

Team-Times Newsletter

Bi-monthly Employee Newsletter of the Richland County Recreation Commission -- August 2012



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MISSION STATEMENT

Dedicated to enriching lives and connecting communities through diverse recreational opportunities.



South Carolina's First and Only Nationally Accredited Parks & Recreation Agency

Healthy Cooking

Lisa Smarr, Adult Services Coordinator

Throughout the summer, our Adult Services Department partnered with SC DHEC to offer several healthy cooking workshops. With the help of Brooke Brittain, registered dietitian, many of our seniors have learned some simple and easy ways to cook healthy.

The final workshop will be held on Tuesday, September 25, 11:00 a.m.-12:00 p.m. at the Denny Terrace Community Center. The workshop is free and open to the public. The workshops teach families how to prepare easy, inexpensive, tasty, and healthy meals, how to read food labels, and the importance of limiting fat, sugar and sodium.



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“It’s Your Health...Take Charge!” is the mantra of the USDA’s Office of Public Health Nutrition. We are encouraged to get active by walking, dancing or playing, to lower fat by monitoring food choices and portions, to eat more fruits and veggies, and the eat more whole grains.



Visit www.scdhec.gov to learn how to “Take Charge of Your Plate”. MyPyramid.gov provides a simple and easy to follow guide for a healthier you. It explains the balance between food and physical activity and offers tips for making healthy food choices from all of the food groups.

Mrs. Brittain’s presentation includes an eye opening segment on processed and convenience foods and the amount of fat, salt and sugar in a number of popular fast food and packaged items. Each workshop concludes with the group preparing an easy, low cost, healthy recipe.



All of the grocery items are provided and everyone enjoys sampling the dish. The whole wheat chicken quesadillas are the hands down favorite and are a snap to prepare. Each participant receives a take home gift of recipe cards, a handy measuring cup, nutrition information and more.

If you would like to schedule a FREE Healthy Cooking Workshop for your RCRC group, please contact Lisa Smarr at 699-7425.

Take Charge. Get Tested.

Kami Wright, Park Manager, Hopkins Park

As our agency begins to refocus on health and wellness initiatives, each park observes a different initiative each month. Hopkins Park was selected to host an event for National HIV/AIDS Testing Day. Every year on June 27, everyone is encouraged to get tested for HIV/AIDS and other sexually transmitted diseases. We teamed up with the South Carolina HIV/AIDS Council’s mobile services that provided on-site testing. We had never tried this type of event so planning it wasn’t easy. With HIV/AIDS such a difficult topic, we weren’t sure how many people would come to an event like ours.



We wanted the evening to go smoothly. With the help of staff and volunteers the event went great! This turned out to be an outstanding event which started with P.O.S.I.T.I.V.E Voices, a group of women that talk about living with the virus; National recording artist John Lakin, Girls Meet World Praise Dance Ensemble, and the Executive Director of the SC HIV/AIDS Council, Dr. Bambi Gaddist, all took part in the program. It was hot but as the sun set on the park, everyone was treated to hotdogs, hamburgers, drinks and enjoyed kickball and softball games. Our community really came together for an amazing time of hope and awareness. The SC HIV/AIDS Council tested 25 people that day.

The Hopkins staff would like to thank everyone that took part in this event to make it a success!



Foundation Buy-A-Brick Campaign

Elizabeth Poole, Development Support Coordinator

The Recreation Foundation is kicking off a buy-a-brick fundraising campaign! A personalized brick can be purchased for \$100, which will be placed in the courtyard of the new administration building on Parklane Road.

As an RCRC Employee we would love your participation too. You can leave a lasting mark on the agency and for future generations of park and recreation professionals. As an employee, if you get four members of the public to purchase a brick, then you will receive your commemorative brick for FREE. This is a great way for both employees and members of the community who have been impacted by RCRC to showcase their appreciation and support.

Proceeds raised will go towards providing additional funds for programming, recreation and community centers. You'll soon be seeing flyers and advertising for the campaign so we hope you will help us get the word out. Please encourage those who use and benefit from our services to give back in this unique way.

Not only will money raised from this campaign benefit the commission and the community as a whole, but years from now your legacy will remain a part of RCRC.

We've made buying a brick as easy as possible, with a link on our website where you can order and pay for your brick. We'll be selling bricks until March 13, 2013 and we need your help to get the word out to your patrons and community members.

If you have questions or want to find out more about how you or your family can donate to the Foundation, call Elizabeth Poole at the Foundation, 736-9369.

Thank you so much for your support and let's show Richland County how much we all love and care about RECREATION!

4 x 8 BRICK

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PLEASE RETURN THIS FORM AND YOUR CHECK PAYABLE TO:

Richland County Recreation Foundation
PO Box 23603, Columbia, SC 29224

Name: _____ Phone: (_____) _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Amount Paid: \$ _____

If you have any questions, please call Elizabeth Poole at (803) 736-9369.

