



## AUGUST NEWS

### THIS MONTH'S NEWS

- [2016 Piedmont Plus Fall Games](#)
- [Educational Opportunities](#)
- [Upcoming Event](#)
- [Recollections of My Mom and Dad in PPSG](#)
- [News from PMG Research](#)
- [Do You Really Need an Annual Physical?](#)
- [2017 Senior Games and SilverArts Kickoff](#)
- [Kernersville Senior Enrichment Center Fall 8-Ball Pool League](#)

### 2016 Piedmont Plus Fall Games

We are offering events as scheduled below at no charge. Registration is simply a phone call to Chuck Vestal at 336-727-2325 or Jessica Garrett at 336-727-2321. You may also register by replying to this email with the list of events in which you would like to participate. The format within each event will be determined by the number of participants. You do not have to be registered with the Piedmont Plus Senior Games and Silverarts. As a result this is a great way to introduce your 50 and better friends to our events. Last year we had in excess of 100 participants.

Monday	September 19	9:00am	Archery	Old Town Rec Center
Tuesday	September 20	9:00am	Bocce	Arbor Acres
Wednesday	September 21	9:00am	Croquet	Miller Park (bocce courts)

Thursday	September 22	9:00am	Table Tennis	Miller Park (2 <sup>nd</sup> Gym)
Friday	September 23	9:00am	Shuffleboard	Rupert Bell

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## Educational Opportunities

There will be two opportunities to meet with representatives of United Healthcare available to discuss Medicare benefits with you. They will also make sure to stay until all of your questions are answered. These presentations will be held at the Rupert Bell Community Center on Tuesday, September 13 and at the Sims Recreation Center on Wednesday, September 21. Each session will begin at 10am and will last for approximately one hour, leaving you plenty of time for lunch with friends later.

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## Upcoming Event

Join us on Thursday, October 20 for our annual Bingo event at the Hanes Hosiery Recreation Center. We will start promptly at 10am and will offer great door prizes inclusive of WFU and WSSU football tickets.



**Bingo Party for Seniors 50+**

**THURS., OCTOBER 20  
10:00 A.M. - NOON**

**HANES HOSIERY  
RECREATION CENTER  
501 REYNOLDS BLVD.**

**GREAT  
DOOR PRIZES!  
HEALTHY  
SNACKS!**

Call 727-8000 for  
more details or visit  
[www.WePLAY.ws](http://www.WePLAY.ws)

The poster features a cartoon illustration of a smiling man with a mustache and glasses, wearing a yellow shirt. He is holding a bingo card in his right hand and a pen in his left. On the table in front of him are a coffee cup, a calculator, and a small container. The background is a light blue gradient.

# Recollections of My Mom and Dad (Theon and Bettie Vance) in the Piedmont Plus Senior Games and SilverArts

By Bettie Steelman

I have memories of watching my parents participate in Senior Games. At the time they began, I was only 38 years old. I was in awe of their efforts. I must tell you that neither I nor my siblings have specific dates or years that we can say this or that happened. But in general, I would go watch them at least once as they competed each year.

My dad I always knew as an athletic person. He was a high school football referee for many years when he was younger. He put up a basketball goal at every house we ever lived in. We played games and practiced nearly every day growing up regardless of the weather. My mom didn't participate in family sports activities when I was a kid.

But fast forward fifty years and she began exercising and competing in the different Senior Games events. I remember watching her in the field events such as football throw, softball throw, and spin casting. Also went to watch her do basketball shooting at Miller Park'S gym. She always tried her best and I was proud of her. She did well in billiards also but don't think I ever saw that. I don't recall the names of any of her competitors.

My dad entered many things. He did football throw, softball throw, spin casting, basketball shooting, billiards, golf, shuffleboard, and horseshoes. He probably entered other things but I can't remember them all and he's not here to ask. I could only go watch on one day each year. I was busy rearing five children in 1986 when they began competing. They would give me play by play descriptions of their events even when I didn't get to go.

