



Piedmont Parks & Recreation News

piedmontparksandrec.com

November 2011

THREE Changes on November 6

Daylight Savings Time ends on Sunday, November 6, at 2:00 a.m.

In addition to turning the clock back by an hour, there are two other changes you should make.

Unless you have a smoke detector with long-life lithium batteries, you should change the batteries in your smoke detectors when you change your clocks every spring and fall.

But before you simply change the batteries, you need to check the expiration date on your smoke detector. If the smoke detector is more than ten years old, or you can't read or can't find the expiration date, it needs to be replaced.

An alarm that sounds when the test button is pushed only signals that the alarm is getting power. It does not ensure that the sensing mechanism is working. According to one source, by the time an alarm is 10 years old, it has a 30 percent chance of alarm failure.

On November 6, change the time, and, depending on the age of your smoke detector and the manufacturer's recommendation, either replace the batteries or replace the entire unit.



Community Thanksgiving Service

Sunday, November 20, 6:30 pm
at the Baptist church

Like us on Facebook!

Piedmont Parks and Rec

Piedmont Service Center Provides Transportation

Senior citizens and individuals with disabilities can contact the Service Center to arrange for transportation to medical appointments and other errands in Oklahoma City. If the van is available, people who are struggling financially and need transportation can also utilize the Service Center van.

The Service Center can be reached at 373-4022.



National Family Week

November 20-26, 2011

Set aside some time each day to have fun as a family during National Family Week. Some ideas are:

- * Teach your child how to use a crayon and piece of paper to make leaf rubbings.
- * Make personalized placemats for Thanksgiving dinner using pictures from magazines, or copies of photographs, or original drawings. Protect with self-laminating sheets.
- * Show your child how to play with yo-yos, jacks and marbles. If you don't remember, learn with them.
- * Bundle up and go outside to look at the stars. Go to www.kidsastronomy.com/astroskymap/index.htm to learn what you can see in the sky tonight.
- * Learn a magic trick. Do an internet search for "easy magic tricks for kids."
- * Make homemade pizza.
- * Make popcorn and watch a movie at home. Introduce your child to old favorites like Laurel and Hardy.



The Great American Smokeout

November 17 is the date of the American Cancer Society's 2011 Great American Smokeout when smokers are encouraged to quit.

The US Surgeon General has said, "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives."

According to the Oklahoma Tobacco Helpline, the craving for tobacco will pass in just 3 to 5 minutes. Meanwhile:

- | | | |
|--------------------|----------------------------|---------------------|
| - go for a walk | - brush your teeth | - take deep breaths |
| - read a book | - talk to a friend | - keep a journal |
| - watch the sunset | - listen to music | - exercise |
| - play like a kid | - spend time in the garden | - drink water |

National Diabetes Month

One out of every 3 children (and 1 in 2 minority children) born in the U.S. today will face a future with diabetes if current trends continue.

If diabetes isn't managed, it can lead to heart attacks, strokes, amputation, eye problems and blindness, kidney failure, and nerve damage. Diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure and cholesterol levels. Eating healthy, being physically active and quitting smoking can also help lower the risk for diabetes complications.

Healthy tips and recipes can be found on the American Diabetes Association website at www.diabetes.org/food-and-fitness.

Community Resource Guides

Guide to Community Services in Oklahoma is a 68-page resource directory developed by the Center for Learning and Leadership. It is available online at www.ouhsc.edu/thecenter/products/documents/CommServGuide_003.pdf

Resource Guide for Oklahoma's Children & Youth and Their Families is a 15 page resource directory developed by Oklahoma Area-wide Services Information System (OASIS). It is available online at <http://oasis.ouhsc.edu/documents/ResourceGuideJune2011.pdf>

Mental Health Resources

Oklahoma Department of Mental Health & Substance Abuse Services - 522-3908

To find a Community Mental Health Center, call 522-3151

National Alliance for the Mentally Ill (NAMI) in Oklahoma offers information and support - 230-1900



www.211oklahoma.org

2-1-1 or 877-362-1606
(calls answered 24 hours a day)

2-1-1 is the number to call if you need help finding medical or dental care, or if you are looking for other human services or resources. Assistance through the 2-1-1 helpline is available to everyone - families, seniors, employers, individuals, people with disabilities, and those with limited English.



