

What's Inside

Featuring:

* August: Back to School Health

This month, we want to bring school health tips to you! More on page 2.

* Upcoming Events In August 2014

We have lots of fun things in store for August to round out the summer! Flip through the newsletter and keep an eye on our social media for more fun!

Social Media:

* Facebook

Check us out on Facebook at [facebook/richmondparks](https://www.facebook.com/richmondparks)

* Twitter

Follow us on Twitter
@RichmondINParks



Additionally:

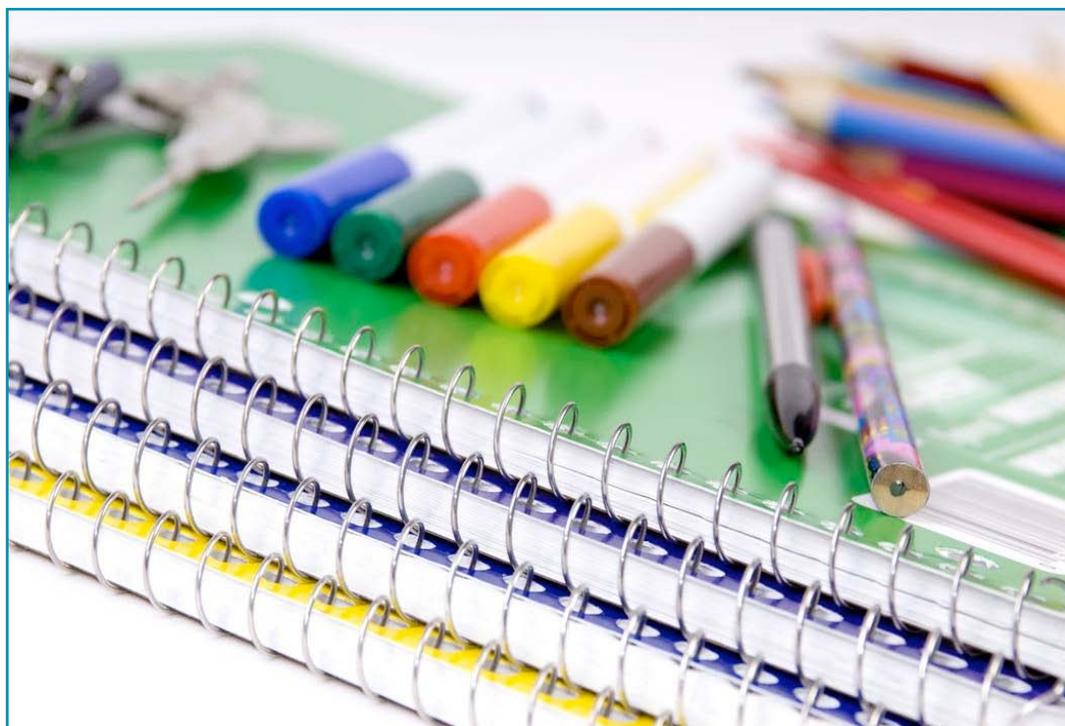
* General Information

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School's Starting?!



Where did the summer break go? It seems like it was so short this year! Maybe it was due to the weather taking so long to warm up or that we just had so much happening it flew by. Whatever the case, we've had a great summer break with JUKO, Little JUKO, the Summer Concert Series, and other events.

Have no fear though! Just because school is

starting back up, it doesn't mean we will run out of events for your family! We still have plenty of family-friendly events happening in August and beyond.

Stay tuned to our social media pages to stay updated about events and changes regarding them. (NEW: We're on Instagram! @richmond_parks)

As always, please be careful of those enjoying the outdoors when driving

through the parks. We have many walkers, runners, children and families in our park on a daily basis. Keep a watchful eye and drive slow for your own safety and the safety of others!

Until our next Parks Department Newsletter, take care, stay cool, and enjoy all the activities happening in Richmond, and good luck with the new school year!

August: Back to School Health

Back to School tips
on Staying Healthy!



As children are gearing up to go back to school, you need to plan ahead to ease the transition, ward off the anxiety and keep your family in good health.