They both participated in state games each year as far as I can remember. But I could be wrong. The first year they competed, both came home with state medals as recorded in the newspaper articles. There was an article about their participation in the Clemmons Courier and the Winston Salem Journal.

I know that one year my dad went to the nationals for shuffleboard. He went with Jeff E. Smith. I don't remember the exact year but remember they were held in New Orleans.

J.E. Smith was his all-time rival in every event he entered. Sometimes he won, sometimes J.E. won. When I attend senior games now, I always speak to Jeff and ask him if he remembers Theon and Bettie Vance. He always says yes. He says, "Theon was very competitive." I am proud to tell him I am their daughter. Another competitor dad had was in billiards. He was an African American man nicknamed Prince (that could have been his real name but just not sure.) But every year in billiards, they went head to head just like he and J.E. Edith Bailey might remember his whole name but I nor my siblings could remember anything but the name Prince. I always speak to Edith every year and give her a hug. My parents loved her and appreciated her hard work.

One of the first years they went to state games, they invited me and some of my siblings to come down for the opening ceremonies. I don't remember a lot of specifics except that Roman Gabriel was the speaker. He was so good looking and I got his autograph ☺. He was a quarterback for a pro team, I think the Redskins but not sure. He was a very inspirational speaker.

In 1995, my dad had a major stroke affecting his entire left side. Prior to the stroke, he had also been diagnosed with diabetes and had had a triple bypass done on his heart. But this stroke didn't hold him back. He gave physical therapy his all and learned to get around quite well. I guess you'd call it a great adjustment. I'm not sure that my parents participated in the years 1996-1997 because of this. (Again I'm not absolutely certain.) In February 1998, my mom passed away. So succeeding years brought many changes in my dad's life. He lived by himself awhile but it was too big of a struggle. He was pretty much confined to a wheelchair at that time because his knees were in need of replacement. But because of his diabetes, they wouldn't do the knee operation. He ended up around 2002 or 2003 moving into an assisted living facility.

By this time, I kept thinking of entering the games myself. In the spring of 2004, I was old enough to compete (55 at that time). I thought, "How wonderful if my dad and I could compete together!". Of course he was all for it. My dad is a very competitive, scrappy, tenacious person. He was 83.

So I entered us in a few field events. Seems like he may have done billiards also, but I can't be certain. For he couldn't stand long periods of time and needed a cane to do so. I only entered softball throw, football throw, basketball throw, and spin casing. I don't remember how I did for sure but I usually got gold or silver. At that time not many people participated in my age group. I don't remember exactly how he did either. But I do remember watching him as he did some of the events. I watched him throw the

## Champs

### Couple in Clemmons Win 2 Medals Each

By Cliff Metcalf  
JOURNAL REPORTER

To most people a typical gold medalist is someone like Carl Lewis or Mary Lou Retton: young, highly trained and in peak condition.

But the description doesn't fit gold medalists Theon or Bettie Vance of Clemmons.

They won their medals last month at the 2nd Annual North Carolina Seniors Games in Raleigh. Competing in the 60-64 age division, Vance took top honors in billiards and a silver medal in the football throw. Mrs. Vance collected a gold for billiards and a silver in spin casting.

The senior games are open to people 55 and older. To qualify for the state competition, a person must have won a medal in local games held earlier. Vance said he became interested last year, the second year of the local games.

"It was in the *Journal-Sentinel* that they were going to have some local games," he said recently. "And I went over and got interested."

He did so well that he went to Raleigh for the inaugural games last summer. He won a gold in billiards and was hooked. Mrs. Vance decided she would like to participate, too.

"I went with him to Raleigh," she said. "I decided I could do about as good as some of the ladies I watched."

Winning a gold medal usually takes a great deal of practice — which Vance has had. He remembers that his first game of pool was 48 years ago, when he was 16.

"When I got started in the fencing business back in the '50s, there wasn't much business in December and January," he said. "So for a lack of something to do I started hanging around the pool room and gradually got better."

