



# THE FINISH LINE

*Arizona's Leader in Senior Fitness*



## Visit Our Online Store

June is an especially exciting month for us this year because we will be launching our online store! Many of you have asked for the opportunity to purchase specialized apparel and other items related to Senior Olympics for special occasions or to wear to the various games in which you compete.

By shopping at our online store, you

will not only be selecting from a wide variety of top-of-the-line products; you'll be helping Arizona Senior Olympics as well. The store will open in mid-June so watch our website at [seniorgames.org](http://seniorgames.org) and experience the convenience and ease of buying the merchandise you want from people you trust.

## City of Phoenix Kicks Off Age-Friendly Initiative



The City of Phoenix recently kicked off an initiative to make the city more "age-friendly." Although the city has long had excellent programs for seniors through the Parks and Recreation Department and the Human Services Department, the city is looking to improve on and expand a wide variety of programs that will make living in the city more attractive than ever before. Headed by Councilwomen Thelda

Williams and Kate Gallego, the sub-committee is analyzing every aspect of the lifestyles of various age groups with a goal of making sure the city is compatible with the lifestyles of all of its residents.

Seniors can look for new programs and activities that will fit contemporary senior preferences. Read *The Finish Line* for the latest updates on the Age-Friendly Initiative.

## June Is National Oceans Month



It's that time of year again! Millions of people will be heading to the beaches on all of the American shores, excited to be outdoors enjoying the beauty of the ocean. They'll swim, play and relax in what we all believe to be some of the most beautiful places on Earth.

It's hard to believe that lurking in the North Pacific Ocean is a giant garbage patch, floating with the currents and made up of all kinds of waste, put there by our species.

The "garbage patch" is a popular name for concentrations of marine debris in the North Pacific Ocean. While "Great Pacific Garbage Patch" is a term often used by media, it does not paint an accurate picture of the marine debris problem in the North Pacific Ocean.

**Here are some startling facts about the Great Pacific Garbage Patch:**

- 7 million tons of weight

- Twice the size of Texas
- Up to 9 feet deep
- In the great Pacific Ocean currents, there is six times more plastic than plankton, the main food for many ocean animals.

So how did all that debris wind up in the ocean? Of course there are many sources, from human littering on the beaches to losses of fishing and shipping equipment in storms. An estimated 10,000 containers are lost at sea each year by container ships. All the contents of those containers are polluting our oceans and over time the plastics become "micro plastics" which can barely be seen but are killing the fish and making their way into our food chain.

It is in the interest of all of us to use less plastic and to recycle all that we do use. It's really up to us to SAVE OUR OCEANS.



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**City of Phoenix**

PARKS AND RECREATION DEPARTMENT

in partnership with the cities of Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe and the communities of Sun City, Sun City West and Sun City Grand

**Arizona Senior Olympics**

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## Never Too Late to Exercise

It's never too late to start exercising. This is the summer. Feel better! Look better! Be stronger! Be healthier! Don't wish for it; work for it! Be fit by fall!

## Take the Survey

Last month in *The Finish Line*, we announced that Dr. Richard Gitelson of the University of California has volunteered his time and effort to put together a valid survey for Arizona Senior Olympics. All surveys are anonymous and the results will help ASO learn how to better serve our participants.

Have you taken the survey yet? If you haven't, take a look in your email for "Evaluation of Arizona Senior Olympics." We hope that every Senior Olympian will help us in this way. Your opinions are important to us! Thanks for your help!

## Off to Birmingham!

They're off to Birmingham! One hundred and nineteen happy, enthusiastic senior athletes from Arizona are on their way to the National Senior Games. The location is Birmingham, Alabama and the schedule is filled with 20 sports held throughout a city that has rolled out the carpet for them. From the exciting check in, where they will meet athletes from all over the country, to the actual venue where they will compete, there will be the joy of renewing friendships, the excitement of competition, the satisfaction of doing their "personal best" and perhaps the winning of a treasured medal.

Arizona Senior Olympics is a member of the National Senior Games Association and we are proud of every athlete who

will represent our state. We hope they will remember their Arizona pledge:

"As a Senior Olympian, I pledge myself to the spirit of the Olympics:

THE SPIRIT OF ACHIEVEMENT, that I may reach my goals,

THE SPIRIT OF COMPETITION, that I may win or lose with pride and honor,

THE SPIRIT OF FRIENDSHIP, that I may be a true friend of those around me."

-Irene Stillwell, 1982



# Don't Wait to Forget Before Getting Checked for Alzheimer's

BY ELLIE KALLAL

Dementia and Alzheimer's scare us. We get worried when we start to forget things such as where we put the car keys and the name of the nice kid at the coffee shop. But memory loss is not the first sign of Alzheimer's and there are ways to reduce the onset of the dementia.

### Some early signs of Alzheimer's include:

- Changes in walking movements, gait, and stability may be early signs, as well as reduced speed. Since we often change our walking patterns as we age, this sign can go unnoticed.
- Falling frequently (four or more times a year). This is often assumed to be a balance or aging issue. Not so.
- Losing interest in favorite things and activities. Interests change, but they are usually replaced with new interests. If the interests are not replaced, but simply disregarded, this can be a sign.
- Losing an interest in food, especially favorite foods, can be a sign. Temporary appetite loss is not the same. Many things can cause a temporary loss, including the common cold. Watch for permanent loss. And if ever I say I'm not interested in food, get me to a doctor *fast*.
- Becoming unusually anxious, aggressive or suspicious
- Saying inappropriate things, making comments and ignoring embarrassment. Making comments of a sexual nature is an example.
- Losing empathy. When a normally nice person starts saying hurtful or insulting things and not realizing that it is unacceptable, it is cause for concern.
- Sleeping a lot; suddenly wanting to sleep more than nine hours at a time, when you usually sleep less
- Not recognizing sarcasm. There are



other issues that inhibit an ability to recognize a sarcastic remark, but if this condition is a recent development, it can be an early warning.