Every Body Deserves a Massage

Julian Shabazz, Recreation Programmer

Since 1994, the Associated Bodywork & Massage Professionals (ABMP) has celebrated *Every Body Deserves a Massage Week* in July. ABMP serves the massage, bodywork, and somatic therapy profession and is devoted to promoting ethical practices, fostering acceptance of the professions, and protecting the rights of practitioners. Headquartered in Golden, Colorado, ABMP is the largest massage therapy membership organization in the nation, serving more than 80,000 members.

Every year massage therapists and body workers nationwide hold grassroots events in their communities offering free massages. The event is designed to promote massage therapists as they benefit their communities.

Killian Park hosted an *Every Body Deserves a Massage* event on Friday, July 13. The planning committee for the event consisted of Antoine Rush (Killian Park Manager), Megan Morris (Killian Park Assistant

Manager), and RCRC Recreation Programmers Stephon Scott, Michael Marshall, and Julian Shabazz. Tiyana White also assisted with the event and served as greeter/host for the program. Vendors from several popular massage spas and personal care companies were in attendance.

The event was designed to create an atmosphere of peace and serenity.

The park was transformed into a spa, muted lighting and soft music created a relaxing atmosphere for everyone.

Approximately forty (40) people benefitted from the free services and several massage therapists donated door prizes that were given out to patrons. RCRC staff from Killian Park and throughout the agency collaborated to make this inaugural health and wellness event a success.



West Nile Virus Prevention

Chris Santino, Safety Manager



According to the South Carolina Department of Health and Environmental Control, four human cases of West Nile Virus (WNV) have been confirmed so far this year, three from right here in the Midlands. Three other cases involve a dead crow, a horse and a mosquito pool.

DHEC recommends citizens pay attention to the “four Ds” as the most effective ways to prevent WNV:

DEET - Apply insect repellent containing DEET, picaridin, oil of lemon, eucalyptus, or IR 3535 according to label instructions.

DRESS - Wear clothing that reduces risk of skin exposure.

DAWN AND DUSK - Exposure to mosquitoes is most common during the early morning and evening so it is important to wear repellent at that time.

DRAIN - Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including flowerpots, old car tires, rain gutters and pet bowls. If you have a pond, use mosquito fish (available from your local mosquito and vector control agency) or commercially available products to eliminate mosquito larvae.

For more information check out DHEC’s website:

<http://www.scdhec.gov/environment/envhealth/pests/mosquitoes-wnv.htm>

Heat Related Emergency Tips

Chris Santino, Safety Manager

Heat related emergencies are progressive conditions caused by overexposure to heat. If recognized in the early stages, heat related emergencies can usually be reversed. If not, they may progress to heat stroke, a life threatening condition.

There are 3 types of heat related emergencies:

1. Cramps

Painful muscle spasms that usually occur in the legs and abdomen. Heat cramps are the least severe of heat related emergencies and are the first signals that the body is having trouble.

Care for Heat Cramps

- Rest in a cool place
- Give cool water to drink, but not too quickly

• Usually rest and fluids are all the person will need to recover. Lightly stretch the muscle and gently massage the area. The person should not take salt tablets or salt water, they can make the situation worse. When the cramps stop, the person can usually start activity again if there are no other signs or signals of illness.

• Watch the person carefully for further signals of heat related emergencies.

2. Heat Exhaustion (early stage)

An early indicator that the body's cooling system is becoming overwhelmed. Signals of heat exhaustion include:

- Cool, moist, pale, ashen or flushed skin.
- Headache, nausea, dizziness
- Weakness, exhaustion
- Heavy Sweating

Heat Stroke (late stage) is when the body's systems are overwhelmed by heat and stop functioning. Heat stroke is the least common but most severe and can become a life threatening condition. Signals of heat stroke include:

- Red, hot, dry (or moist) skin
- Changes in the level of consciousness
- Vomiting
- Very small pupils
- Extremely high body temperature

Care for Heat Related Emergencies

Take the following steps to care for someone suffering from a heat related emergency:

- Move the person to a cool place



- Loosen tight clothing
- Remove perspiration soaked clothing
- Apply cool, wet towels to the skin
- Fan the person or spray with water

The person should not resume normal activities the same day.

If the person is conscious, give small amounts of cool water to drink. If the person refuses water, vomits or starts to lose consciousness this is a signal that the condition is getting worse, call 911 immediately.

Continue to apply cold compresses with ice or cold packs to their wrists, ankles, groin, neck and armpits (cooling large blood vessels areas).

Use barriers like towels or clothing between the ice packs and the person to protect the skin.

Continue to check signs of life (movement and breathing).

Environmental conditions that could lead to a heat related emergency:

Strenuous activities outside on a hot sunny day.

Working in a hot room with little air conditioning, such as a kitchen.

Not drinking enough water while working in a warm/hot environment.

Working in a building where the cooling system fails.

3. Sun Exposure

To prevent sunburn and other health problems protect yourself from the sun. Peak hours for sun rays are between 11:00 a.m. and 4:00 p.m. If you have to be out in the sun during these times, wear sunscreen SPF 15 or higher and it must block UVA and UVB rays.

