

TEAM-TIMES

Bi-monthly Employee Newsletter of the Richland County Recreation Commission -- April 2015 *Newsletter*

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MISSION STATEMENT

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



Social Equity

Ensuring all people have access to the benefits of local parks and recreation. True to the very philosophy of public parks and recreation is the idea that all people – no matter the color of their skin, age, income level or ability – has access to programs, facilities, places and spaces that make their lives and communities great.

Proven Impact: Your Local Parks Addressing National Issues

Kenya Bryant, Assistant Executive Director

The National Recreation and Parks Association (NRPA) has identified three key ways that local parks make a significant impact in solving the nation's toughest issues. By ensuring there is **Social Equity** in all programs and activities; providing **Health and Wellness** opportunities; and engaging in effective **Conservation** practices, local parks are uniquely positioned to positively affect their communities.

NRPA's Three Pillars Defined

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Health and Wellness

Leading the nation to improved health and wellness through parks and recreation. America continues to feel the strain of a serious health crisis affecting adults and young alike. One in which we are plagued by poor nutrition, sedentary lifestyles, and unhealthy habits. But there is a solution with little to no cost and is available in nearly every town, city and community – local parks and recreation.



Conservation

Protecting open space, connecting children to nature, and engaging communities in conservation practices. Core to the mission of public parks and recreation is the preservation of natural resources and the promotion of good conservation and stewardship

practices. In today’s world, where conservation and environmental stewardship is on everyone’s minds, public parks and lands are viewed as essential to protect open space and preserve nature – our land, water, trees, open space, wildlife.

Richland County Recreation Commission (RCRC)

As the first nationally accredited parks and recreation agency in the state of South Carolina, RCRC has an obligation to bring the national conversation to the local level. We do that every day through our mission statement, “Dedicated to Enriching Lives and Connecting Communities through Diverse Recreational Opportunities.” NRPA’s “Three Pillars” will assist our agency in telling the story of how the programs, services and activities that we offer are addressing serious national issues right here in our own community. The programs and activities you find in this program guide are more than classes, but gateways to enriched lives and connected communities. Throughout

the guide you will find symbols that will identify a program that meets the criteria of each or all of the “Three Pillars”. Enjoy becoming part of the conversation.



Richland County’s Parklane Adult Activity Center featured the Sankofa African American Museum on Wheels exhibit on January 29, as a part of their Black History Month Celebration.

The exhibit told of the struggles and triumphs of African Americans and took you on a journey through slavery, emancipation, the Civil Rights Movement and the present. The exhibit also featured African American



inventions. For more information about the Sankofa African American Museum on Wheels, please contact the curator, Angela Jennings at 703-9230 or the Adult Activity Center Manager, Patricia Middleton at 462-9995.

Sankofa African American Travelling Exhibit at RCRC

Patricia Middleton, Adult Activity Center Manager



The Adaptive Recreation's Round Up

Andrew Scott, Adaptive Recreation Supervisor

The RCRC Adaptive Recreation Department makes it possible for people living with disabilities to still play and remain physically active. The Adaptive Recreation Division has adopted the concept, **"We focus on ability not disability"**. Below is a brief description of a few of our activities and events:



Camp Sunshine:

A summer camp that is designed for individuals who live with intellectual, physical and developmental disabilities, ages 6-26. At any given time you can find us with our "hip bone in motion" (dancing), doing a re-enactment of Goldilocks and The Three Bears in our Storytime/Drama room, using our camper's creativity and skill to create arts and crafts worthy of taking home and putting on the refrigerator, shooting some hoops in the gym or having fun at the pool. There's never a dull moment, but you can be sure you will find a safe, fun environment as we adapt activities to ensure that each camper is experiencing personal growth and developing social skills. 2014 allowed us to see another awesome year. Camp Sunshine also allows a much needed respite for parents/guardians who care for people with disabilities.

Camp Winter Wonderland:

This is a 5 day winter break camp for individuals with special needs and their siblings, ages 5-26. The camp aids working parents/guardians and provides a safe, fun camp environment for their family member.

In addition, Camp Winter Wonderland provides a much needed respite for others during the winter break. Games, movies, arts and crafts, music, story time and a nutritious snack are offered.

The Challenger Flag Football League:

A non-contact flag football co-ed league for individuals with disabilities, ages 6-26. Each player learns basic fundamentals of the game: running, throwing and catching a football based upon their abilities. Each player is given the opportunity to be actively engaged in the practices and games. We also offer an opportunity to those who are interested to become a part of our spirit squad. Each player and cheerleader receives a uniform for their perspective role. Each year our team travels out of town to Charlotte to play against other teams and our players are very excited to show off their talents. Another highlight of the season is the Moms vs. Players game, where the winner gets bragging rights. Each year we have an award banquet to honor all of our participants: players, cheerleaders, coaches and volunteers.

