



Iowa Senior Olympics Newsletter: Volume 1 #10 September 29, 2010

Summer may be over but there is a lot going on in the Senior Olympics world. Hopefully everyone is taking advantage of the good weather and staying active with outdoor activities before we get pushed inside. Here is what we have for you in the 10th Newsletter of 2010.

- Dates set for 2011 Iowa Senior Olympics
- New Event at this year's Games
- New Regional Games
- Various Information for our athletes

25th Year for the Iowa Senior Olympics

Mark Your Calendar

25 years ago the City of West Des Moines wanted to find something which would benefit the people in their city who were over 50 years old. A committee, headed by Dick Fidler, looked at several different options and discovered the Senior Olympics were just starting to catch on around the nation. Fidler's group started the Iowa Senior Olympics and set in motion an event which has brought joy to thousands of people from all over the country for a quarter century. The 25th Silver Anniversary Games will take place in West Des Moines this June. Softball and Cycling will get things under way the weekend of June 3 – 4 with the bulk of the Games taking place Thursday – Sunday; June 16 – 19. I will send you a final list of events, schedule and other information in future Newsletters. Registration for this year's Games will open in March.

2010 was a record year for participation and awards at the Iowa Senior Olympics. Nearly 1,900 medals were handed out for 68 events in 23 sports. This year we will be adding a new sport, **Pickleball**. Pickleball is a racquet sport, played as singles or doubles. It is a combination of tennis, badminton, and table tennis played with wooden paddle racquets and a plastic, whiffle type, ball. It is played on a badminton size court with the net on the ground, like a tennis court. Pickleball can be played indoors or outdoors and has become tremendously popular. There are leagues with over 70 players in Iowa City and we expect to have good numbers of entrants this year. West Des Moines Parks and Recreation hosts Pickleball during open gym (see information later in the Newsletter). For more information on the sport, check out the National Pickleball website. <http://usapa.org/>

Cedar Rapids Will Host a Regional Senior Games

2011 will bring a great opportunity for you to get competition in prior to the State Games. Cedar Rapids, with the backing of the Iowa Senior Olympics, will host a two day competition May 13-14. This

competition will be open to anyone and will be held on the campus of Coe College. This event will help us spread the word about competition for people over 50 and bring more people to the State Senior Olympics a month later. We encourage you to take advantage of the extra competition, have fun, win some medals and make new friends. Tentatively the Cedar Rapids Senior Games will host Pickleball, Swimming, Shuffleboard, Table Tennis, Tennis, Track & Field and some Board Games. You will be able to register for the Cedar Rapids Games through a link on our website. I will get you more information as it becomes available.

Information we hope you never use:

We received this video presentation from the National Senior Olympics on Life Saving Techniques. Even if you have had training before, there are a couple of changes you should be aware of. Just copy the address below and paste it on your web address space to view the video. <http://tinyurl.com/2fx8r59>

Programs at WDM Parks and Rec

The Parks and Recreation Department of West Des Moines is a great host for us in the Iowa Senior Olympics, providing facilities and personnel during our Championships. They also have outstanding programs throughout the year which benefit our participants. Here are four sport programs which are currently being held. Many of our athletes take part but there is room for more of you. I have also attached flyers with complete information on these events.

- Softball: Tuesday and Thursday from 10:00 AM till Noon at the Raccoon River Park softball diamonds.
- Pickleball: Sundays, 3:15 – 5:00 PM at Valley Southwoods.
- Coed Volleyball: Sundays, 4:15 – 6:45 PM at Valley Southwoods.
- Coed Badminton: Sundays, 5:15 – 7:45 PM at Valley Southwoods.



Helpful Information from Our Sponsors

Brian Wright, Vice President & Trust Officer for Bank of the West discusses Power of Attorney, what it is and why you might consider it.

Powers of Attorney are very common documents for individuals to use when, for whatever reason, they cannot or do not wish to deal with their own financial affairs. They are relatively simple to establish and can create great convenience and peace of mind for the one granting the Power of Attorney to another.

A Power of Attorney is a contract between two parties – the grantor and the Attorney in Fact. The contract authorizes the attorney in fact to act as agent concerning the property and finances of the grantor. It can be comprehensive or limited to a specific purpose. Your attorney can draft the power to remain effective if you become disabled or to automatically terminate upon a specific date or event. It

can also be drafted to take effect at some future date, such as the suffering of a disability or for the time you are vacationing in Hawaii. And of course, since the attorney in fact is acting as agent for the grantor, if either party should pass away, the power ceases.

So, if you are planning to winter in Florida or Arizona, or are concerned about the possibility that someday, you might need help managing your finances, a Power of Attorney can be a very valuable tool. For more information about the usefulness of a Power of Attorney and how to establish one for your benefit, contact your attorney or a member of the Wealth Management Team at Bank of the West.

