



25 Years of Medals and Memories

Iowa Senior Olympics Newsletter: Volume 1 #12 December 21, 2010

The Holiday Season is upon us. We hope you and your families have many wonderful memories over the next several weeks. As the year comes to an end we want to give you some things to look forward to in the 2011 year. The 25th Anniversary edition of the Iowa Senior Olympics will take place this June in Des Moines. I have listed a tentative schedule below and attached one for you. Here are a couple of changes to be aware of.

- The Hall of Fame Banquet will be held on Friday evening.
- Pickleball makes its debut this year.
- Racquetball and Handball (also new this year) will be held at the Riverfront (downtown) YMCA
- All of Track & Field will be held on Saturday.

We will let you know updates on the schedule and events as they occur.

Events for Cedar Rapids Regional Competition Announced

The first year competition in Cedar Rapids will be held at Coe College May 13-14 with 15 Sports.

1. Basketball Shooting: Around the World
2. Basketball Shooting: Free Throws
3. Billiards
4. Board Games
5. Granny Basketball
6. Pickleball
7. Shuffleboard
8. Swimming
9. Table Tennis
10. Tennis
11. Track & Field
12. Softball Throw for Accuracy
13. Softball Throw for Distance
14. Football Throw for Accuracy
15. Football Throw for Distance

2011 National Senior Games Information

Here are answers to the most common questions I have received about this summer's games in Houston.

- If you are having trouble registering for the National Games, here is your contact information. General questions or concerns from athletes should be sent to info@2011seniorgames.com. Registration specific questions should be sent to registration@2011seniorgames.com. Phone calls may be directed to (713)853-8777.
- Entry Fees:
 - It is about \$30 cheaper to register online for the championships. Here is the website address to use for registration.
<https://www.nsga.hangastar.com/registration/Login.aspx?ReturnUrl=%2fregistrati on%2fsecure%2fDesktopDefault.aspx>
 - Online Fees:

- One sport \$140
- Two Sports \$165
- Golf \$35 additional fee
- Team Sports Team Fees:
 - Basketball \$575
 - Softball \$750
 - Volleyball \$875
- Track & Field has moved their venue from the University of Houston to a new facility at Humble High School on the north side of Houston. This will be the site for the AAU Junior Olympics in Houston next year and is a very good venue. Here is a link to the new facility.
<http://www.humbleisd.net/2232103314583167/blank/browse.asp?A=383&BMDRN=2000&BCOB=0&C=82632>

Prairie Meadows is the first Naming Rights Sponsor

Long time Platinum Sponsor for the Iowa Senior Olympics, Prairie Meadows, has become the first sponsor to be part of the Naming Rights for Sports program. 2011 will be the first year for the Prairie Meadows Track & Field Championships. We will be making announcements as other sponsors join in on the fun.

Health and Wellness Corner

We all know that smoking has a negative impact on the health of individuals and costs of health care for everyone. Here is a message from the Assistant Secretary for Aging, Kathy Greenlee.

Smoking and Older Adults...Make a plan to quit today!

Tobacco use is the leading cause of premature and preventable death in the U.S., responsible for 443,000 deaths each year. Most of these deaths are among people age 65 and older. Smoking has profound effects on the lives and health of older adults, dramatically increasing their risk of heart attack, stroke, dementia and more.

On November 10, the U.S. Department of Health and Human Services unveiled a new comprehensive tobacco control strategic action plan, "Ending the Tobacco Epidemic" that includes proposed new bolder health warnings on cigarette packages and advertisements. These actions are part of a broader strategy that will help tobacco users quit and prevent children from starting. To learn more about this plan, please visit <http://www.hhs.gov/tobaccocontrol/index.html>

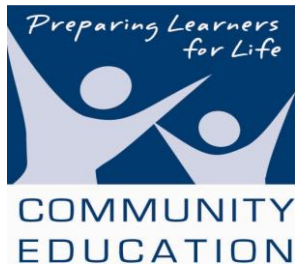
Quitting smoking has health benefits – no matter what your age. Today marks the 35th Great American Smoke out – a day when smokers around the country are encouraged to quit smoking or to make a plan to quit. If you're a smoker with Medicare and want to kick the habit, Medicare can help. For more information, please visit <http://www.medicare.gov/navigation/manage-your-health/preventive-services/smoking-cessation.aspx>. Any smoker covered by Medicare can receive tobacco cessation counseling from a qualified physician or other Medicare-recognized practitioner who can work with them to help him or her stop using tobacco. And thanks to the Affordable Care Act, as of January 1, 2011, these services will be available at no cost to people with Medicare.

For more resources and support related to quitting smoking, visit www.smokefree.gov or call 1-800-QUIT-NOW.

Iowa Senior Olympic Sponsors

We want to thank all of the individuals and companies who have made it possible for the Iowa Senior Olympics to have programs for men and women 50 and over for the past 25 years. Each one of them is very important to us.

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