



In 2011, Bring Back the FUNdamentals of the Game

"The more you awaken, the more you are response-able" Scout Cloud Lee

April 2011

President's Page

Hello Everyone:

I hope that this short note finds you doing well. The wild ride with the Oklahoma weather continues. The year started out with two large snow storms. Spring has brought us continuous thunderstorms and hail. As I have stated before, the work of parks and recreation departments throughout Oklahoma is still expected to go on.

I hope that most of you are finding the resources you need to do your job well. Do you ever think about how to make your limited resources beneficial to the largest amount of people? No, I am not talking about a parks and recreation miracle. Instead I am talking about taking another look at the actual population you serve.

We currently have an aging society. When you look at an aging population that is coupled with an extended life expectancy, you realize that issues related to health, recreation and independent living will become increasingly important.

Have you thought about the ever increasing diversity of the people you serve? In May of 2007, a U.S. Census Bureau report indicated that the number of nonwhite Americans reached the 100 million mark. A large percentage of the increase in the United States is due in part to the increased number of Latinos. According to our state newspaper, Latinos also had the single largest percentage increase in population in Oklahoma over the last five years.

Parks and recreation trends tend to reflect the myriad of shifts and changes in our society. Take a minute and look at these changes. Look to see what they mean in terms of challenges and opportunities for our field.

Sincerely,
Kevin Boatright
ORPS President



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Playground Safety Poster Grand Prize Winner

Joshua Hill
Yukon Community Center



Joshua is pictured at the State Capitol Awards Ceremony with Yukon Parks & Recreation Staff Kylie Hill and Quincy Rinkle. Joshua attends Surrey Hills Elementary in Yukon and is 11 years old. He won the grand prize maturing bond of \$1000.00 and entered the contest through the Yukon Community Center. The contest is sponsored by ORPS with the help of David Kendall, Children's Specialties in Broken Arrow, the Oklahoma Department of Labor and Oklahoma Department of Education. Look for more pics of winners and posters in the August Membership Directory.

Tai Chi: Moving for Better Balance

The Oklahoma Department of Health Injury Prevention Service is training Tai Chi Instructors across the state as part of the "Fall Prevention Program". Developed and researched by the Centers for Disease Control and Prevention, the course was designed to prevent falls in individuals age 65 and older. The Instructor Training course is a 2 day, 16 hour workshop which trains instructors to teach 8 basic Tai Chi moves. Participants receive an instructor manual and 3 DVDs. There is no fee to take the instructor course. A commitment to teach a 12-week program is required to participate.

This is a great program for fitness centers, community and senior centers, assisted living facilities, etc. See the articles included in this newsletter for more details.

If you are interested in more information, contact Liz Langthorn, MPH at 405-271-3430 x56448 or email: lizl@health.ok.gov.

information submitted by Brooke Hall, ORPS VP Administration

The mission of the Oklahoma Recreation and Park Society is to provide professionals with leadership, educational, personal and professional development opportunities in order to promote the importance of quality environmental, cultural, recreational and park services.

Injury Prevention Brief

Unintentional falls are the leading cause of injury death among adults age 65 and older in Oklahoma.

Most fall-related injuries can be prevented through behavioral changes and home modifications.

Safety and Prevention Information

<http://ips.health.ok.gov>

INJURY PREVENTION SERVICE

Oklahoma State Department of Health

1000 N.E. 10th Street
Oklahoma City, Oklahoma 73117

Phone (405) 271-3430

Fax (405) 271-2799

Fall-related Injuries Among Older Adults

- More than one-third of adults 65 years of age and older fall and many suffer from fall-related injuries each year in the United States. In 2008, falls were the leading cause of nonfatal unintentional injury among adults 55 years of age and older.
- The risk of serious fall-related injuries increases with age, particularly for persons 65 years of age and older.
- In Oklahoma, falls are the leading cause of unintentional injury death among adults age 65 and older.
- From 2004 to 2007, an average of 230 Oklahomans died each year as a result of an unintentional fall. Seventy-five percent of fatal fall injuries occurred in the age 65 and older population.
- For every fall-related death in Oklahoma, there were 40 hospitalizations for a fall-related injury.

