

Promoting healthy, active lifestyles!

Georgia Golden Olympics



October 2011



Joyce Hutcherson receiving award for Senior Activity Center.

2011 Georgia Golden Olympics

The 2011 Georgia Golden Olympics was held in Warner Robins, Georgia and was a great success. Over 400 athletes from around the state participated in 18 sports and over 50 events. The Warner Robins Recreation Department hosted the games and did an excellent job. Mr. James Dodson and his staff are very committed to the games and are instrumental in making the games successful each year. Thank you Mr. Dodson and staff from the Recreation Department. We look forward to 2012 with enthusiasm.

2011 Award Winners Congratulations!



Fred Crawford of Griffin wins the 2011 Ruth Gaylor Spirit Award

2012 Georgia Golden Olympics Dates Set

The 2012 Georgia Golden Olympics dates have been set for September 19-22, 2012. The games will be held in Warner Robins, GA and hosted by the Warner Robins Recreation Department.

The 2012 event is a qualifying game for the 2013 National Senior Games scheduled for July 21-August 5, 2013 in Cleveland, Ohio. The Ohio Local Organizing Committee is working hard to provide the best national games to date, so plan to come to the 2012 Georgia Golden Olympics and qualify to attend the 2013 National competition



Bob and Jannette Daniell of Warner Robins win the 2011 Barney Ochs Sportsmanship Awards!

2011 Summer National Senior Games Awarded Best Amateur Multi-Sport / Multi-Discipline Event by SportsTravel Magazine

Baton Rouge, LA (October 18, 2011) – The 2011 Summer National Senior Games, the premier event of the National Senior Games Association (NSGA), held in Houston, TX, was named the Best Amateur Multi-Sport/MultiDiscipline Event by SportsTravel magazine at the TEAMS '11 Conference & Expo held in Las Vegas, NV.

“We are pleased to recognize the 2011 Summer National Senior Games as one of a handful of superior sporting events,” said Timothy Schneider, publisher of SportsTravel magazine. “Our readers are the leaders of the sports-event industry, and they really know what it takes to execute high-quality athletic events. This award reflects their expert evaluation that the Senior Games is one of the absolute best sporting events.”



Craig Ray and Effie Caylor, winner of Fiesta Theme!



Bob Willet showing off his unicycle at the 2011 games. Possibly a new event?????

Photos of 2011 Games



Archer preparing to shoot.



Athletes at Track and Field Event.



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Georgia Golden Olympics on Facebook and Twitter

One of the things suggested in our evaluations this year was for the GGO to join the social networking sites. This means that many of you do not know that we are already on Facebook and Twitter. If you are on Facebook search for the Georgia Golden Olympics and “like” our page. You can also find us on Twitter and on the web at www.geogiagoldenolympics.org! The 2011 Games results can be found there now!

Help Promote the 2012 Georgia Golden Olympics

One of the other suggestions in the evaluations was to send PDF flyers to previous athletes so that they can help promote the games. For the past several years we have had a media kit on our website just for that purpose. You can go to the website, click on the “About GGO” tab and download the Media Kit and share the info everywhere!

In addition to sending registration forms to previous athletes and the database of 3,000, to recreation departments and senior centers, we send info to websites and newsletters that cater to the adult population. We send releases to newspapers, TV, radio and do interviews when possible. We can still use your help, so please take the time to obtain the information from the media kit and help us to promote the 2012 games. Thank you.

Pain-free road races and travel

Avid runner gets back on the road after surgery

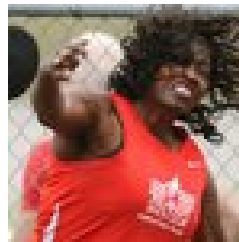
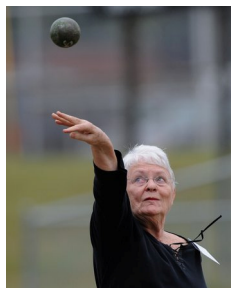
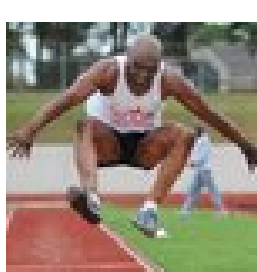
What do a trip to Italy and the Walt Disney World® Half-Marathon have in common? They were both reasons for Richard Brock’s decision to undergo knee replacement surgery in May 2011 at the Joint Solutions Center at DeKalb Medical.

His left knee was replaced in 2010 but at the time his right knee was not as painful, explains 66-year-old Brock, an avid runner since the 1970s. When his church choir planned a trip to Italy for September 2011, he decided to schedule the right knee surgery in May so he’d be fully recovered in time for the trip.

Because the Joint Solutions Center at DeKalb Medical has a thorough education program for patients prior to their surgery, Brock knew what to expect. “They had me moving as soon as possible after surgery and I was only in the hospital for three days,” he says. The Center staff’s treatment philosophy not only meant a short stay in the hospital but it also meant Brock was able to participate in the Peachtree Road Race. “I wasn’t able to run but I did walk the entire course,” he laughs. Now, he plans to run the Disney Half-Marathon in Orlando, FL on January 7, 2012.

Brock exercises every day and swims regularly at the Wellness Center at DeKalb Medical. He adds, “The staff members at the Joint Solutions Center were very helpful, very professional and they knew how to help me get back to the activities I enjoy.”

For more information about the Joint Solutions Center at DeKalb Medical, call **404.501.TALK**.



2011 Game Photos



Basketball Throw



Clock Golf



Football Throw



Frisbee Throw



5K Run



Discus winners.



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Tips For Preventing and Coping with Stress and Anxiety

Participate in social and community activities. Social interaction and a sense of giving to your community enhance self-esteem and reduce stress.

Take care of yourself. Get regular exercise, eat nourishing food, and maintain a healthy weight.

Participate in activities you enjoy. Have you always wanted to learn a new language? Take up ballroom dancing? Mentor a child? Now is the time! (And activities like these will also help your brain.)

Stay focused on positive things and avoid negative self-talk such as “I can’t do that” or “I’m too old.” When your self talk is negative, you will feel more stress. Instead of thinking what you can’t do, remember what you can do.

Connect with the people who are most meaningful to you. People with friends tend to be happier than those without. Stable social relations help you adjust to changes such as retiring, moving, and losing loved ones.

Remember stressful events that you successfully coped with in the past and repeat what worked before.

Focus on addressing your problems instead of feeling helpless about them. Think of them as “challenges” or “tests” rather than as insurmountable obstacles.

Learn and use relaxation techniques and meditation.

If you are a caregiver, **make use of support and education groups**, as well as respite care, which provides time off for caregivers.

Seeking Help. If you have an ongoing problem with stress and worry that prevents you from enjoying life, and you feel that you cannot control these feelings, help is available. Seeking the assistance of a psychologist may be beneficial.

Bronze Contributors



Shawn Smith-Dacula

Comfort Inn and Suites-Hwy 247-Warner Robins

Silver Contributors



Torch Club Contributors

Publix Super Markets Charities
Chick-Fil-A-Warner Robins
ATLANTA PROMO-Roswell
June Callaway-Sandy Springs
Dennis Evans-Warner Robins

Donald Nelson-Suches
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PO Box 958
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**Thank you for your support of
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Website: www.georgiagoldenolympics.org

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Questions or comments? Email us or call 770-867-3603

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Program, Georgia Department
of Public Health.**



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