Mrs. Vance, however, is a relative novice at billiards. She said she has only been playing "a couple of years. I just play with the children and grandchildren."

But both did well enough this summer in the Piedmont Plus games to move on to the state level with nearly 1,000 other participants.

Vance said he expected to defend his state billiard title successfully. But his wife was far less confident.

"I marked pool off before I left," Mrs. Vance said. "I told my son I didn't have a chance."

But Vance said he hoped she would do well. He may have been slightly overenthusiastic.

"He made me nervous," Mrs. Vance said with a smile. "I knew that if I missed a shot he would



JOURNAL PHOTO BY CLIFF METCAL  
Theon and Bettie Vance: They each won a gold in billiards. Vance took a silver in the football throw; Mrs. Vance took a silver in spin casting.

say, "You should have shot it that (other) way." Chuckling, Vance said, "I got up and left and let her alone. And she won the gold."

Mrs. Vance said there weren't as many women competing in the event as there were men and their style of shooting was slightly different. But she said they were just as competitive.

"There was an 80-year-old lady pool shark down there," she said. "She had to go run hot water on her hands (during a match) because of her arthritis. The women may not have the fitness of the men, but they can get the ball in."

Vance's second event was the football throw. "I had the lead until about an hour before closing, then this other fellow came in and beat me," he said.

Mrs. Vance was happy to move away from the billiard table. An avid fisherman, she was looking forward to the spin casting event.

"I'll stay out there (fishing) all day," she said with a laugh. "I'll get one sometime."

"I like to fish and he doesn't," she said. "So I don't get to much. But when I heard they had spin casting, I thought I'd enjoy trying."

She enjoyed winning the silver even more.

The Vances received large medallions on red white and blue ribbons for their finishes. And there may be more to come. Vance said organizers are setting up a national competition for the spring to pit state medalists against each other. He said billiards will probably not be one of the events because of fears of professionalism, but their silver medals would be sufficient to earn invitations in the those events.

"We're optimistic about going," Mrs. Vance said. "I don't know about winning."

Vance said he is just looking forward to the opportunity. "If I don't win, I'm going to come home smiling anyway," he said.

The games are still new, but the idea is catching on in other areas of the country, Vance said. He said he ardently supports the program because he believes it benefits older adults.

"I wish I could get some of my friends into it," he said. "You meet a bunch of old friends and make some new ones. The games make people feel good."

The next local games are scheduled for April. For information, call Edith Bailey at 727-209.

softball and he fell on the ground a couple of times. The volunteer picked him up and he just kept on until he finished all his competitions. Wish I could remember exactly how he did but I don't have any specifics. But I was in awe of the supreme effort required just for him to participate. He had one of those motorized runaround scooters but he wouldn't sit to compete. He always stood up and that was difficult indeed for him.



I will never forget that spring day in 2004. It was our first and last senior games competition together. He died in December 2004 of complications from pneumonia. I am so grateful that we got to participate together that one year. It made us both happy. My parents had one drawer in their bedroom that was crammed full of gold, silver, and bronze medals from the local and state senior games. They are my example and inspiration for remaining physically fit and never giving up.

My parents never participated in Silver Arts. I don't remember the first year I entered Silver Arts. But I lost my seventeen-year old son, Samuel Steelman, in 2001 to a drowning accident. After this, writing was part of my grief therapy. I think my first entrance may have been around 2003 to

2006, a personal experience article entitled, From Waters Deep, about a special thing the Lord did for me the day after my son's funeral. I believe I received a silver medal. I think I entered a funny story from my dad's childhood as my favorite memory. But it may have been the story about my son's last prom. I know the one about his prom received a gold and I had to read it front of a group of silver arts participants. I have more that I entered but I will stop at that.