Problem Gambling Resources

Certified Gambling Treatment Programs in Oklahoma that offer confidential counseling for problem gambling for free or on a sliding fee scale can be found online at www.odmhsas.org/Gambling/Programs.pdf

Other resources:

Problem and Compulsive Gambling Helpline
800-522-4700 (toll free, 24 hours a day)

Gamblers Anonymous Meetings
www.gamblersanonymous.org/mtgdirOK.html

National Council on Problem Gambling
www.ncpgambling.org



The Oklahoma Tobacco Helpline offers free services, support and resources.

Oklahomans who use any form of tobacco receive free one-on-one coaching by phone with a highly trained quit coach and materials to help stay on track between calls.

Participants may also be eligible for free nicotine patches or gum, or may be referred to their insurance provider for cessation medications.

November Community Calendar

- 1, 8, 15, 22, 29** (10:00 am) - Preschool Story Time at the library, free, 373-9018
- 2** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 2, 9, 16** (noon) - Senior Adults lunch and fellowship at the Methodist church, cost is \$3, reservations are appreciated, 373-2905
- 3** (noon) - Chamber of Commerce meeting at city hall, Dr Jeff Mills, Executive Director of the Oklahoma State School Board Association, will speak on preparing for elected office, free, optional lunch \$8, 373-2234
- 3** (2:00 pm) - TRIAD meeting at the police department, speaker is Fire Chief Andy Logan, free, 373-1334
- 3, 10, 17** (3:30-5:30 pm) - Wii, Craft & Snack for grade 5 & up, at library, free, 373-9018
- 3** (6:30 pm) - Ladies Night on how to make gift baskets, refreshments, at the library, free, optional items available for purchase, 373-9018
- 3, 10, 17** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 4, 18** (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 5** (9:00-11:00 am) - Piedmont Recycling and Fall Cleanup at the former Co-Op, Boy Scout Troop 734 and Methodist church youth group will be there to help, 373-2905
- 5** (9:00-1:00 pm) - Community Literacy Scavenger Hunt for all ages, clues available at library beginning Nov 1, takes approximately 1 hour, free, 373-9018
- 5, 12, 19, 26** (10:00-2:00 pm) - Historical Society Museum is open, free, 823-1345
- 5** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 5** (5:00 pm; books open at 4:00 pm) - OAHC All Breed Open Horse Show w/ Costume class at Round-Up Club Arena, regular class \$5, championship \$10, 826-4987
- 7** (5:00-8:00 pm) - Tailgate or To-Go Night, PTO fundraiser, Backyard Burgers in Piedmont Elementary parking lot, 863-6208
- 8** (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, 373-1387
- 9, 16, 30** (10:00 am - noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 10** (6:00-8:00 pm) - Piedmont Parent Network at the Methodist church, free, 514-9248
- 12** (3:00 pm; 2:00 pm preview) - PTO Live Auction of baskets at Piedmont Elementary cafeteria, 863-6208
- 14** (4:00-8:00 pm) - Spirit Night at Chick-Fil-A at NW Exprwy & Rockwell, say you're from Piedmont and Piedmont elementary receives 15% of the proceeds, 863-6208
- 16** (5:30 pm) - Community Thanksgiving Dinner at Baptist church, free, 373-2420
- 16** (5:30-7:00 pm) - 11th Annual Chili Cook-off at Methodist church, a bottomless bowl of chili is \$6 for adults, \$3 for students, 373-2298
- 17** (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 18** (6:00-11:00 pm) - Stampin'Up Stamp Camp at the civic center, \$5, bring your own supplies, RSVP 535-8849
- 19** (10:00-1:00 pm) - Turkey Crafts for all ages, come & go, free, at library, 373-9018
- 20** (6:30 pm) - Community Thanksgiving Service at Baptist church, 373-2420
- 30** (5:30-8:00 pm) - Blood Drive at Baptist church, 373-2420

An expanded version of the calendar is online at
PiedmontParksAndRec.com