Rising High Basketball:

Dribbling, passing and taking it to the hoop – that's what you will find during our Rising High Basketball league. This co-ed adaptive league gives individuals who have special needs an opportunity to enjoy the game of Basketball. Each participant is given basic instructions on the game and is taught the importance of teamwork. A jersey is issued to all players and a snack is provided. GO TEAM!

Walk-A-Mile-In-My-Shoes:

This event is designed to bring awareness to the Special Needs Population, to educate, to provide valuable resources, and to promote unity in the community. To better serve the population we are always seeking ways to enhance our existing programs and to venture out into new areas. Walk-A-Mile-In-My-Shoes event aids us with resources that make it possible for us to maintain and grow programs that will affect the lives of all our participants and their families. This one (1) mile walk from Academy Sports-Sandhills to North Springs Park is concluded with a family-focused environment with arts and crafts, games, music, food and valuable resources and information. T-shirts and gift bags are given to all walkers.



So this year, get off the couch, grab a friend and walk a mile with us.

Wheelchair Basketball Developmental League:



We received very good response after extending an invitation to the public to join the league. From this response we were able to establish an official team. Despite the challenges of the condition of the basketball wheelchairs, funding for traveling, and conference fees, the RCRC Lightening Wheelchair Basketball Team continues to persevere. This traveling league is for people with disabilities ages 15-35 who are able to maneuver a wheelchair while competing in basketball competition. The RCRC Lightening is part of the CWBC (Carolinas Wheelchair Basketball Conference). The team hosts as well as travels to various cities in the southeast to compete: Charlotte, NC; Concord, NC; Spartanburg, SC, and Charleston, SC.

RCRC Adaptive Recreation Staff:

This strong team of individuals work hard to assure that all of our patrons receive excellent programs, events and service. Each team player brings a unique perspective to our overall goal. With loyalty and passion for each assignment, our efforts are appreciated by those who benefit from the service we offer. So we tip our hats to the Valuable Veronica, Daring Diane and Merry Marilyn on a job well done for those who live with special needs and their families.



Divas Disco!

Lisa Smarr, Adult Services Coordinator

Divas Inspire Sharing Caring Others was the theme for Adult Services latest innovative event.

Held February 25 at the Parklane Adult Activity Center, a sold out crowd of one hundred and twenty seniors came dressed up, decked out and ready to party. Fabulous fashions dating from the 1950's through the 70's brought everyone back to a special time in their young lives.

Hot pants, fishnet stockings, Afros, platform shoes, Go Go boots, gold chains, poodle skirts and everything



from crochet to leather to polyester looked sensational on our seniors.

The inspiration for the event came from my desire to entertain, surprise, enlighten, and delight our patrons while also sharing with others, and caring for our environment.

Admission included one non-perishable food item for Harvest Hope Food Bank. Our generous seniors contributed two hundred and twelve lbs. of food, many bringing far more than the minimum donation requested. Each senior also received a reusable bright purple shopping bag with the encouragement to eschew plastic shopping bags. Several states and most of Europe have banned plastic shopping bags, (think Aldi) for environmental reasons. The Lt. Governor's Office on Aging donated useful goodies for the bags.

Special guests from the City of Columbia Fire Department kicked off DISCO 2015 with a short presentation on fire prevention and safety in the home. The use of smoke detectors and carbon monoxide detectors was discussed as well as fireplace and space heater safety. Seniors were informed about the availability of free installation of detection devices by the fire department. After a brief question and answer period, DJ Irvin kicked off DISCO 2015 with FIRE by The Ohio Players. As our seniors flooded the dance floor, four Deputy Fire Marshalls passed out red fire hats to the dancing divas much to everyone's delight.



Our resident bartenders Jeff Brown (looking especially hip sporting a gigantic Afro and sunglasses) and Chris Santino headed up the healthy juice bar, serving orange and cranberry juice. Each senior received a lovely stemless teal wine glass as a

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souvenir. The glasses were used at the party and avoided the need for plastic cups. Albert's Deli did a great job with our "old school" boxed lunches. We

kept it simple with turkey sandwiches, potato salad, pickles, a cookie and iced tea. Water was also provided to keep everyone hydrated.