A few prevention tips...

Exercise regularly. Exercises that improve strength, balance, and coordination are the most helpful in lowering the risk of fall-related injuries.

Ask a doctor or pharmacist to review both prescription and over-the-counter medications to monitor side effects and interactions. The way medications work in the body can change with age. Some medications or combinations of medications can contribute to drowsiness or dizziness, which may increase the risk of falling.

Have vision screenings at least once a year. The wrong prescription eyeglasses or health conditions, such as glaucoma or cataracts, limit vision and may increase the risk of falling.

Reduce hazards in the home that may lead to fall-related injuries.

- Keep floors clean and clear of clutter where persons walk.
- Maintain adequate lighting throughout the home, especially near stairways.
- Remove throw rugs or use non-skid throw rugs in the home, and use non-slip mats in the bathtub or shower.
- Install handrails on stairways and grab bars in bathrooms.
- Keep items needed for regular use in easy-to-reach places that don't require the use of a step stool.

Tai Chi: Moving for Better Balance

A Fall Prevention Program

In 2009, the Pottawatomie County Health Department (PCHD) in Shawnee, Oklahoma and the Injury Prevention Service (IPS) assessed the most common injury risks in the City of Shawnee, and found that falls among older adults were a rising problem among persons 65 years of age and older. In an effort to help reduce fall-related injuries in this population, the PCHD and the IPS implemented one of the evidence-based fall prevention programs recommended by the Centers for Disease Control and Prevention (CDC)—*Tai Chi: Moving for Better Balance*.

“I haven’t been able to keep my balance since I was a child. Since going through this Tai Chi class, I have my balance back.” -Watonga Tai Chi Participant, age 75

The Oregon Research Institute’s *Tai-Chi: Moving for Better Balance* program has proven to improve balance, improve physical performance, and reduce falls by as much as 55%. In November of last year, 16 individuals were trained in Shawnee and surrounding communities as Tai Chi instructors to implement the Oregon Research Institute’s fall prevention program. Instructor candidates represented the following organizations: the PCHD, Okfuskee County Health Department, Logan County Health Department, Shawnee Senior Center, Indian Health Service, and Brookdale Senior Living.

Tai Chi classes are currently being conducted in Shawnee, Kingfisher, Watonga, and Guthrie. Participants in each area have provided positive feedback to the instructors about the classes and improvements they have noticed in their health.

Subsequent Tai Chi classes are expected to be implemented in additional Oklahoma communities this coming year. If you are interested in becoming a Tai Chi instructor to implement *Tai-Chi: Moving for Better Balance* in your community, please contact the IPS office by phone, (405) 271-3430.

Let’s work together to prevent older adult falls in Oklahoma!

For a complete list of effective community-based falls interventions from the CDC, please visit:

http://www.cdc.gov/HomeandRecreationalSafety/images/CDCCompendium_030508-a.pdf.

“Tai Chi class made a great difference in my life! My balance has improved...now I can walk faster and steadier. Tai Chi has given me better balance and the confidence to do more kinds of exercise. Now I walk 2 miles, 3 times a week...”
-Shawnee Tai Chi Participant

INJURY PREVENTION SERVICE

Oklahoma State Department of Health

<http://ips.health.ok.gov>

America's Backyard

The Citizen's NRPA Network Challenges You to Step Up

As individuals committed to protecting public parks and recreation across the country, you know and appreciate that our parks are one big backyard—**America's Backyard**. **America's Backyard** is NRPA's new campaign to engage the public in supporting parks and recreation on the national level.

Think back to some of your best childhood memories—we bet they took place in a park. Think back to your childhood friends—where did you meet to play? At the local park! We have a chance to make sure those memories continue for future generations—what a great legacy.

As Citizen members of NRPA we provide the most direct link to the public in our communities. Individuals and community groups can all support **America's Backyard** simply by making a donation and becoming a Friend. Friends of **America's Backyard** receive a calendar and a window cling to help spread awareness.

We know firsthand how our parks touch many different people—old, young, families, urban, rural, sports teams, scout troops, neighborhood associations and foundations.

