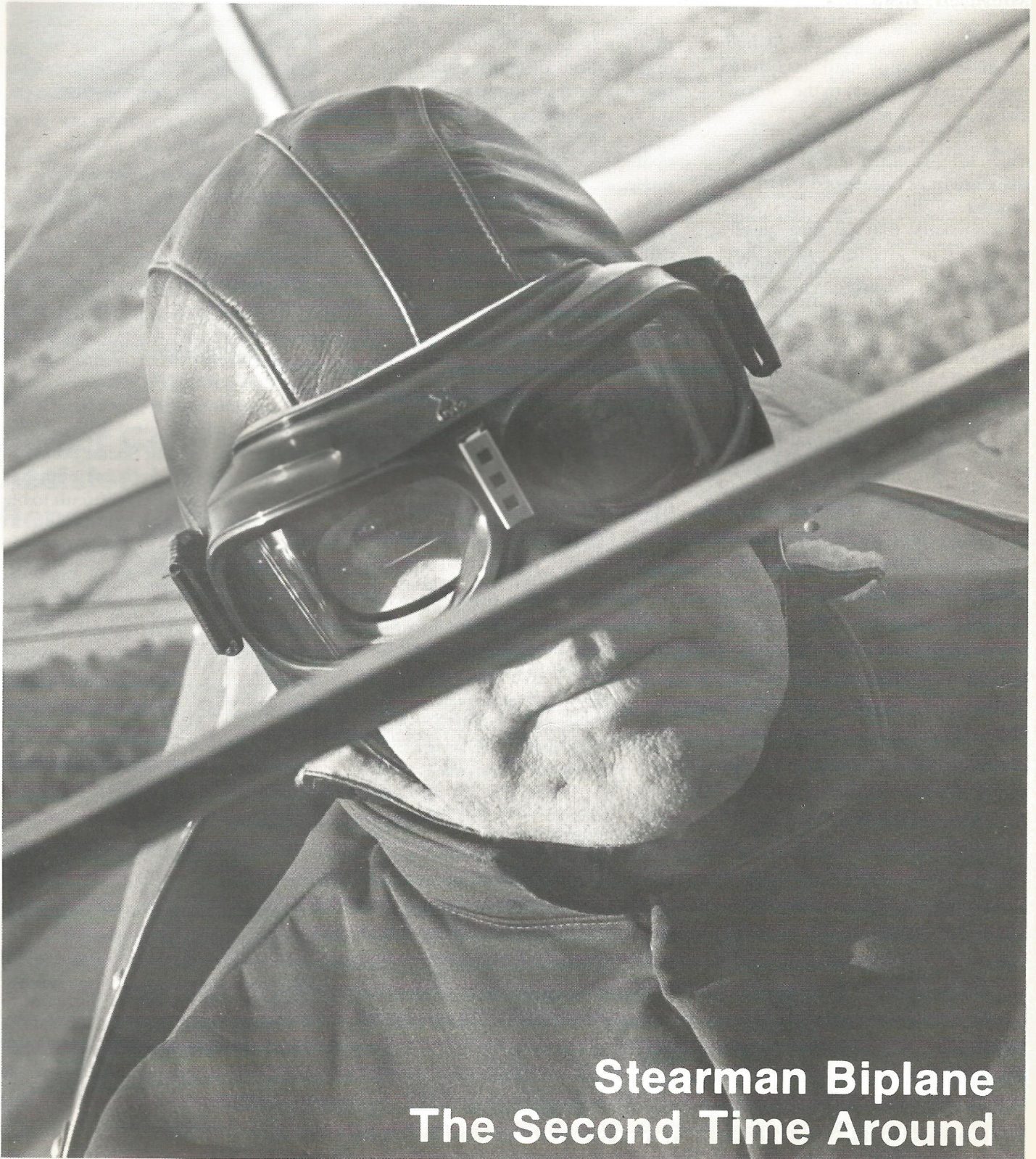


Ohio's Heritage

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**Stearman Biplane
The Second Time Around**

Stretch-Groan School Readies Agile Teachers

Attendance at a two-day physical fitness training workshop in November took off and jogged down the path of success when 175 persons from throughout Ohio took part.