- Sudden disregard for the law. For example, shoplifting small items, running stop signs, ignoring the IRS deadline.

There is a test that identifies Alzheimer's very early, before any symptoms appear. This test looks for increased levels of amyloid protein in the brain. More recently, Tau proteins have been identified as a more accurate predictor. However, this is not a commonly run test and many won't get the test run. Not all insurance policies will pay for tests unless there is a history or other indications the patient is at risk. Some people don't want to run the risk of losing their insurance if they are diagnosed and others simply assume that it doesn't do any good to know. Not everyone understands that early detection can mean early treatment.

As with most diseases, early treatment helps. We can put off the later stages of Alzheimer's by changing lifestyle patterns and drugs. If you or someone you care for is exhibiting these symptoms, get to a doctor for analysis.



## The Tale of a Shirt

Every year, Arizona Senior Olympics staff begins the process of ordering shirts. The shirts are intended to be souvenirs of the great time everyone has at the annual Arizona Senior Olympic Games.

In the 36 years of ASO's existence, thousands of shirts have been enjoyed by our athletes. We've had all kinds of shirts. Some were very popular, like the one with the theme "Stayin' Alive" that had Kokopellis dressed like John Travolta dancing on the shirt. Some were popular with women, but not men, like the beautiful yellow one with Hawaiian flowers across the front.

Obviously you can't please all the people all the time, and our shirts are proof of that! However, there are some

little-known facts that many ASO athletes do not understand.

- The shirts are custom, which means they are designed just for Arizona Senior Olympics.
- Because custom shirts are a finite number, they cost more because they are not produced in enough quantity to drive the price down.
- The shirts are screen-printed with the design. This means they go through a printing process on a machine that places one color at a time on the fabric.
- If a shirt is printed with only one color, it goes on the machine once. If it's printed with six colors, it goes on the machine

six times. In between each color, the machine must be cleaned.

- The screen printer doesn't manufacture the shirts. They're purchased from the manufacturers as blanks. White is the least expensive. Color costs more.
- The material of the shirt varies widely. Some people like 100 percent cotton, which is often cooler and more comfortable. Others prefer 50 percent cotton and 50 percent polyester because it retains its shape better and launders easier without wrinkles.
- Shirts are ordered in quantities of 50, but the more you order, the lower the cost.
- In all of this there are deadlines: Deadlines for having the design go to the printer, deadlines for ordering the shirts from the manufacturer, deadlines for paying for the shirts.

After the shirts are ordered – and sometimes after they are printed – an athlete will call, wanting to buy a single shirt. We always feel bad when we have to turn them away because it is not possible to order just one shirt. It's obvious the person thinks that shirts are ordered "on spec" as they would be in a store. That's not the case with custom shirts.

Many games give shirts and the cost is included in the registration. Sponsors' names are almost always on the shirts. In Arizona we give the athlete a choice to buy a shirt or not. In this way, there are no sponsor names on the shirt and we don't have hundreds of shirts wasted by having to order before quantity is known.

So that's the "Tale of the Shirt." Order one soon in our own ASO store at our website, [seniorgames.org](http://seniorgames.org).

## Puzzle Answers

FROM PUZZLES ON PAGE 25

### King Crossword

answers

T	H	R	U		O	V	U	M		S	A	P
A	E	O	N		D	I	K	E		M	B	A
C	R	A	S	H	D	I	E	T		A	L	I
H	O	M	E	R	S				R	I	S	E
			A	S		B	R	O	T	H		
G	I	F	T		L	E	I		S	H	O	P
O	I	L			A	G	O		I	R	E	
D	I	A	L		K	I	T		S	T	E	W
		S	E	V	E	N		D	O			
T	A	H	O	E			P	O	W	E	R	S
H	I	M			T	R	A	S	H	H	E	A
A	D	O			C	O	N	S		A	L	G
W	E	B			H	E	A	T		T	S	A

### Go Figure!

answers

5	-	3	×	9	18
×		×		÷	
4	+	6	+	3	13
-		-		+	
7	×	1	+	8	15
13		17		11	

### Even Exchange

answers

- |                   |                    |
|-------------------|--------------------|
| 1. Picky, Pinky   | 6. Scare, Scarf    |
| 2. Freed, Fried   | 7. Miner, Minor    |
| 3. Litter, Latter | 8. Hearth, Hearty  |
| 4. Tamer, Timer   | 9. Poise, Posse    |
| 5. Nature, Mature | 10. Bruise, Braise |

### SCRAMBLERS

solution

1. Mega; 2. Bewitch;  
3. Terse; 4. Reach

Today's Word  
**WEIGHT**

### Weekly SUDOKU

Answer

3	5	7	6	4	8	2	9	1
4	9	6	1	7	2	5	3	8
2	1	8	9	5	3	7	4	6
6	7	3	4	1	9	8	5	2
9	2	5	3	8	6	1	7	4
1	8	4	7	2	5	3	6	9
7	3	2	8	6	4	9	1	5
5	4	1	2	9	7	6	8	3
8	6	9	5	3	1	4	2	7



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