Below we have listed a few tips on making sure your kids stay healthy through the school year!

Build Immunity

In addition to teaching your kids to avoid exposure to cold and flu germs, you can help them stay well by promoting a healthy lifestyle. Make sure your children eat a well-balanced diet, avoid unnecessary stress, get regular exercise, and plenty of rest.

Yearly Physicals

Children should have a yearly physical to update immunizations, receive proper vision and hearing tests and other screenings to identify any hidden health problems. Doing these physicals during back to school time will help get into a routine and remind families to do this yearly.

Wash Hands

It is simple and it is the most effective way to ward off colds and the flu. Teach your children to wash their hands with warm, soapy water before eating meals, after using the bathroom, after handling the classroom pet, and when they return home after school. Children should wash for at least 20 seconds.

Sharing leads to germs

Don't share food or drink. While kids may be tempted to try a friend's drink or take a bite of his/her lunch, it isn't a good idea. Talk about safe ways to sample food, such as pouring liquids into another cup or breaking off a piece of cookie from an area that hasn't been bitten. Don't share clothing, hats, hairbrushes or hair clips and avoid head contact with other children. This will minimize the opportunities for the spread of head lice, another pesky classroom pest!

Sunshine

Make sure kids get at least 15 minutes of sunshine daily. Vitamin D3 is essential for the absorption of calcium and phosphorus and is important for normal development of bones and teeth.

Exercise

Exercise fights fatigue, strengthens and nourishes the heart, strengthens bones, improves circulation, boosts red blood cells, and facilitates oxygen. On the flipside, a sedentary lifestyle can result in numerous different physical problems.

Sleep

Without adequate rest, the brain's ability to function quickly deteriorates. The brain works harder to counteract sleep deprivation effects, concentration levels drop, and memory becomes impaired. Kids aged 3-6 need 10 to 12 hours of sleep per night, kids aged 6-9 need about 10 hours, and teens need about 9 hours.

Hydration

Daily vegetable juices do wonders to feed the body and mind, and water itself is an excellent solvent. It is of vital importance to keep the body well hydrated to maintain the body's systems in check. Make sure plastic water containers are BPA-free.



July Photo Recap

JUKO Carnival



Talent show and ti-dying



Father Daughter Walk

July Photo Recap

Father Daughter Walk

Cook & Belle feat. Seth Cook Concert



City Life:
RAM Day

Little JUKO



The Sunburners Concert

July Photo Recap

City Life: RSO Day and the Summer Concert featuring Jay Jesse Johnson!



**More Photos
of these events
and others at
[Facebook.com/
RichmondParks](https://www.facebook.com/RichmondParks)**

Upcoming Events

August 16 - Teen Movie Night

Beca would rather listen to what's coming out of her headphones than listen to anyone else. Arriving at college, she finds herself not right for any clique but somehow is muscled into one that she never would have picked on her own. When Beca takes this acoustic singing group out of their world of traditional arrangements and perfect harmonies into all-new mash-ups, they fight to climb their way to the top of the cutthroat world of college a cappella. This competition could be coolest thing they'll ever do or the most insane, and it will probably be a little of both...

Rated: PG-13; 112 minutes

Date: Saturday, August 16

Location: Roosevelt Hill, Glen Miller Park

Time: Activities begin at 8:30pm; Movie at dusk



August 23 - Action Movie Night

As the planet of Krypton crumbles, Jor-El and his wife send their infant son Kal-El to a distant world called Earth. Named Clark and raised by kindly farmers Jonathan and Martha Kent, young Kal-El lives in fear of what might happen should his neighbors learn about his extraterrestrial origins, eventually exploring the world in search of himself. Daily Planet reporter Lois Lane has just come to investigate when she has a profound encounter with Clark. When disaster strikes, Clark is forced to embrace his otherworldly origins for the first time in his life, and prepares to take a stand against an enemy far more powerful than any he's ever known.

