Active Aging Week slated Sept. 20-26

The last week of September will be a time when we celebrate Active Aging Week. This will be a time to spotlight ways in which everyone can age in vibrant and healthy ways.

Jan Johnston, Oklahoma State University Cooperative Extension gerontology specialist, said this special observation was created by the International Council on Active Aging (ICAA) as a way to promote lifelong health.

“This year’s celebration will take place Sept. 20-26 and the week promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to take part in activities and exercise in a safe, friendly and fun atmosphere,” Johnston said. “The ICAA is the world’s largest association dedicated to changing the way we age.”

To help celebrate Active Aging Week, ICAA provides education, information, resources and tools to professionals who work in retirement, assisted living, recreation, rehabilitation and wellness fields. The Council’s target audience is the rapidly growing group of people who are 50 years and older.

This year’s theme is Be Active Your Way. For some individuals age 50 and over this means working in the garden, playing with the grandchildren or getting ready for a cross-country trip. For others it means walking through their neighborhood, playing a game of tennis or taking the dog for a walk.

“The point is that many older adults are choosing to live a healthy lifestyle that always promotes a quality of life for staying involved and connected,” she said. “Keep in mind, however, that living an active life isn’t just the physical aspect – it involves living life to the fullest along the six dimensions of wellness, including physical, spiritual, mental, emotional, social and vocational/professional.”

Johnston suggests celebrating this important week as one way to recognize those older adults who live in your community. The ICAA can provide professionals in your area with a variety of educational and promotional materials to help kick off Active Aging Week. To learn more about these resources go to www.icaa.cc/aaw.htm.

“Adults who stay active and are involved in life are more healthy, happy and able to contribute to their community,” Johnston said. “An active lifestyle helps people stay independent and more able to enjoy many more years to come. Even as people grow older, there are ways to change the way we age in order to promote a healthy and active lifestyle.”

As of January 2010, the ICAA membership has grown to more than 8,200 organizations that manage, own or operate 40,000-plus locations. And the ICAA Network extends to 37 countries around the globe. ICAA connects a community of like-minded professionals who share the goals of a changing society’s perception of aging and improving the quality of life for older adults.
Happy September everyone!
   Thank you to those who assisted with this year’s Fair! Your hard work made it all possible once again.
   On that note, September 12 is National Day of Encouragement according to the Encouragement Foundation of Harding University.
   Let’s face it—we could all use praise and encouragement in our daily lives. Now is a wonderful opportunity with the onset of the school year to encourage our youngsters to “Keep trying” and say “I knew you could do it.”
   Encouragement should not be limited to children. We, as adults, also encounter negative images from many sources every day.
   Fortunately, the smallest gesture of kindness and encouragement can brighten someone’s darkest day. The great thing about kindness and encouragement is that it is contagious.
   So starting on September 12 or even before, if you find yourself thinking kind and encouraging words….say it and make someone’s day better!
   Here are some words to get you started:
   Excellent! Good Work I’m proud of you You’re learning fast You’ve worked hard You bring sunshine into my life I’m glad you’re on our team I knew you could do it!
   “Those who are lifting the world upward and onward are those who encourage more than criticize.” -Elizabeth Harrison

Wiley Post Festival this weekend
   Antioch ABC will have a booth at the Wiley Post Festival this Saturday, September 4 from 10 a.m. to 2 p.m. in Maysville. They will have cupcake decorating, sell cookbooks, and use the opportunity to recruit new members. You are invited to come out and join in—bring a lawn chair and enjoy the festival.

2011 Leader Education Ideas Needed
   Our 5-county communication group meets on September 13. Please let Carrie know before then of any leader education topics you would like to see covered in 2011.

2011 District OHCE Meeting
   Please plan to attend the District OHCE Planning Meeting on Friday, September 17 at the First Baptist Church in Lexington at 1:30 p.m. Our county will be co-hosting the meeting and your assistance is needed.

October Leader Education & Fall Council
   Thursday, September 16, 2010
   Pauls Valley General Hospital
   Conference Room * 9:30 a.m.
   Lunch: Hospital Cafeteria**

   We will begin with Council meeting at 9:30 a.m., then break at 10 a.m. for our Leader Education program.
   Council meeting will resume after the lesson. There will be no afternoon program.
   **Those planning to attend need to let the Extension office know by September 9 in order to notify the hospital’s kitchen staff.
   Also, if you have an item you want placed on the agenda please notify Nanette no later than September 9.
   Carrie Kile will present October’s Leader Education “Go Green.”

Oklahoma Heritage Quilts & Arts Festival
   Sponsored by Main Street Pauls Valley
   Saturday, October 2, 2010
   Downtown Pauls Valley
   9 a.m. * Free Admission

   If you would like to enter a quilt, the entry form is included in this newsletter. Deadline to enter is September 30.
   For more information contact Main Street at 405-238-2555 or by e-mail at msvp@sbcglobal.net.

Time to Pay Dues
   Dues are $9.50 ($7.50 state, $2.00 county) per member. Each group will add $3 for 4-H to comply with the constitution.
   Also remember to turn in your Pennies for Friendship and Nickels for Leadership. Please send dues and updated membership to Mona Endler, 605 N. Main, Elmore City, OK 73433. The Extension office also needs a copy of updated membership.