Also wear protective clothing and outdoor gear that protects your head, neck, face, scalp, ears. Wide brimmed hats and sunglasses are recommended.

Monitor the daily UV Index forecast and air temperature for your area through the internet, news or newspaper.

Find good shade areas or use portable shade structures, such as porches and picnic shelters.

Take frequent water breaks and remain hydrated. Drink plenty of water or commercial sports drinks regularly and often even if you do not feel thirsty. Water is highly recommended and avoid soft drinks. Eat light and cool meals.

Once the signals of a heat related emergency begin to appear, a person's condition can quickly become worse. Exposure to extreme heat and humidity can make a person seriously ill. The likelihood of the illness also depends on factors such as physical activity, clothing, wind, humidity, working conditions, age and state of mind.

Although rare, a heat related emergency can result in death. If you see any signals of sudden illness and the person has been exposed to extremes of the heat, suspect a heat related illness, act immediately.

Our line of work puts us at risk for heat related emergencies, so be certain to do your part to remain safe and prepared to handle a heat related emergency. Pay attention to your body's signals, heat related emergencies can be avoided by taking precautions.

Know Your Facility?

Tavares Hanks, Graphic Designer/Webmaster

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- AAC
- AnnaBoyd
- Ballentine
- Bluff Road
- Blythewood
- Caughman Road
- CRTC
- Crane Creek
- Crane Forest
- Crossroads
- Denny Terrace
- DTGym
- DFTC
- Eastover
- Forest Lake
- Friarsgate
- Gadsden
- Garners Ferry
- HACC
- Hopkins
- Technology Center
- Jordan Boat Ramp
- Killian
- Linrick
- Meadowlake
- North Springs
- Olympia
- Perrin Thomas
- Pine Grove
- Polo Road
- RCTC
- Ridgewood
- Rosenwald
- St Andrews
- Serenity
- Sharpe Road
- Starlite
- Summerhill
- Trenholm
- Upper Richland
- Washington



Friday, September 21 • 9:00-11:00 am
Caughman Road Park • 2800 Trotter Road
 Get your green on and keep the Midlands beautiful by joining our litter pick-up! Meet outside of Caughman Road Park. Water and supplies will be provided.

What's Wrong With This Picture?

Sabrina Collins, Risk Manager

The RCRC Safety Committee wants everyone to work safe while enjoying his/her job. The committee will feature a different fun activity in Team Times each quarter.

This quarter's feature is: "**What is Wrong With This Picture**"? Can you identify any hazards in the picture below? There may be none, one or several. The first employee to identify

the most hazards and submit their answers to Sabrina Collins will receive a safety certificate and recognition in the next Team Times along with the answers.

To send your answers to Sabrina you can call 754-6720 ext. 245, email sabrina@rcrc.state.sc.us, or stop by the Denny Terrace Community Center.

Please print and share with everyone in your department.

Work safe everyone!!!!!!!!!!!!



Touchdown for Eastover Camp

Robert Davis, Park Manager, Eastover Park

The 4th annual Save Our Youth football clinic at Eastover Park was a huge success! This year we partnered with the Carolina Panthers for the NFL Play 60 program. Over 200 children participated in the camp. Kids get a



chance to experience training similar to the pros. Kids ran through 10 stations of catching, throwing, running and tackling drills.

Kids were treated to lunch, provided by Harold Goodwin, Eastover native and current Offensive line coach for the Indianapolis Colts and the Richard Seymour Foundation.

Each child also received an autographed jersey from Carolina Panther's Quarterback, Cam Newton.

Eastover park staff would like to thank the Carolina Panthers Play 60 coaching staff, Eastover Diamonds



football coaches, park staff, bus drivers, parent volunteers, executive staff and Board Chair, Ms. J. Marie Green for their dedicated service on July 11. We look forward to taking the camp to the next level again next year.



August

- 10 Pay Day
- 11 End the Summer Cookout Celebration Carnival, 11:00 am-2:00 pm, Caughman Road Park
- 18 Back to School Bash, 10:00 am-1:00 pm, Crane Creek Community Center
- 22 **Back to School** for Richland One Schools
- 22 **Back to School** for Lexington/Richland Five Schools
- 23 **Back to school** for Richland Two Schools
- 24 Pay Day
- 29 Seniors Club Organizational Meeting, 10:00 am, North Springs Park

ATTENTION PARENTS!

Registration Fee
\$25⁰⁰



- Safe location • Homework assistance • Experienced & trained staff • DSS certified
- Character development • Healthy snacks • Arts & crafts • Recreational games
- Computer access available

2012-2013

afterschool Program



HOURS: Monday-Friday after school until 6 PM
 Also available most early dismissal days and some holidays.
 Multi-child discount | ABC Vouchers Accepted

For more information
call 754-6720 ext. 206

Visit our website at:

WWW.RICHLANDCOUNTYRECREATION.COM



Join us on Facebook:

<http://www.facebook.com/pages/Columbia-SC/Richland-County-Recreation-Commission/115911922480>

Follow us on Twitter:

www.twitter.com/RichlandRec

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