Rated: PG-13; 148 minutes

Date: Saturday, August 23

Location: Roosevelt Hill, Glen Miller Park

Time: Activities begin at 8:30pm; Movie at dusk

August 30 - Family Movie Night

We welcome back Woody, Buzz and the whole gang back to the big screen as Andy prepares to depart for college and his loyal toys find themselves in ... daycare! These untamed tots with their sticky little fingers do not play nice, so it's all for one and one for all as plans for the Great Escape get underway. A few new faces join the adventure, including Barbie's counterpart Ken, a thespian hedgehog named Mr. Pricklepants and a pink strawberry-scented teddy bear called Lots-o' Huggin' Bear..

Rated: G; 103 minutes

Date: Saturday, August 30

Location: Roosevelt Hill, Glen Miller Park

Time: Activities begin at 8:30pm; Movie at dusk



Upcoming Events

MOTHER - SON

DATE NIGHT



Thursday, August 14th



Join us for a special evening with the special guy in your life! We will have games, crafts and refreshments. Each "couple" will have their photo taken together at a fun and silly photo booth! We will have giveaways at the end of the evening. This is a free event for all ages.
6pm-8pm @ Glen Miller golf course

NEW EVENT - ADDED BY POPULAR REQUEST

Mother-Son Date Night

Join us for a special evening with the special guy in your life! We will have games, crafts and refreshments. Each "couple" will have their photo taken together at a fun and silly photo booth! We will have giveaways at the end of the evening. This is a free event for all ages.

We will have giveaways, games, photos in the Rose Garden, and refreshments.

Date: Thursday August 14, 2014

Time: 6-8pm

Location: Former Glen Miller Golf Course

Cost: Free

All ages are welcome!

City Life: Veach's Lego Day



City Life is all about bringing art and culture to the people of Richmond in new and exciting ways, made possible thanks to a grant from the Wayne County Foundation.

Every City Life event is very interactive, and 100% FREE!

You definitely want to help as we build the biggest Lego sculpture in Indiana!

Join us as we welcome Adam Reed Tucker to Glen Miller Park! Adam is a certified architect for the Lego Corporation, and has traveled all over the world building Lego skyscrapers and city skylines!

Maybe you've seen one of Adam's most famous Lego buildings - a scale model of the Sears (Willis) Tower in Chicago. It is still on display to all visitors in the exhibition area before you

board the elevators to the top!

Adam brings expertise to City Life when he builds an 8 foot tall sky scraper right before your eyes! The best part, you even get to help! Adam will put everyone on build teams and give everyone small jobs to help him erect this massive Lego structure. All the while, he will teach everyone how he uses math and science to build such unbelievable Lego masterpieces.

He will also bring small buildings for giveaways and prizes, and small bags of Legos for people to take home!

You are never too old to play with Legos!

Find out more at cityliferichmond.com

Date: August 9, 2014

Time: 1 pm

Location: Glen Miller Park

Cost: Free

Wayne County Challenge

The Challenge

The Wayne County Challenge is underway, but you can join any of the races! There's one every month from May - December.

The Girls Inc 5K, Fireworks 5K, and Run with the Wolves 5K have been completed for 2014! Take on the challenge!

*Noted Rule change: Participant age for all races and the series will be based on the athlete's age on 12/31/14.

Big Promotion

The Challenge is also taking sponsors this year! Only a few sponsorship spots are available, so if you are interested, be sure to ask about it right away!



Contact new co-chairs Rod Waltz and Ashley Stephen at wccChairman@wccchallenge.org for more information about this exciting opportunity.

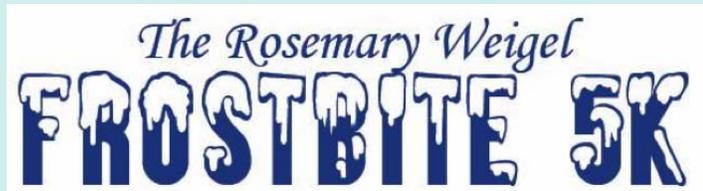
More Information

Learn more about the Wayne County Challenge

at WCChallenge.org. The website is packed fully of information regarding scoring system, photos, links, featured runners, race results and more!

On the Wayne County Challenge website, you can also learn how to get a FREE student race entry.

