



Piedmont Parks & Recreation News

piedmontparksandrec.com

November 2010

Get Ready for the Holidays

with a Christmas card class...

There are two opportunities this month to make Christmas cards in a paper crafting class. In both classes, participants will make three cards of four different designs. The cost is only \$15 and includes the cost of materials. In order to help the instructors know how many supplies to bring and tables to set up, please pre-register by calling Shelia at 808-7547 for the November 5th class, or calling Lisa at 535-8849 for the November 12th class.

a Holiday Bazaar...

Popular gift items will be sold at the Holiday Bazaar at city hall on Sunday, November 21, from 1:00 to 5:00 pm. Vendors include Homemade Gourmet, Celebrating Home, Creative Memories, Longaberger Baskets, Pampered Chef, Premier Jewelry, Private Quarters, Scentsy, Squeaky Kids Shoes, Thirty-One Gifts, and more.

and the annual Community Thanksgiving Service

The Thanksgiving Service is an annual tradition that brings families and churches together from throughout our community for a non-denominational service, followed by a light meal. The offering received is given to the Piedmont Service Center to help meet needs in our community.

SOMETHING UNIQUE

IF YOU NEED A UNIQUE GIFT FOR SOMEONE DIFFICULT-TO-BUY-FOR, PUT THEIR NAME ON A BRICK PAVER BEING SOLD BY THE PIEDMONT HISTORICAL SOCIETY FOR \$25.

FOR MORE INFORMATION, CALL EVELYN MUNSELL AT 373-2905.

Movie Break for United Way

For a \$5 United Way donation you can take a break and watch the movie *Grown Ups*, a film about five old high school friends who gather on a July 4th weekend and no one is eager to be a grown up.

Friday, November 12 at 2:00 at City Hall.



Telling Tales That Teach

What was it like to be a child growing up during the Great Depression or World War II? Your kids can find out by interviewing older relatives and family friends. The stories they'll hear can help them gain valuable life lessons as well as a better understanding of our current economic situation. Consider using the following questions:

Earning

- Did you have a job or another way to earn money?
- How did growing up during the Great Depression affect your attitudes about earning a living?
- How did you get the education or training needed to reach your career goals?

Spending

- Did you have a lot of retail stores or malls in your neighborhood?
- Did your family have a budget?
- What was it like to deal with war rationing?
- What are some examples of price increases you've noticed over the years—bread, eggs, gasoline, and cost of a car or house?

Saving

- If you wanted to buy something, did you have to save up for it yourself?
- Did your family save money for a 'rainy day' or emergencies?
- What was your first experience like going to the bank?

Investing

- Were you affected by the 1929 stock market crash? How did it affect you?
- How did you make investment decisions?
- Do you wish you had started investing earlier?

One of your family's greatest assets is its history. When kids talk with their grandparents about the past they can create a bond that offers an even bigger benefit than the financial lessons they'll learn.

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Thanksgiving Help at
holidays.kaboose.com/thanksgiving



- recipes • crafts • stories • games
- coloring pages • puzzles
- jokes • riddles • activities

National Day of Listening

National Public Radio's StoryCorps is observing a National Day of Listening on November 26. They are encouraging people to interview a family member, local hero, mentor or other loved one on that day.

A 4-page do-it-yourself instruction guide can be downloaded free at <http://nationaldayoflistening.org>

The guide includes helpful tips, equipment recommendations, and a full page of questions you can ask on a variety of topics.

More information and an online question generator are available at <http://storycorps.org>



An early-morning walk is a blessing for the whole day. - Henry David Thoreau

Thanksgiving is Family Health History Day

Health care professionals have known for a long time that common diseases—heart disease, cancer, diabetes—and rare diseases—like hemophilia, cystic fibrosis, and sickle cell anemia—can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure.

A recent survey found that 96 percent of Americans believe that knowing their family history is important, yet only one-third have ever tried to gather and write down their family's health history.

Tracing the illnesses and conditions affecting your parents, grandparents, and other blood relatives can help predict the disorders to which you may be at risk, and allow you to take action to keep you and your family healthy.

My Family Health Portrait is a computerized tool to help make it fun and easy for anyone to create a sophisticated portrait of their family's health. It is available online at <https://familyhistory.hhs.gov> at no cost. When you are finished, the Family Health Portrait tool will create and print out a graphical representation of your family's generations and the health conditions that may have moved from one generation to the next. The information can be shared with other family members or printed out to take to the family doctor.