A party would not be complete without a custom backdrop for selfies, group photos and paparazzi style posing for photographs. Our DISCO 2015 set was created, designed, built and donated by artist Randy Strange. Randy is best known for his thirty year career, building and designing sets for Workshop Theatre. Our guests were not shy about posing and each senior received at least one photograph from the party. The eight foot high backdrop featured a tie dyed cloth background suspended on a self-supporting frame, behind an eight foot tall intricate cut out of male and female 70's style disco dancers. Silver glitter outlined the dancers and the DISCO 2015 logo.



The highlight of the party was the music, dancing and the enormous smiles on our senior's faces. DJ Irvin's outstanding personality, professional sound, and mix of everyone's favorite hits, kept the group on the dance floor. With the ages of our guests ranging from fifty to over ninety years of age, our DJ did a super job of playing something for everyone. Couples danced, singles pranced, and our Soul Train line would have surely made Don Cornelius smile.

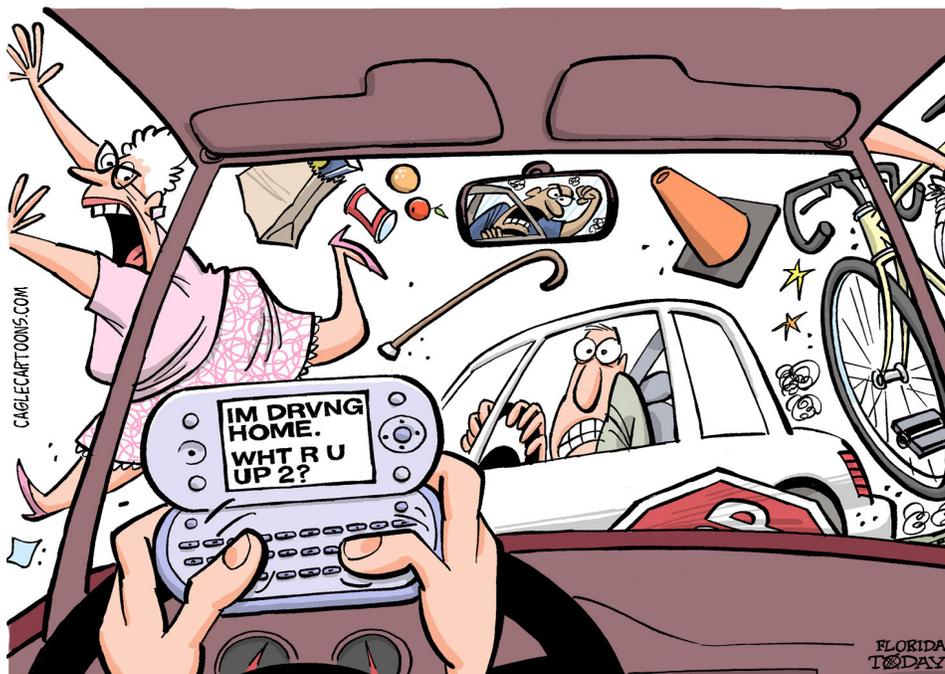


There is no "I" in TEAM, and DISCO 2015 was a huge success thanks to the great attitudes, support, assistance, and teamwork shown before, during and after the event by some very special RCRC teammates. We know we have succeeded when the seniors are already asking, "when is our next party?"



DISTRACTED DRIVING

Chris Santino, Safety Manager



We all know how risky driving can be. We learned in driver training, risk is always present when behind the wheel. Additionally, risk can never be eliminated; however, we can minimize it. Recently, I had the opportunity to get recertified as an instructor through AAA Driving Improvement Program. There were several changes made, most notably a new edition was created in 2014. The most eye opening topic discussed to me was distracted driving, an epidemic on today's roadways. According to the National Safety Council 2015 calendar, April is National Distracted Driving Awareness Month.

So what is distracted driving? Any activity that could divert a person's attention away from the primary task at hand, driving, when behind the wheel.

Ideally drivers should maintain their full focus on driving. However, some drivers find themselves devoting some of their attention to objects and events not related to driving, greatly reducing their ability to drive safely. All distractions endanger the driver, passenger and other roadway user's safety.

There are 3 types of distractions that a driver could face when operating a moving vehicle. They are visual, physical and cognitive (or mental). These distractions could occur inside or outside the vehicle.

A visual distraction is anything that redirects your eyes from your intended path of travel or taking your eyes off the road. Taking at least one hand off the wheel to manipulate something would be a physical distraction. Lastly is a cognitive

distraction, having your focus or mind on something other than driving. Understanding distractions will greatly increase a driver's risk due to the delay in the basic driving task of perception, decision and action. Drivers are less likely to perceive important traffic information, which then affects judgment and decision making and lastly the ability to take preventive or evasive actions.