You can also check out the Facebook page where you can interact with other runners, stay on top of the latest runner information, find other 5Ks in the area, and ask for running tips. Just go to Facebook and search for the group called "Wayne County Challenge."



General Information

Our Mission...

The Richmond Parks and Recreation department provides for the positive development and well being of the Richmond community through the provision of parks, greenways, trails and recreational programming and facilities while working in cooperation with other service providers and partners in the community to maximize all available resources.

Volunteer!

We need volunteers to assist us at many of our events. Volunteer tasks may include: setting up

and running children's games, leading arts and crafts, monitoring lines, tearing down, etc.



To show our appreciation for the hours of service donated by our volunteers, we have created an incentive program. Organizations can sign up for the program and then we will keep a log of hours donated. These hours can then be traded for facility rentals. If you would like

more information, please contact our office today!

Get in Touch!

Let us know your comments or concerns! You can contact us through postal mail, phone, email, or you can come visit us in person!



Address:

2200 East Main Street
Glen Miller Park (next to playground)
Richmond, IN 47374

Telephone:

(765) 983-PARK (7275)

Hours:

Monday - Friday;
8 a.m. - 5 p.m.
(expect holidays)

Email:

parcs@richmondindiana.gov

Website:

richmondindiana.gov,
navigate to the Parks
Department page

Other Numbers:

- * Cordell Municipal Pool:
983-7292
- * Middlefork Reservoir:
983-7293
- * Richmond Community
Senior Center:
983-7300

Facility Rentals

Your Event in the Park

We have enclosed and open-air shelters throughout Richmond. Let one of our cabins, outdoor shelters or pavilions be the host of your special event! From birthday parties to bridal showers to church gatherings, our facilities are perfect places for your groups to meet. Rent by calling (765) 983-7275 or stopping by the Parks Office in Glen Miller Park.

** Most enclosed rentals include indoor restrooms and kitchen facilities.

** A \$50.00 key/damage deposit is required for enclosed facilities when you pick up your key.

** All Open Air Shelters have a 50 percent discount on weekdays (except holidays).

Glen Miller Park

Enclosed Facilities:

Mac's Shack: Capacity: 36
Rate: \$60.00 Holiday Rate: \$85.00

Charles House: Capacity: 40
Rate: \$70.00 Holiday Rate: \$95.00

*Handicap Ramp; A/C

Don's Cabin: Capacity: 66
Rate: \$70.00 Holiday Rate: \$95.00

Glen Miller Band Shell: Certificate of Liability Required
\$275.00/day; \$200 deposit

Open Air Shelters:

Medium Shelters (#3,7-11): Capacity 36 - 54
\$45.00

Large Shelter (#4): Capacity 96
\$45.00

X-Large Shelter (#2): Capacity 120
\$55.00

Rose Garden Gazebo:
\$100.00

Starr Gennett Building

Enclosed Facility: Capacity 600
Certificate of Liability Required
\$275.00/day; \$200 deposit

Mary Scott Park

Enclosed Facility: Capacity: 42
Rate: \$70.00 Holiday Rate: \$95.00

Open Air Shelter: Capacity 36
\$45.00

Springwood Lake Park

Enclosed Facility: Capacity 150
Rate: \$150.00 Holiday Rate: \$175.00

Open Air Shelter: Capacity: 36
\$45.00

Middlefork Reservoir

Enclosed Facility: Capacity 54
Available April 1– October 31
Rate: \$65.00 Holiday Rate: \$95.00

Open Air Shelters:

Medium Shelter (#1): Capacity 40
\$45.00

Large Shelters (#3, 4): Capacity 54
\$45.00

Other:

Richmond Senior Community Center -
Call 983-7300
Cordell Municipal Pool -
Call 983-7292

Notice Under the Americans With Disabilities Act

In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990 (ADA), the City of Richmond, Indiana, will not discriminate against qualified individuals with disabilities on the basis of disability in its services, programs, or activities.

Employment: The City of Richmond, Indiana does not discriminate on the basis of disability in its hiring or employment practices and complies with all regulations promulgated by the U.S. Equal Employment Opportunity Commission under Title I of the ADA.