I entered writing every year until around 2012 (I'm unsure of dates right here.). That spring I was out of work with a work related injury to my hand. So I didn't enter that year in sports or literary. In January 2013 I was diagnosed with breast cancer and was unable to compete that year either. So I went for a short span of years when I didn't participate. I remember a few years ago I got upset with "the powers that be" over my writing. The rules for my favorite memory had always been 500 words or less and I worked diligently to keep mine under the word count. That year I went to look at the entries and noticed the winner had a lot more than 500 words. I got silver even though I worked so hard to go by the rules. By the time I alerted you all to the mistake, it was too late I guess. But anyway the decision was made to change the rule. I fully admit it bothered me a lot and I didn't enter anything for a couple of years at least. To me it was

disheartening. BUT, it's all in the past and I am now going forward with athletics and literary.

An addendum to all this is I have a daughter, Cindy Day, who will be old enough to participate next spring. She watched me this year. She tried a couple of the things and I think she will participate with me next spring. She said she would. My parents would be so proud. And Lord willing, she and I will have many more years to participate together.

Another dream I have is for all of my siblings to participate with me. I have three brothers and one sister. One brother, Tom Vance, does participate on the PPSG men's softball team. But he has yet to participate in single field events. Would love to talk them all into entering in my parents' memory. We'll see what the coming spring brings.

PS: I would love to do state games this year, but when I noticed the cost I knew I wouldn't be able to. My finances will be better next year. So I hope to enter state games next year, that is, if I qualify.

Long live Piedmont Plus Senior Games and SilverArts!

My never-give-up dad was surely the embodiment of the PPSG creed.

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## News from PMG Research



*PMGResearch at the 2016 Opening Ceremony*

## Clinical trial participation – What to expect

As a clinical trial participant, you can expect to:

- Positively impact the health of millions, including friends and family.

- Improve and educate yourself about your own health.
- Gain access to quality medical care and medications not available through other means at reduced, or no, cost.
- Receive financial compensation for time and travel.

When you participate in a clinical trial, you will be welcomed by our professional and caring staff who will guide you through the process and help you feel comfortable and appreciated as a research trial participant. You will visit the investigator (doctor) or other members of the study team for health assessments, physical exams, laboratory tests, or other procedures required by the study protocol. It is important to us that you feel confident about being a clinical trial participant. Please feel free to [contact us](#) to speak to a member of our team about clinical trial participation.

For a better understanding of the common steps of clinical trial participation, please take a moment to [review the graph below](#). Although each trial is different, there are many similar processes and steps to ensure your comfort and safety, and to ensure we are collecting the best information for the trial Sponsor.

*The benefit of having my overall health monitored weekly is beyond monetary value or compensation. I look forward to my visits and can honestly say this is fun and exciting. Participating makes me and my family and friends proud.*

*M.H. - Wilmington*

## ANY QUESTIONS?

If you have any questions regarding trial participation, take a moment to read through our [Frequently Asked Questions](#). You may also contact your [nearest study center](#).

[Contact Us Online](#)

## 1

### **Pre-Screening**

Initial conversation by phone or in the clinic with a member of the study team to tell you about the study opportunity.

## 2

### **Informed Consent**

Forms that explain your rights and obligations as a participant of the study.

3

### **Screening**

Do you meet the basic study requirements?

Vitals, Labs, Medical History, Exams or other procedures may be conducted.

4

### **Enrollment / Randomization**

You are assigned to a treatment course, which could be placebo.

You and your doctor may not know what you receive.

5

### **Study Visits**

These may be days, weeks, or months apart.

The study protocol outlines what happens at each visit, such as labs, physical exam, questionnaires, or other tests/procedures.

6

### **End of Study Treatment**

At this point, you may no longer receive the study treatment or placebo.

7

### **Follow-up Period**

The study team may call you, or you may have occasional appointments to assess how you are doing after ending study treatment.

8

### **Completion**

Your participation in the study has ended.

PMG donates a vaccine to a child in need in your honor through the Greater Gift Initiative.

