



NORTH CAROLINA SENIOR GAMES

The Senior Torch

Carrying the Flame of Good Health



The Official Newsletter of NCSG, Inc.

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Excellent 2011 State Finals!



Here are a few highlights from this year's State Finals

- 3002 individuals participated in 66 activities; 61% men 39% women
- 10 cheerleading squads and 416 SilverArtists
- 48 softball teams and 59 basketball teams
- The most popular non-team sports were bowling, football throw, softball throw and shuffleboard
- The most popular SilverArts categories were performing and heritage
- Participants ranged in age from 55- 101 and the most common age group was 65-69.
- We had 31 participants 90 years of age and better!

The Meaning of Senior Games

Dr. Page Hudson, long time participant and Spirit Club member, shares his Senior Games experiences. Dr. Hudson has been a participant in athletics and SilverArts. He served as a volunteer at the local and state levels and served on the NCSG Board of Directors. Although he has moved out of state, Dr. Hudson remains an ardent supporter of NC Senior Games, recently donating a generous portion of his investment portfolio to Senior Games. He shares in his own words why...

The greatest satisfactions came from the following, in no particular order:

- 1) *Learning, participating in, and even coaching some of the activities*
- 2) *Taking my act to the National Senior Olympics in archery and badminton*
- 3) *Winning the 'gold' in at least one athletic event and one SilverArts category the same year at State Finals 2-3 times (so who's counting?)*
- 4) *Successfully using athletics and SilverArts projects as 'carrots' to inspire and sustain regular, almost daily, activity for the benefit of my body and my mind, some became life-time pursuits.*
- 5) *Ego modification, both paring and boosting, the sort of thing that comes hundreds of practice sessions with others and from hundreds more of event competitions at various levels. It's hard to be shy or much of a stuffed shirt very long in track shorts and tee shirt.*
- 6) *The association of wonderful men and women I would otherwise have not known.*
- 7) *Compensation for athletic endeavors that afternoon labs and meager talent forbade in my salad days.*

I owe much to my 20-plus years' involvement in the Senior Games program.

Join Page in supporting the powerful impact of Senior Games and celebrate the season with the gift of good health. Make your tax deductible contribution today.



North Carolina Senior Games Inc.
is a nonprofit organization
dedicated to providing
year-round health promotion and
education for adults
55 years of age and better.

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Please send any comments or
suggestions to:

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Raleigh, NC 27606
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Words from the Chair

Greetings to each of you during this season of thanks and reflection. This year brought us the continued joy of being involved with the best Senior Games program in the nation! This was another great year for our Local Games and as always, we appreciate our Local Coordinators, Ambassadors and the many wonderful volunteers who make those Local Games happen.

We could not have asked for a better State Finals! With 3,000 participants, excellent volunteers, supportive sponsors, and sunshine (yes, lots of sunshine), we had wonderful days of competition and an abundance of fun and fellowship. The Celebration of the Games brought us a beautiful warm evening and two flocks of geese flying over just as our fabulous torchbearer, Dr. Louise Gooche, brought the torch into the stadium. The following night the Follies provided us with so many laughs, toe-tapping, and generous rounds of applause! The SilverArts Showcase was once again a beautiful display of the creative talents of our participants - thank you one and all. From the first Softball pitch on September 12 until the last minute of the last game at the Basketball tournament on October 23, State Finals once again provided opportunities for deserving older adults to reach their personal best in competition, reunite with old friends and make new ones, celebrate the joys of healthy living, and provide an inspiration to all of us who were lucky enough to be there.

This year brought some challenges for NCSG as the uncertain economy continued to dominate the thoughts of us all. Our state funds were reduced by 30% for FY 2011-12. Although continued full funding was our goal, we realize that we are fortunate to receive any state funding during these difficult times. Thank you to everyone who expressed your support of Senior Games to the right people at the right time. Next year could be equally challenging but we promise that we will not diminish our commitment to offer quality programs and services to our Local Games and at State Finals. My heartfelt gratitude to our staff for being such good stewards of the resources we have and for the superlative dedication they have for NCSG.

At this time of reflection, my thoughts go to the rich history of this program, our trusted friends, amazing volunteers, generous sponsors and donors at all levels, that beautiful network of Local Games, dedicated staff, and the unbelievably good fortune to be part of the Senior Games family. Best wishes to you for a New Year of good health and great joy, and a holiday season of peace, laughter, and the warmth of family and friends.



Beth

What's New for Senior Games in 2012?

- New on the **Local Games page of the website** is a page of detail per Local Game with website address, events offered and other details.
- **Cornhole** has been added as an official event to State Finals and many Local Games will add it as well. The State Finals Corn Hole Tournament will be held in conjunction with the Bocce Tournament at Clayton Community Park
- At **State Finals** the Cheerleader Showcase and Celebration of the Games will be at McKimmon Center.
- **Doubles Partners** – If an individual's partner cannot come to State Finals, that person may select another partner who qualified in **that** event at a Local Games. For example, a participant that qualified in Bowling Doubles may select another partner who qualified in Bowling Doubles, but not from Bowling Singles or Bowling Mixed Doubles.
- **Team Player Pickup** – A maximum of three (3) players for Basketball and five (5) players for Softball may be added to team rosters following qualification if they meet the following requirements: (1) In order to be added to a team's roster, a player must have registered for and competed in that event at a Local Game in North Carolina in the same qualifying year; (2) A player may only be added to another team's roster if the team captains of both teams (the qualifying team and the adding team) approve in writing.
- **Visual and Heritage Arts** third place winners will also qualify for State Finals. **Literary Arts** second place winners will also qualify for State Finals.
- Cheerleader acts will be allowed a **maximum of 4 minutes** of performance time (vs 5 minutes in past years).