Approximately 660,000 drivers are using cell phones or manipulating electronic devices while operating a vehicle at any given daylight moment across America. The number of people killed in distraction-affected accidents in 2013 was 3,328. An estimated 421,000 people were injured in motor vehicle accidents involving a distracted driver.

It is paramount to clearly understand, there is no such thing as multi tasking, especially when it comes to driving. The fact is, humans can actually only focus on one thing at a time. Can you talk on the phone and read a book at the same time? The answer is a big fat NO. Humans have to switch back and forth among different tasks. Good drivers focus only on one task while they are behind the wheel, DRIVING!

Cell phones are a major distraction when behind the wheel. Understand that conversing on a cell phone while operating a motor vehicle is extremely risky. It doesn't just double or triple your risk of having a collision, it increases the chance of having a crash by four times. That is a 400% higher chance of crashing. This is the case regardless of whether the cell phone is being used hand-held or hands-free.

Hand-held versus hand-free research indicates no difference in risk between the two modes. It is the mental attention involved in the conversation that is even more distracting than physically manipulating the cell phone. Both methods are fully capable of diverting a driver's attention so much that a collision results. Your mind is more focused on the conversation than attempting to identify risk hazards associated with driving.

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As of December 2013, 153.3 billion text messages were sent in the US every month. Five seconds is the average time your eyes are off the road while texting. How far have you gone in 5 seconds when traveling 55 mph? That is enough time to cover the length of a football field.

You might as well be driving with a blindfold on. Text messaging research to date shows that texting while driving is even more risky than talking on the cell phone. Texting involves all three types of distractions at the same time, making it one of the riskiest driving distractions. As a result, text messaging is a triple threat when it comes to its potential for distracting a driver. But some drivers (perhaps you) think that because they are fast and accurate at texting, that they will not become distracted while reading or sending text messages while driving, FALSE.

So many roadway users today are concerned about the risks caused by texting drivers. In fact, text messaging while driving has even surpassed drunk driving as the # 1 perceived threat to personnel safety.



Yes, there is now a law against texting while driving which is great, but laws are broken everyday. Who drives the speed limit, utilizes their turn indicator every time changing your vehicles position or come to a complete stop at a stop sign. The most important thing we have to do as a society is change the mindset

when it comes to cell phones and driving a motor vehicle.

Some tips to eliminate distractions are stow and secure all electronic devices, loose gear and other possessions, this

way the driver won't be tempted to reach for them on the floor or seat. Driving requires your full attention, keep your eyes on the road at all times and avoid looking at crash scenes.

Avoid activities that take even one hand off the steering wheel, like eating, smoking, grooming, applying makeup, adjusting radio or climate controls. Don't use cell phones while driving. Perhaps a passenger can answer your phone, if not let voice mail take the incoming call and return the call when you have reached a safe location. Never use text messaging, e-mail functions or internet with a

wireless device, including those built into the vehicle.

Although many drivers believe they are excellent drivers and good enough to still drive safely when texting, this is not the case. Texting and driving can kill, it is that simple. A driver's world could come to an end at the push of a button. People who are tempted to text while driving need to ask themselves: Is a text more important than a life.

If you cannot devote your full attention to driving because of some other activity, it is a distraction. Take care of it before or after your trip, not behind the wheel.

In concluding, everyone who takes the driving course I instruct receives a copy of the RCRC Cell Phone Usage and Vehicle Use Policy, make sure you understand it and are abiding by them.

Sources:

AAA Instructor Kit for Driver Improvement Program
 Foundation for Traffic Safety
 National Safety Council
www.distraction.gov

RCRC Vehicle Use:
 Policy No 1065

RCRC Cellular Telephone Use:
 Policy No. 1010

Beats for the Sweets on Parklane

Jeffrey Brown, Program Manager

On Saturday, February 14, the Adult Activity Center on Parklane Road hosted a Valentine Sweetheart Soul Line Dance Party. Mr. Chris Miller, one of the best line dance instructors around, kept the guests for the evening on their feet moving to the soul line beats! The night was a great time with fun, food and music.

The event was deemed a success by Mr. Jeffrey Brown, Program Manager for the Parklane Center.



This certainly was validated by Ms. Barbara Martin and Ms. Barbara Roach who routinely attend soul line events.

They commented that this event was "one of the best" that they have ever attended. Mr. Brown said that there were 150 tickets available for the event and 122 tickets were sold. With

the next event, the goal is to sell ALL tickets. Soul line dancing is one of the popular programs offered at the Parklane Adult Activity Center. The class is offered on the following days and times:

Soul Line Dancing (ages 50+):
 Tuesdays & Thursdays,
 11:00 am-12:30 pm

Soul Line Dancing (ages 21+):
 Tuesdays & Thursdays,
 6:00-7:30 pm

Upcoming events at the center include soul line dancing on the "First Friday" of each month beginning with the month of April from 7:00-11:00 pm.

