



Piedmont Parks & Recreation News

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July 2010

Teaching Old Muscles New Tricks

Strength exercises - defined as any exercise that builds and strengthens muscles - improve bone density and combat the effects of osteoporosis. Strength exercises are also referred to as strength training, resistance training, weight training, and weight-lifting.

Research by the National Institutes of Aging (NIA) shows that older people, even those in their nineties, benefit greatly from strength exercises. The list of health benefits reads like a visit to the fountain of youth. More muscle burns more calories and thus can help with weight control. The increased muscle mass can also help control blood sugar. Strength exercises can improve mood and relieve depression. They can help increase balance, and make getting around a whole lot easier, therefore potentially preventing injury.

Research shows that muscle strength declines by 15% per decade after age 50, and 30% per decade after age 70. Scientists have found that people lose strength and muscle tissue not because they grow older, but because they stop doing activities that use muscle power. The combination of reduced strength and lower activity levels can lead to an increased incidence of falls and decreased walking ability.

Muscle strength training can be done by virtually anyone. In research funded in part by NIA, it was shown that frail nursing home residents as old as 98 years, many with multiple chronic diseases, had remarkable increases in muscle strength and size following only a few months of strength training. The results are exciting for scientists because they reveal that even aging skeletal muscle retains its amazing adaptive ability. But perhaps more importantly, the findings have enormous practical significance. Strength gains can lead to greater walking speed, stair climbing power, and balance. An increase in strength can make the difference between being able to get up from a chair by yourself, or having to wait for someone to help you get up. Even small improvements in muscle size that you can't see can have a big impact on the quality of your life.

Exercises can be done in your home at little or no cost. An 86-page guidebook titled *Exercise: a Guide from the National Institute on Aging* offers clear step-by-step instructions for exercises for older adults. Print copies will be available in September and can be ordered free of charge from the National Institutes of Health by calling 1-800-222-2225. A link to a PDF copy of the guide is available under "Links" on the Parks & Rec website at <http://piedmontparksandrec.com>

The National Institute on Aging and the National Library of Medicine, both part of the National Institute of Health, maintain a website that includes a section on exercise for older adults at www.nihseniorhealth.gov/exercise/toc.html

Baby, It's Hot Outside

Heat is the number one weather-related killer in the United States. Each year heat causes more fatalities per year than floods, lightning, tornadoes, and hurricanes combined. Based on the 10-year average from 1994 to 2003, excessive heat claimed 237 lives each year. By contrast, floods killed 84; tornadoes, 58; lightning, 63; and hurricanes, 18. In the heat wave of 1980, more than 1,250 people died.

The "Heat Index" is a measure of how hot it really feels when relative humidity is added to the actual air temperature. For example, if the air temperature is 96°F and the relative humidity is 65%, the heat index - or how hot it really feels - is 121°F.

Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F.

Heat Index													
TEMP	RELATIVE HUMIDITY (%)												
(F)	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	129	136								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	103	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	126	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87
	Extreme Danger - Heat stroke or sunstroke highly likely.												
	Danger - Sunstroke, muscle cramps, and/or heat exhaustion likely.												
	Extreme Caution - Sunstroke, muscle cramps, and/or heat exhaustion possible.												
	Caution - Fatigue possible.												



Know These Heat Disorder Symptoms

SUNBURN - Signs and symptoms: redness and pain, in severe cases there is swelling of skin, blisters, fever, headaches. First aid: ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by a physician.

HEAT CRAMPS - Signs and symptoms: painful spasms usually in leg muscles but possible in abdomen, heavy sweating. First aid: firm pressure on cramping muscles, or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

HEAT EXHAUSTION - Signs and symptoms: heavy sweating, weakness, cold, pale and clammy skin, thready pulse, a normal temperature is possible, fainting, vomiting. First aid: get victim out of sun, lay down and loosen clothing, apply cool, wet cloths, fan or move victim to air conditioned room, give sips of water. If nausea occurs, discontinue sips of water. If vomiting continues, seek immediate medical attention.