These changes reflect input from participants and Local Coordinators. North Carolina Senior Games continues to plan WITH participants and Local Games staff to create the best Senior Games program in the nation!

Thank you Spirit Club, Friends & Torch Club Members

A contribution to NC Senior Games helps preserve the opportunity for good health and wellness education for thousands of adults 55 years of age and better throughout North Carolina. Contributors are listed on the "Meet our Team" page of the website. Make your tax-deductible contribution to good health today on our secure website www.ncseniorgames.org or send your check or money order to: **NCSG at 4603 Western Blvd, Raleigh, NC 27606.**



Spirit Club

These wonderful people are true examples of the *Spirit of Senior Games*. Thank you for caring so much!

Gold (\$1,000+)

Brad & Twilla Allen, Lumberton
Karla Henderson, Raleigh
Page Hudson, Midlothian, VA
Robert Kinser, Asheville

Lisa Lauffer, Raleigh
Palma Linnerud, Raleigh
Hazel Moses, Raleigh
Rita Roy, Greenville

Trish Speers, Whispering Pines
John & Ann Todd, Wendell
Beth Wilson, Wilmington

Silver (\$500+)

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Many thanks to the following people who have contributed to our good health since the last newsletter.

Torch Club

(\$100-\$249)

Beth Carter, Wilmington
Julian Morgan, Clyde
Jack Frauson, Raleigh
Ed Neal, Fayetteville
Louise Gooche, Durham
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Samuel White, Henderson
Twigg & Sarah Wiggins, Youngsville
Howard Youmans, Hope Mills

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(\$100-\$249)

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Gordon Campbell, Tarboro



In Memory of...

Cheryl Hopkins
NCSG Board of Directors
Brad & Twilla Allen
Beth Wilson

Charles Donaldson
Brad & Twilla Allen
Beth Wilson

by making a contribution to NCSG in honor or memory of someone else...the perfect gift for those loved ones who already have "everything they need" and to whom Senior Games means so much. Honorees receive a special acknowledgement and will be listed with a flame in the next edition of the Senior Torch Newsletter and on the Senior Games website.

In Honor of...

Cindy Hipp, Cathy Oxendine and Joan Swaringen, by NCSG Staff. Thank you for your many years of dedication and service as a Local Coordinator!

Rufus and Fran Allison by Jackie Allison

Carolyn Bates by Beth Carter
Cindy Hipp by Brad and Twilla Allen
Cathy Oxendine by Brad & Twilla Allen
Joan Swaringen by Brad & Twilla Allen

2012 Calendar of Events

- January 11-12 NCSG Ambassadors Conference, Cary
January 18 Local Coordinators Meeting, Cary
January 18 NCSG SilverArts Workshop, Cary
February 9 NCSG Sports Management Clinic, Cary

February-June
53 Local Senior Games Statewide

- July 1 Early Bird State Finals Registration Deadline
August 1 Registration Deadline for State Finals
Sept 10-13 State Finals Softball Tournament, Raleigh

Sept. 24 - 30
NCSG State Finals, Raleigh/Cary

- October 9-11 State Finals Bocce and Cornhole
Tournaments, Clayton
October 9-10 State Finals Golf Tournament, Clemmons
TBD State Finals Basketball Tournament, Greenville



North Carolina Senior Games, Inc.
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The 2013 Summer National Senior Games will be in Cleveland, OH

Do you have an email address?

If you received this via the US Postal Service ("snail mail"), please send us your email address for more efficient correspondence year-round!

Local Games this spring will begin the qualifying process for the next National Senior Games. State Finals 2012 will be the qualifying site in North Carolina for the 2013 National Games. More information is available on the Nationals page of the NCSG web site.

This flu season - Protect Yourself. Protect Your Family. Protect Your Friends Get Your Flu Vaccine

In 2009 a new flu virus began spreading around the world and triggered the first flu pandemic in 40 years. The 2009 H1N1 flu virus caused thousands of hospitalizations and deaths in the U.S. It hasn't gone away. Health experts expect the virus to continue circulating in the U.S. this fall and winter. Because of that, the Centers for Disease Control and Prevention (CDC) recommends everyone six months of age and older get vaccinated against the flu. Flu vaccine makers will include protection from 2009 H1N1 virus in this year's seasonal flu vaccine. So only one vaccination is necessary for most people. As usual, children under 9 years of age who haven't been vaccinated against the flu in the past will need two doses of flu vaccine. A new high dose flu vaccine is available for people age 65 years and older. The high dose flu vaccine is four times stronger than regular flu vaccine and may increase the immune response in people 65 years of age and older.

For information on how you can join our Senior Games Family, contact NCSG at (919) 851-5456 or visit our website at www.ncseniorgames.org.