Here are some of the therapeutic areas that PMGResearch Group is involved in:

Allergy and Asthma

Cardiology

Dermatology

Consumer Products

Device/Drug Delivery

Endocrinology

Gastroenterology

Gynecology

Infectious Disease

Musculoskeletal and Connective Tissue Disorders

Nephrology  
Neurology  
Oncology  
Ophthalmology  
Otolaryngology  
Pediatrics  
Podiatry  
Psychiatry/Psychology  
Pulmonology/Respiratory  
Rheumatology  
Urology  
Vaccine

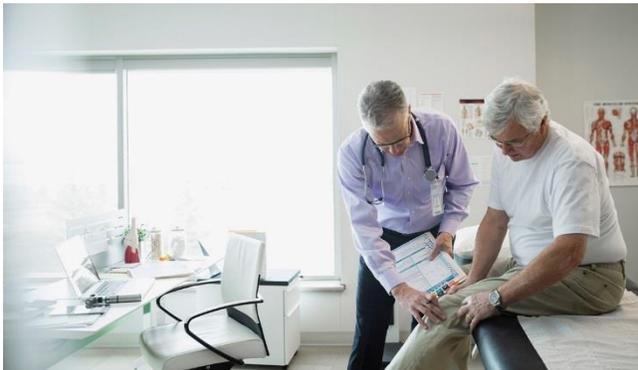
**Contact PMG Research Group at:**

**<https://www.pmg-research.com/contactus.aspx> or 336/608-3500**

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## Do You Really Need an Annual Physical?

5 myths and facts you should know about that yearly checkup.



The annual physical exam has been a popular fixture in American medicine since the 1940's as a way to help your doctor get to know you and your medical history, do some screening tests, and maybe even catch some problems early. So you'd think that every health expert would be in favor of it.

And you'd be wrong.

That's just one of the myths about the annual physical — that everyone thinks it's a good idea. There are other things you should know as well, such as whether Medicare covers it. (Hint: It's complicated.)

Check out these five myths:

**Of course an annual physical is a good idea.** Well, that depends on whom you ask. Among medical experts, opinions are divided about whether it's really beneficial for those who are otherwise healthy. Among Americans, however, the answer is clear: Ninety-two percent think it's important to get checked out by their primary care doctor once a year, according to a 2015 Kaiser Family Foundation poll, and 62 percent of those polled do go see their doctor annually.

Still, many doctors insist that the annual checkup needs its own checkup. Last October, the *New England Journal of Medicine* featured dueling editorials by physicians for and against the annual exam. One side argued that there's no evidence that these exams help Americans stay healthier or reduce deaths, and that basically they waste time and money that could be spent on sicker patients.

The other side disagreed, saying the exams help build a doctor-patient relationship and provide the opportunity for doctors to run some basic but important screening tests.

Another expert, David Himmelstein, a primary care physician and professor at the City University of New York School of Public Health at Hunter College, also is in favor of the yearly exam, especially for those 50-plus.

Himmelstein cowrote an editorial on the subject for the *Annals of Internal Medicine* in January, pointing out that the commonly cited evidence against annual exams is based on an analysis that excluded studies of older adults.

"Regularly visiting a doctor for older adults is reasonable," Himmelstein said in an interview. "We're quite worried that these [anti-exam] recommendations could make patients become strangers to their doctors or vice versa."

**The point of an annual exam is to make sure you're healthy.** Not exactly. An annual exam does give a quick snapshot of your health, but its aim is to focus on commonplace prevention and screening and to help you establish a doctor-patient relationship in case of an illness. Even the physicians who authored the editorial against an annual exam agree that a periodic checkup is important for establishing that relationship and that primary care doctors need to monitor their patients' attention to preventive care.

For example, during an annual exam a doctor should do things like discuss a patient's family medical history for increased risks of heart attack, hypertension, diabetes or cancer; listen to the heart and abdomen; measure blood pressure; and talk about the need for various screening tests like a colonoscopy at age 50 or a Pap test for women, as well as needed immunizations — all subjects that wouldn't come up during a regular doctor visit for a specific problem.

**I feel fine. I don't need an annual physical.** Maybe you don't need an exam every year, but "it's important to maintain periodic contact with your physician, especially after age 50," said Marvin Lipman, M.D., chief medical adviser for Consumer Reports.