Suggestions on how to plan and conduct those important conversations:

Make a list of relatives. The most important relatives to talk to are parents, brothers, sisters, and your children. Next should be grandparents, uncles, aunts, nieces, nephews, and any half-siblings. It is also helpful to talk to great uncles and aunts, as well as cousins.

Prepare questions ahead of time. Among the questions to ask are: Do you have any chronic illnesses such as heart disease, high blood pressure or diabetes? Have you had any other serious illnesses such as cancer or stroke? How old were you when you developed these illnesses? Have you or your partner had any difficulties with

pregnancies, such as miscarriages? What medications are you currently taking? Also ask questions about other relatives, both living and deceased. What is our family's ancestry—what country did we come from? Has anyone in the family had learning or developmental disabilities? What illnesses did our late grandparents have? How old were they when they died? What caused their deaths?

Find a good time to talk. Talk with your relatives when your family is together in a relaxed setting. If it's not possible to talk to your relatives in person, you can also talk with them over the telephone, or send them questions by mail or email.

Keep a record. Use a pencil and paper or a tape recorder to keep track of what your relatives tell you. That way you will have their health information handy when you sit down to create My Family Health Portrait online or to fill out the paper version.

Ask one question at a time, and ask follow-up questions such as "why," "how" or "when." Get as much specific information as possible. If an uncle tells you he has heart disease, ask when he developed the disease, if he had a heart attack and whether he underwent surgery. You would also want to find out whether he has any other medical problems, such as high cholesterol or high blood pressure, and what medications he may be taking, such as cholesterol-lowering drugs.

Respect your relatives' feelings. Some family members may not want to share all or certain parts of their health information.

Keep your family's health history up-to-date. As children are born and family members develop illnesses, add that information. It may take a little time and effort, but you will be creating a lasting legacy that will improve the health of your family for generations to come.

More information is available online at www.hhs.gov/familyhistory



November Community Calendar

Now through Nov 16 - Piedmont families needing assistance can sign up for Thanksgiving food boxes to be distributed Nov 18 & 22, donations of money, turkeys or ham are appreciated, 373-4022

1-5, 8-13 (M-F 9-4, Sat 10-12) - Angel Food orders can be placed in person at the Baptist Church, pick up on Sat. Nov 20 (8:30-10:00 am), cash, money order, or food stamps, no checks, 373-2420

2, 9, 16, 23, 30 (10:00 am) - Preschool Story Time at the library, free, 373-9018

3, 10, 17, 24 (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, reservations are appreciated, 373-2905

3 (5:30-8:30 pm) - Blood Drive at Baptist church, 373-2420

4 (12:00 pm) - Chamber meeting at city hall, speaker is District Judge Bob Hughey from Gary E. Miller Children's Justice Center, free, lunch for \$8, 373-2234

4 (7:00 pm) - Reading to the Dogs for school age kids, at the library, free, 373-9018

4, 11, 18 (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229

5 (5:00-9:00 pm) - El Chico night, Quail Springs location, say you're from Piedmont and a portion of the sales will be donated to Piedmont Primary, 373-4848

5 (7:00 pm) - Christmas Card Class at the civic center, \$15 covers cost of 12 cards/envelopes, pre-registration encouraged but not required, 808-7547

6 (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905

6 (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the Civic Center, free, 488-5999

8 (5:30-8:00 pm) - Backyard Burgers fundraiser for PTO at Piedmont Elementary parking lot, tailgate or to-go, 863-6208

9 (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

10, 17 (10:00 am - noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662

11 (6:30-8:30 pm) - Piedmont Parent Network at Methodist church, bullying preventions and solutions workshop, free, 514-9248

12 (2:00 pm) - Movie Break fundraiser at city hall, watch "Grown Ups" for a \$5 United Way donation, 373-2621

12 (7:00-10:00 pm) - Christmas Card Class at the civic center, \$15 covers cost of 12 cards/envelopes, pre-register at 535-8849

16 (6:30-8:00 pm, 6:00 social time) - Windmill Poets at the library, for anyone who likes to read or write poetry, free, 728-7310

17 (5:30-7:00 pm) - 10th Annual Chili Cook-off at Methodist church, all you can eat, \$6 adults, \$3 students, 373-2298

18 (6:30 pm) - The No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788

20 (3:00 pm) - PTO Live Auction at Piedmont Elementary, 863-6208

21 (1:00-5:00 pm) - Piedmont Holiday Bazaar at city hall, 409-0256

21 (6:30 pm) - Community Thanksgiving Service at the Nazarene church, 373-2308

An expanded version of the calendar is online at
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