iowa Senior Olympic Games 25 years ago. I believe the people who take part this weekend, will not only come back but they will be bringing friends with them and the Games will grow quickly. We will post results on our site and e-mail out in the next Newsletter.

Wellness Day with the YMCA / Mercy

The YMCA of Greater Des Moines and Mercy Health have been great supporters of the Iowa Senior Olympics. We all have a common goal of individual betterment through exercise and health awareness. I am glad to announce another partnership to promote health and wellness. On Saturday, May 21 we will be part of hosting a Wellness Workshop at the YMCA Healthy Living Center (12493 University Avenue in Clive). This is both a learning and a doing session. It is aimed at what you need to do to stay healthy and to improve your overall health. It will also help you learn better ways to train to make improvements in your performances at the Senior Olympics. Professionals from the YMCA, Mercy and Senior Olympics will all take part in the day. Here is what is on tap.

- 8:00 - 9:00 am Optional **Health Screening**. Administered by Mercy
- 9:00 am Introduction of the day's events and Senior Olympics
- 9:30 am Senior Olympic Testimonial: How they help you stay younger and healthier.
- 9:45 am Simple steps to "Get Moving" in your life.

- 10:15 am Dynamic Activities (Can take part in the activities)
- 11:00 am Wellness Coaching (Including training tips)
- 11:15 am Tour of the Healthy Living Center (see how to do things which were talked about)
- 11:40 am Nutrition Recovery Smoothies
- Noon Closing

You may take part in the day at no cost. If you choose to have the Health Screening there is a minimal \$20 charge. I will try to find out if this would be covered by health insurance.

If you want more information on the Wellness Workshop, e-mail me back or call (515) 226-9622. We hope to see you there.

25th Anniversary Games a Month Away

Registration, both on line and mailed in, are going strong. If you want any brochures to hand out, let me know and I will mail them to you. Bring a friend to make it more fun.

Note: The week before the Iowa Senior Olympic Games in June I will post the entries so you can see who you will be competing with.

Gold Sponsor

The sponsors who support the Iowa Senior Olympics make the Games possible for everyone. We try to highlight these sponsors throughout the year. American Republic Insurance is new to the Iowa Senior Olympic Family this year and has become one of the very few Gold Sponsors. We are glad to be associated with this fine company which is headquartered in downtown Des Moines. Here is a little Bio.

American Republic Insurance Company

American Republic was founded in 1929. For over 80 years, through progressive growth and steady leadership, American Republic has become a leader in the individual health and life insurance industry. Experience and financial strength enables the organization to provide product solutions to meet customer needs throughout their individual life stages.

American Republic Sales (ARS)

Since 1929, representatives from American Republic Sales (ARS) have worked face-to-face with seniors to understand their needs, provide sound advice and offer solutions seniors understand, and that meet their individual needs.

ARS representatives work with pre-retirees and retirees to meet their retirement protection and insurance needs, such as: protection from the devastating effects of health care costs, solutions to pay final expenses and assistance against outliving their retirement assets.

The ARS philosophy of advising is built on an attitude of caring. When advisors care, they are genuine about doing what is right for their clients. These attributes are essential to cultivating long-term relationships with clients.