Besides, you may not even know you're having symptoms. Some serious conditions don't have obvious symptoms, especially in the early, more easily treatable stages — for example, high blood pressure, high cholesterol, diabetes, colon cancer and cervical cancer. A routine checkup by your doctor can include these basic screenings. Doctors can also make sure you've

gotten immunizations important for older adults, including shingles, pneumonia and flu shots, Himmelstein said.

**Medicare will cover the cost of an annual physical.** Not quite. Medicare covers two types of physical exams: a "Welcome to Medicare" exam when you first sign up, and what is called a yearly wellness visit. You have to ask the doctor's office specifically for the free Medicare wellness visit so that it gets coded correctly on the invoice. Don't just ask for a physical. If you prefer to have a physical, you'll have to pay the doctor's charge yourself unless you have a Medicare Advantage Plan or secondary insurance (such as from a former employer) that covers it. But be aware that Medicare supplemental insurance, known as Medigap, does not cover this cost.

For the Medicare wellness visit, the doctor measures your height, weight, body mass and blood pressure and listens to your heart. You don't even have to remove your clothes. The rest of the visit involves a discussion of the patient's medical and family history, any physical and mental impairments, and risk factors for potential diseases such as diabetes and depression. The doctor may refer the patient for other tests and screenings.

**If an exam is free, there's no downside.** Some think there is. For the patient, there's the time and travel to see the doctor, as well as possible "false positive" results from lab tests that could suggest a problem where there isn't one and cause you worry and additional testing, say Harvard physician Ateev Mehrotra and Allan Prochazka of the University of Colorado, authors of the anti-annual exam editorial in the *New England Journal of Medicine*. They also estimate that annual exams cost the health care system \$10 billion a year and take up doctors' time. "Approximately 10 percent of all visits with primary care physicians are for annual physicals, which might be crowding out visits for more urgent health issues," they wrote.

On the other hand, regular free checkups could help more people get recommended preventive services, said Himmelstein in his editorial, and motivate more high-risk and low-income groups to see their doctor.

**So who should have an annual physical?** Recommendations vary, but if you're healthy — meaning you don't have a chronic condition and are not taking prescription medicines — the best solution might be to ask your doctor how often he or she wants to see you. And if you don't have a regular primary care provider, a get-acquainted physical exam would be good for establishing a baseline doctor-patient relationship in case you do get sick.

Otherwise, age and being at risk for certain diseases because of a family history could make an annual exam worthwhile. And if you're taking medication for a chronic condition, even if that condition is under control, regular checkups may be warranted.

Best advice: Ask your doctor.

*by Candy Sagon*

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Looking Forward to the 2017 Senior Games and SilverArts?

You're invited to  
a Kickoff Party!



**PIEDMONT PLUS  
Senior Games  
& Silver Arts**

*NEVER TOO OLD TO PLAY!  
NEVER TOO LATE TO CREATE!*

**JAN. 13, 2017 10 am ~ noon**  
**HANES HOSIERY REC CENTER**  
**501 Reynolds Blvd.**

**THIS EVENT IS FREE AND OPEN TO THE PUBLIC!** Participants will be able to take part in Senior Games events. Artists will have the opportunity to create their very own works of art and crafts. It's a great time of fellowship, fun and fitness.

Entry forms for the 2017 Games will be given out during this event. Entry forms also available in all recreation centers and at the Senior Games office, 2301 N. Patterson Ave. For more information call Chuck Vostal at 336-727-2325 or visit [www.WePLAY.us](http://www.WePLAY.us).

## **Fall 8-Ball Pool League with Kernersville Senior Enrichment Center**

Enjoy Playing Pool? Come join the Fall 8-Ball League at the Kernersville Senior Enrichment Center (130 E. Mountain Street, Kernersville NC 27284).

Wednesdays beginning September 7 at 10:00 am

We invite you to join us. Whether you're a beginner, novice or an experience player, must be age 50 and up. **RSVP requested by September 6 to Debby Cornatzer 336-992-3180.**

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