"We had hoped to have about 150 people participating," said Marilyn Grant, director of the Corporation for Ohio Appalachian Development (COAD) senior nutrition program in Ironton, "and attendance exceeded our expectations."

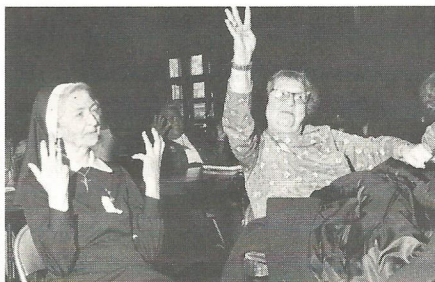
The Ohio Commission on Aging contracted with the COAD program, she explained, to provide the "Feeling Fit" workshop in Columbus to train individuals who will be responsible for conducting exercise programs at local senior citizen sites in the state.

Actual trainers, not administrators, took part.

"Only through good physical conditioning can we help ourselves to have a longer, happier and healthier life," said Martin Janis, Commission director.

The training manual used was developed by Sally Mathews, physical fitness consultant for the Senior Nutrition COAD program. She is public health educator for the Corporation for Health Education in Appalachia Ohio, in Athens.

"At the time I started consulting for Marilyn," she said, "I had just completed being a health educator for the Southeastern Ohio Emergency Medical Service and the idea came up that since I had done my thesis working in nutrition sites with Marilyn and meeting a lot of



Learning finger exercises.

One And-Ah Two

Ray Connett led one of the groups learning exercises as he has led bands throughout much of his life.

At age 87, his feet carried him lightly back and forth in front of the class; his arms swinging easily through various movements designed for the physical fitness training workshop.

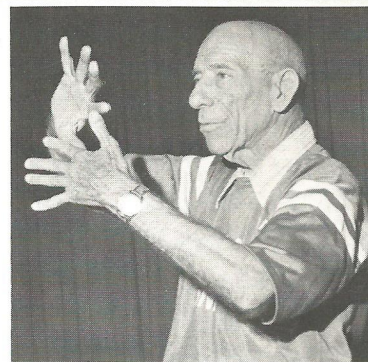
"Believe me, these physical exercises really helped me!" he tells with his ever-present smile spreading across his face until it becomes a wide grin.

"How do you think I can lead the band around the state at 33 festivals and march around the track during the Lancaster Fair?"

The band he spoke of is the Adelphi Men's Band which he has directed for 11 years.

But leading a band is nothing new to Connett—the founder of the Ohio University Band in 1923.

The Adelphi Men's Band is the oldest such unit in Ohio, going back to the 1860's, Connett remembers, and now



Ray Connett

some of those playing in it are the great-grandchildren of original members.

And there isn't any musical instrument unfamiliar to him. "I can play anything," he says matter-of-factly.

Then he produced his business card for the shop he continues to maintain. It reads:

Raymond W. Connett, "The Piano Shop" in Piketon; registered technician; Piano Technicians Guild; tuning; complete rebuilding.

But that was enough talk for now. He had to get back to leading exercises.

seniors, that physical fitness would be a good thing to see if we could get going in the sites."

She added: "When the National Association for Human Development came along, and talked to the Commission on Aging, they took one of our sites—in Ironton—as a demonstration site because it had not had any physical fitness program before."

Marilyn spoke also of a recent survey of 34 nutritional sites, taken after about a 20-month period.

"We have 1,206 people still participating in physical fitness programs in those places, on an average," she said.

The training manual given to each of the workshop participants shows them how to start a group from day one up through 100 days of activities.

"Beginning with day one, the plan is very basic, mild exercises, but when you look at day 100, you

will see how they have increased," Marilyn said.

The workshop, in addition to actual training in the exercises, included sessions on understanding how the body ages and the value of exercising in later years, warning signs of over-exertion, initiating exercises through song and special activities and being creative in conducting fitness plans.

Maggie's On List!

And look who's been named to the new World Almanac list of the nation's 25 most influential women!

She's Maggie Kuhn, 72, who describes herself as "an elder of the tribe."

In 1970, she organized the Gray Panthers, a politically powerful group of senior citizens. Her theme for her talks is "The Graying of America."