

Georgia Golden Olympics Newsletter

Georgia Golden Games, Inc.



July , 2012

Georgia Golden Olympics-September 19-22

GGO WEBSITE ITEMS

- * Map of the Golden Olympics venues
- * Registration forms for athletes
- * Volunteers forms
- * Contribution categories
- * Media Kit with posters and news release
- * Team Roster

The games are just around the corner and it is time to register if you haven't registered. The deadline is August 1, 2012. After August 1 –through August 15 the registration fee doubles, so please send your form in as soon as possible.

Remember that these games are qualifying games for the 2013 National Senior Games, scheduled for July 2013 in Cleveland, Ohio.

The Cleveland Sports Commission is working hard to make this the best national event ever. In order to compete at the National event an individual must qualify at a state event. Georgia is an open state which means that out of state participants can compete and qualify for the national event.

Georgia added several new events for the 2012 games. The 50M Run, the hammer throw and wii bowling were added.

If you have not registered or did not

receive a registration form in the mail or by email, you may go to the website, print the registration form, complete it and mail to Georgia Golden Olympics, PO Box 958, Winder, GA. 30680. The website should answer other questions you may have. It also list the individuals and organizations that help to fund the games through contributions. We are very grateful for all of the contributors who help to make the games a reality. If you are interested in making a contribution, the website has more details or you can mail the contribution to the address above.



Charles Ross at the 2011 Georgia Golden Olympics

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Volunteers needed for the 2012 Georgia Golden Olympics

If you want to have fun and doing something for others, now is the time to register to volunteer at the Georgia Golden Olympics. A variety of jobs are available. Work with an event, help setup, take down, or just be a cheerleader. We need help

in every area. The volunteer form is available on the website. Register early to insure you receive a volunteer t-shirt and are able to work at the event you choose.

If you have questions regarding volunteering, you may email Antuanette Davis at dybibbs@aol.com or call her at 478-333-3849. WE NEED YOUR HELP!!

www.georgiagoldenolympics.org

Older Adults Maintain Youthful Brains by Staying Mentally, Socially Stimulated

Engagement is the secret to a brain that appears younger than its years

April 28, 2012 - Aging may seem unavoidable, but that's not necessarily so when it comes to the brain. It is what you do in old age that matters most when it comes to maintaining a youthful brain, now what you did earlier in life, according to new research.

"Although some memory functions do tend to decline as we get older, several elderly show well preserved functioning and this is related to a well-preserved, youth-like brain," says Lars Nyberg of Umea University in Sweden.

Education won't save your brain - PhDs are as likely as high-school dropouts to experience memory loss with old age, the researchers say. Don't count on your job either. Those with a complex or demanding career may enjoy a limited advantage, but those benefits quickly dwindle after retirement.

Engagement is the secret to success. Those who are socially, mentally and physically stimulated reliably show better cognitive performance with a brain that appears younger than its years. "There is quite solid evidence that staying physically and mentally active is a way towards brain maintenance," Nyberg says.

The researchers say this new take on successful aging represents an important shift in focus for the field. Much attention in the past has gone instead to understanding ways in which the brain copes with or compensates for cognitive decline in aging. The research team now argues for the importance of avoiding those age-related brain changes in the first place. Genes play some role, but life choices and other environmental factors, especially in old age, are critical.

Elderly people generally do have more trouble remembering meetings or names, Nyberg says. But those memory losses often happen later than many often think, after the age of 60. Older people also continue to accumulate knowledge and to use what they know effectively, often to very old ages.

"Taken together, a wide range of findings provides converging evidence for marked heterogeneity in brain aging," the scientists write.

"Critically, some older adults show little or no brain changes relative to younger adults, along with intact cognitive performance, which supports the notion of brain maintenance. In other words, maintaining a youthful brain, rather than responding to and compensating for changes, may be the key to successful memory aging." The research report is in the April 27 edition of the Cell Press journal *Trends in Cognitive Sciences*.

Welcome from the Cleveland Sports

On behalf of the Greater Cleveland Sports Commission, our Local Organizing Committee and the City of Cleveland, Ohio, we would like to express our excitement to be hosting the 2013 Summer National Senior Games. This monumental event will run from July 21 – August 5, 2013 and will welcome athletes, family, friends and fans from all across the United States. Cleveland is a world-class city that is excited to greet the 2013 Summer National Senior Games with open arms and a commitment to making this a great and memorable event for all! Learn more at www.cleveland2013.com

All about CLEVELAND!

Not sure where to start when planning your visit to Cleveland? We invite you to take advantage of everything our community has to offer including our notable history and culture, a plethora of amenities and entertainment options, fine dining, great shopping and so much more! Check out the most up-to-date happenings and chat with the knowledgeable staff at the Cleveland Plus Visitors Center at www.positivelycleveland.com.