HEAT STROKE - Signs and symptoms: high body temperature (106°F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness. First aid: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move the victim to a cooler environment, reduce body temperature with cold bath or sponging, remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

From the National Oceanic and Atmospheric Administration's National Weather Service



Vote on July 27

July 21 is the last day to request an absentee ballot for the July 27 election.

Early voting may be done on these dates:

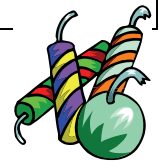
- Friday, July 23, 8 am - 6 pm
- Saturday, July 24, 8 am - 1 pm
- Monday, July 26, 8 am - 6 pm

Individuals registered as Republican or Democrat can vote on Tuesday, July 27, 7:00 am - 7:00 pm.

The Canadian County Election Board can be reached at 422-2422.

For more information, including how to find your polling place, go to www.ok.gov/elections

Fireworks



Piedmont ordinances are online at <http://piedmont-ok.gov/ordinances.htm>

Section 10-328 addresses fireworks and reads:

“It is unlawful for any person to manufacture, display, sell, possess for sale, or use fireworks within the city except as provided in this section.

Pyrotechnic or fireworks displays may be authorized in accordance with the city fire code when under proper control and the time, place and manner of the display is permitted by the city.”

FAST FACT

Older adults who exercise three or more times a week (just 15 minutes of exercise like walking or swimming) have a 30 percent to 40 percent lower risk of developing dementia than their more sedentary counterparts.

July Community Calendar

1-2, 5-9, 12-16 (M-F 9-4, Sat 10-12) - Angel Food orders can be placed at the Baptist church and picked up on Sat. July 24, 373-2420

1, 8, 15, 22, 29 (4:00-6:00 pm) - Make Waves (sea creature ugly dolls on 1st, artist trading cards on 8th, water games on 15th, wild water drinks on 22nd, end of summer water party on 29th) at the library, 5th grade and up, come & go, free, 373-9018

1 (2:00 pm) - TRIAD meeting for anyone interested in working with senior citizens and law enforcement to prevent the victimization of seniors, Chief Ward will discuss his tour in Iraq, at the police station, free, 373-3268

3 (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905

3, 10, 17, 24, 31 (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345

4 (10:30 am) - God and Country Day at Baptist church, followed by an old fashioned cookout, free, 373-2420

4 - Independence Day Celebration, 373-2000

(5:00 pm) - BBQ cook-off judging, east of Piedmont Rd and Monroe

(6:00 pm) - games, live music, food, elementary school parking lot

(6:00 pm) - inflatables, rock wall, fenced area north of elementary school

(6:30 pm) - parade and car show, Piedmont Rd to Monroe to 2nd Street

(before & after parade) - freestyle motocross and 4-wheeler stunt driver show, field south of bank (approx 10:00 pm) - fireworks, southeast of bank

6, 13, 20, 27 (10:00-2:00) - Make a Splash (water games on 6th, sand casting on 13th, bubble blowers on 20th, end of summer water party on 27th) at the library, for all ages, come & go, free, 373-9018

7, 14, 21, 28 (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, reservations are appreciated, 373-2905

7, 21 (1:00-3:00 pm) - Wii Wednesday at the library, all ages, free, 373-9018

8 (6:00-8:00 pm) - Piedmont Parent Network meeting at the Methodist church, 514-9248

9 (8:00-5:00 pm) - Health Yes Preventive Screening at Baptist church, cost is between \$139.99 and \$199.99, 888-802-3103 for appointment, mention code F2357B

13 (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, don't have to own a horse, at the library, free, 820-6728

14, 28 (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662

19-23 (6:00-7:00 am) - Body and Soul Fitness Boot Camp for men and women, at Baptist church, \$17.50, pre-register by calling 373-2420

20 (6:30-8:00 pm) - Windmill Poets at the Library, for anyone who likes to read or write poetry, free, 728-7310

24 (6:30-9:30 pm) - Kids Bash for kids of all ages, at the high school, inflatables, hot dogs snow cones, popcorn, free, 250-3702

25 (6:00 pm, exhibitions at 5:00 pm) - Play Day at Round-Up Club Arena on Piedmont Rd, cost is \$7-\$15, 627-7437

An expanded version of the calendar is online at-
piedmontparksandrec.com