Effective Communication: The City of Richmond will generally, upon request, provide appropriate aids and services leading to effective communication for qualified persons with disabilities so they can participate equally in the City of Richmond programs, services, and activities, including qualified sign language interpreters, documents in Braille, and other ways of making information and communication accessible to people who have speech, hearing or vision impairments.

Modifications to Policies and Procedures: The City of Richmond will make all reasonable modifications to policies and programs to ensure that people with disabilities have an equal opportunity to enjoy all of its programs, services, and activities. For example, individuals with service animals are welcome in the City of Richmond offices, even where pets are generally prohibited.

Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a program, service, or activity of the City of Richmond, should contact the office of D. Sue Roberson, ADA Coordinator, by telephone (765-983-7244) or email (sroberson@richmondindiana.gov) as soon as possible but no later than 48 hours before the scheduled event.

The ADA does not require the City of Richmond, Indiana, to take any action that would fundamentally alter the nature of its programs or services, or impose an undue financial or administrative burden. Complaints that a program, service or activity of the City of Richmond, Indiana, is not accessible to persons with disabilities should be directed to D. Sue Roberson, ADA Coordinator, 50 North 5th Street, Richmond, IN 47374, telephone 765-983-7244, or email sroberson@richmondindiana.gov.

The City of Richmond, Indiana, will not place a

surcharge on a particular individual with a disability or any group of individuals with disabilities to cover the cost of providing auxiliary aids/services or reasonable modifications of policy, such as retrieving items from locations that are open to the public but are accessible to persons who use wheelchairs.

City of Richmond, Indiana
Grievance Procedure Under
The American with Disabilities Act

This Grievance Procedure is established for the City of Richmond, Indiana, to meet the requirements of the Americans with Disabilities Act of 1990 ("ADA"). It may be used by anyone who wishes to file a complaint alleging discrimination on the basis of disability in the provision of services, activities, programs, or benefits by the City of Richmond, Indiana. The City's Personnel Policy governs employment-related complaints of disability discrimination.

The complaint should be in writing and contain information about the alleged discrimination such as name, address, phone number of complainant and location, date and description of the problem. Alternative means of filing complaints, such as personal interviews or a tape recording of the complaint will be made available for persons with disabilities upon request. The complaint should be submitted by the grievant and/or his/her designee as soon as possible but no later than 60 calendar days after the alleged violation to:

D. Sue Roberson
ADA Coordination/Director of Human Resources
City of Richmond, Indiana
50 North Fifth Street
Richmond, IN 47374

Within 15 calendar days after receipt of the complaint, D. Sue Roberson as ADA Coordinator, or her designee, will meet with complainant to discuss the complaint and the possible resolutions. Within 15 calendar days of the meeting, D. Sue Roberson as ADA Coordinator, or her designee, will respond in writing, and where appropriate, in a format accessible to the complainant, such as large print, Braille, or audio tape. The response will explain the position of the City of Richmond, Indiana, and offer options for substantive resolution of the complaint.

Staff Directory

Administration Staff

Bill Thistlethwaite	Superintendent	983-7276	billt@richmondindiana.gov
Jim Dykes	Assistant, Superintendent	983-7423	jdykes@richmondindiana.gov
Christy Mosey	Business Manager	983-7271	
Sheila Mills	Administrative Assistant	983-7270	
Fay Paul	Receptionist	983-7275	

Recreation Staff

Alisha Estabrook	Community Rec Coordinator	983-7426	aestabrook@richmondindiana.gov
Leslie Hall	Senior Services Coordinator	983-7300	lhall@richmondindiana.gov
Marshall Ma	Wellness Coordinator	983-7425	marshall@richmondindiana.gov
Larry Swihart	Golf Division Director	983-7287	lswihart@richmondindiana.gov

Parks and Recreation Board

Dr. Karen Montgomery, President
Mike Foley, Vice President
Deanna Beaman, Member
Gary Turner, Member
Clay Miller, City Council Liaison

Important Phone Numbers

Maintenance Building 983-7319
Municipal Pool 983-7292
Senior Center 983-7300
Middlefork Reservoir 983-7293
Highland Lake Golf Course 983-7287