Citizens from around the county have come up with creative ways to support **America's Backyard**:

- * Some agencies are adding \$1-5 to their sports league fees which are turned in as donations to **America's Backyard**. They help the participants understand the connection between supporting the national movement and sustaining their activities.

- *Others are giving in recognition of individuals as a gift or thank you. What do you give the person who has everything? A gift to **America's Backyard** of course!

What's in it for you? From now until October 14th, the individual who brings in the most donation dollars, as well as the individual who recruits the most new Friends to **America's Backyard**, will each receive an **America's Backyard** Prize pack at the NRPA Congress in Atlanta. But the real reward is the satisfaction in knowing what kind of future you are providing in parks and recreation for generations to come.

By now we hope you are asking yourself how to do this. It's simple:

- *Encourage your friends to become a fan of **America's Backyard** on Facebook, where we already have more than 600 followers. Be sure to mention you are an ORPS member.

- *Inspire individuals and community groups to donate to **America's Backyard** either online or via email.

When a donation is made, there is a place on the form to designate "how they heard about AMERICA'S BACKYARD", where they can fill in your name so that credit is given. You and your friends can access the donation page via **America's Backyard** Facebook page or through

www.americasbackyard.org.

We want to hear from you, your successes and ideas. Let's show NRPA that the Citizen Network supports **America's Backyard!!**

Contact info changes**LARKIN AQUATICS**

Sales Rep - Colleen Standefer

cstandefer@larkin-grp.com

MIRACLE RECREATION PRODUCTS

Oklahoma Rep:

Brian Ash - Ash Recreation & Design
931 Monterey Ct
Monett, MO 65708

800-933-6484

brian@ashrecreation.com

Clay Carter has made a career change but you can get his contact info through the ORPS office

New Members**JENNA INNIS**

Parks & Recreation Director
City of Stilwell, OK
925 W Hickory
Stilwell, OK 74960

918-696-5084

stilwellparks@cityofstilwell.com

ANNA MACKEY

OSU Student
148 Melrose
Stillwater, OK 74074

405-834-8305

annamackey@gmail.com

Commercial Member dues
run on a calendar year.

Those attending 2010 conference
are current for 2011.

Municipal, County, Friend, Retired Member
dues run on a fiscal year.
July 1 - June 30th.

ORPS Board Members 2011

President - Kevin Boatright, parksdept@ardmorecity.org

Pres. Elect - Jeff Edwards, jjedwards@sandspringsok.org

Past Pres - Kent Dunlap, kent.dunlap@usace.army.mil

Secretary - Caroline Summers, csummers@tulsacounty.org

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Trustee - Jennifer Samford, jenrayld@msn.com

Trustee - Randy McFarlin, randy.mcfarlin@adaok.com

VP Administration - Teresa Ervin, tervin@ardmorecity.org

VP Admin Elect - Brooke Hall, brooke@muskogeparks.org

VP Citizen Bd - Ron Robinson, revronrobinson@aol.com

VP Cit. Bd Elect - Brandon Riggs, brandon@terrapad.com

VP Parks - Pat Standingbear, pstandingbear@tulsacounty.org

VP Parks Elect - Nic Bailey, nbailey@cityofmustang.org

VP Recreation - Lenora Ware, lenora.ware@okc.gov

VP Rec Elect - Thor Rooks, trooks@brokenarrowok.gov

VP Special Pops - Stephanie Welch, stephanie.welch@va.gov

VP Spec. Pops Elect - Casey Barnett, cbarnett@cityofyukonok.gov

Executive Director - Patty Dixon, orpsok@aol.com

Contact the board members with any suggestions for workshop or conference session topics or any other matter that you feel pertains to ORPS membership.

CONGRATULATIONS**Playground Safety Poster Winners**

**ORPS Communities of *Yukon, Stilwell, Lawton,
Watonga, Pauls Valley, Broken Arrow, Moore,
Muskogee, & *Sand Springs.**

*entries were made through the Parks & Recreation Programs

**Contact the ORPS office for the child's
information if you would like to locally recognize
the winner from your community.**

We Are Proud of YOU!!!!

*other community winners were from
Cleveland, Maysville and Durant

Oklahoma Recreation & Park Society
PO Box 1201
Sand Springs, OK, 74063

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