WOTSIT PHRASES

<p>LOOK</p> <p>01</p>	<p>WORDS LOSS WORDS WORDS WORDS</p> <p>02</p>	<p>SMOKE SMOKE SMOKE SMOKE</p> <p>03</p>	<p>NO F_N</p> <p>04</p>
<p>ORDER</p> <p>05</p>	<p>PERSONALITY PERSONALITY PERSONALITY</p> <p>06</p>	<p>DIAL</p> <p>07</p>	<p>АЬЬГЕ</p> <p>08</p>
<p>AGENT AGENT</p> <p>09</p>	<p>Theodore Roosevelt naked</p> <p>10</p>	<p>CHANCE</p> <p>11</p>	<p>STEP STEP STEP</p> <p>12</p>
<p>LO HEAD HEELS VE</p> <p>13</p>	<p><i>Life</i> LIVE LIVE</p> <p>14</p>	<p>NE???</p> <p>15</p>	<p>SHOT</p> <p>16</p>
<p>LIPS LIPS</p> <p>17</p>	<p>COLLAR HOT</p> <p>18</p>	<p>¢ ¢ ¢ ¢ ¢ ¢ ↑</p> <p>19</p>	<p>WHERE WHERE WHERE WHERE WHERE WHERE RAINBOW</p> <p>20</p>
<p>STEP FART</p> <p>21</p>	<p>BREAT</p> <p>22</p>	<p>ROSIE</p> <p>23</p>	<p>GRASS</p> <p>24</p>

WOTSITS PHRASES' ANSWERS

- 1) blank look 2) loss for words 3) smoke stack 4) no fun without you 5) side order 6) multiple personalities 7) laid back 8) apple turnover 9) double agent 10) teddy bear 11) fat chance 12) one step forward, two steps back 13) head over heels in love 14) one life to live 15) any questions? 16) shot in the dark 17) tulips 18) hot under the collar 19) sixth sense 20) somewhere under the rainbow 21) step on the gas 22) short of breath 23) ring around the rosie 24) snake in the grass

Women's Kickball League

**Shaunta Cleveland,
Bluff Road Park Manager**

Growing up as a child my favorite activity during recess wasn't hop scotch, or double dutch, it was kickball! I must say that when I first heard that the Richland County Recreation Commission would have a kickball league just for women I was ecstatic! The women's kickball league started at Caughman Road Park in 2013. The league is composed of women from different backgrounds, skill sets, and ages.

The league is an adult league for women 18 years of age and up. To most people's surprise, the average age of women that compose the league is women in their 30's. The kickball league offers a fun, competitive, but also a social environment. The ladies love to come play, socialize, and also show support for fellow teams. In the first season the league had 5 teams that consisted of 10 or more players. Now in 2015 our league is



continuing to grow with more interest and support! The women's kickball league offers the community so much; for the players it allows them to come out and engage in a competitive sport, get into physical shape, meet new people, build bonds, and enjoy fellowship. It also allows families to come together and support loved ones, meet new people, and enjoy good competitive games. With the kickball league we are so much more than just players; we have built a bond and a sisterhood. We play hard on the field, and love each other off of the field. Kickball has been a big catalyst to bringing family and friends together in the lower Richland area and it's enjoyable for everyone!



Please Recycle

April

- 1 April Fool's Day
- 2 2nd Annual RCRC Night Out at Sonic, 5:30-8:30 pm, Sonic on Hard Scrabble Road
- 3 Good Friday
- 3 Payday
- 5 Easter Sunday
- 11 Healthy Kidney, Healthy Life, 9:00 am-1:00 pm, St. Andrews Park
- 16-17 Payday Audit (bring driver's license and copy of 3 year driving record)
- 17 Payday
- 20 Commission Board Meeting, 6:00 pm, AAC
- 22 Earth Day

May

- 1 Payday
- 2 Spring Fling, 9:00 am-1:00 pm, Trenholm Park
- 10 Mother's Day
- 11 Confederate Memorial Day (all RCRC facilities will be closed)
- 15 Payday
- 16 Disco Dash 5k & Boogie Youth Run, 11:30 am-4:30 pm, Caughman Road Park
- 17 Payday
- 18 Commission Board Meeting, 6:00 pm, AAC
- 25 National Memorial Day (all RCRC facilities will be closed)
- 29 Payday

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Replacing your conventional power strips with advanced power strips (APS) can help reduce the electricity wasted when electronic devices are idle. These power strips are a convenient and low-cost way to save.