Oklahoma Blood Institute
   Contact
   Lynette Blevins, Volunteer Coordinator with the Oklahoma Blood Institute contacted the Extension office requesting that we share her contact information with our O.H.C.E. groups.
   If your group would like to talk to her about community service opportunities please contact her at:
   Cell: 580/222-7361
   Office: 580/226-2220
   Email: lbelvins@obi.org

Leader Education Schedule

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| October | Sept 16: Go Green
   Presenter—Carrie Kile
| November | Oct. 21: Nutrient-Drug Interactions & Food
   Presenter—Ladonna Dunlop
| December | Group’s Choice

Mark Your Calendar

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| September 2-4 | Wiley Post Festival, Maysville
| September 6 | Labor Day—Courthouse Closed
| September 9 | Deadline to RSVP for September 16 lunch at Pauls Valley General Hospital and to submit Fall Council Meeting agenda items
| September 16 | Fall Council & Leader Education, 9:30 a.m.
   Pauls Valley General Hospital Conference Room
| September 17 | 2011 District OHCE Planning Meeting, Lexington Baptist Church, 1:30 p.m.
| September 28-29 | Carrie—Reality Check, Mid-America Vo Tech
| September 30 | Deadline to enter quilts in Oklahoma Heritage Quilts & Arts Festival

Women in Agriculture & Small Business Conference
   October 14 & 15, 2010
   Moore Norman Technology Center
   Features of conference include:
   • Key note speaker and concurrent sessions
   • Mini-mall showcasing made-in-Oklahoma products
   • Complimentary evening reception
   For registration and additional conference information visit www.OKWomenInAgAndSmallBusiness.com

In memoriam
   Meredith Marquard
   February 24, 1980-August 11, 2010
   It is with much sadness that we report the passing of Meredith Marquard on August 11. Meredith was a member of O.H.C.E. Maysville Group. Condolences may be mailed to Billy & Teresa Marquard at P.O. Box 618, Stratford, 74872. Please remember this family in your thoughts and prayers during this difficult time.
Oklahoma Heritage Quilts & Arts Festival
Main Street Pauls Valley
Quilt Exhibition Saturday, October 2, 2010
Pauls Valley, Okla. 73075

QLUIT REGISTRATION

Registration & Story Due by Sept 30, 2010

EXHIBIT IDENTIFICATION

ENTRY NUMBER: 10-__________ (assigned by MSPV)

Your Name: ____________________________________________________

Your Address: __________________________________________________

City: ___________________________ State: ___________ Zip: ___________

E-mail: ___________________________

Area code/phone: ____________ (day) ____________ (evening)

Name of Quilt: ___________________________

Made by: ___________________________

Quilted By: ___________________________

Quilter’s Story: (We reserve the right to edit for clarity and length)

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There is no Entry Fee. Please use a separate registration form for each quilt. It is recommended that you keep a copy for your records. All quilts and stories by any age group are welcome. Entries will not be judged. There
will be a “people’s Choice” award to be announced at the Wacker Park Band Shell Saturday evening.

DEADLINES:
12:00 - NOON September 30th - Quilts to be delivered to Main Street Pauls Valley Office

MAIL REGISTRATION/STORY FORM TO:
Main Street Pauls Valley, PO Box 986, Pauls Valley, OK 73057
(405) 238-2555

DELIVERY AND PICK-UP (please initial)
NOTE: Proper Identification will be required to claim your entry!

__________ I plan to deliver my entry via (circle one) In Person UPS USPS Fed Ex

__________ I plan to pick up my entry in person.

__________ My entry will be picked up by: __________________________________________ (ID Required)

__________ Please return my entry via (circle one) UPS USPS Fed Ex (PRE PAID)

Each quilt must be received in it’s own CLOTH BAG or PILLOWCASE with your name, address and phone number printed on the bag and quilt. QUILTS IN TRASH BAGS WILL NOT BE ACCEPTED!!!

Quilt entries will be accepted on this day only: September 30, 2010 at:

Main Street Pauls Valley
103 S. Willow
(Across from Daily Democrat)
Pauls Valley, Ok. 73075
405-238-2555

I release Main Street Pauls Valley from liability for loss or damage to my entry, and I understand that it is my responsibility to pick up my entry when released. I am responsible for any insurance coverage for my entry. I agree to abide by all Show Guidelines.

Signature ______________________________________ Date ____________________

Please allow __________________________________ to pick up my entry for me.

(please print clearly)

Signature ______________________________________ Date ____________________

Proper ID will be required to pick up your entry

For more info. contact: Samantha Robb, Program Director
PO Box 986
Pauls Valley, OK 73075
405-238-2555 (PHONE & FAX)
mspvs@sbcglobal.net
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<td></td>
<td><strong>Grandparent’s Day/ National Day</strong></td>
<td><strong>Carrie—Communication Group Meeting</strong></td>
<td><strong>Extension Staff—take 4-H exhibits to State Fair</strong></td>
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<td><strong>Carrie—Leadership Breakfast</strong></td>
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<td>21 <strong>Carrie—Leader Education, Canadian County, 10:00 a.m.</strong></td>
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<td>23 <strong>Carrie—Leader Education, Oklahoma Co., 9:30 a.m., Cleveland Co. 1 p.m.</strong></td>
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<td><strong>State Fair Ends</strong></td>
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<td>28 <strong>Reality Check—Mid-America</strong></td>
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<td>30 <strong>Oklahoma Heritage Quilts &amp; Arts Festival deadline to enter Quilts</strong></td>
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<td>27 <strong>Nanette—Extension Secretary In-Service, Stillwater</strong> 28 <strong>Nanette—Extension Secretary In-Service, Stillwater</strong></td>
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