

# Victory Lane

RACING FOR THE GOLD

INDIANAPOLIS

THE OFFICIAL PUBLICATION OF THE 2008 NATIONAL VETERANS GOLDEN AGE GAMES



U.S. military veterans and employees of the Department of Veterans Affairs share many of the same character traits — commitment, dedication, dignity and love of country, to name a few. This year at the National Veterans Golden Age Games, you will find among you a number of athletes who are also current VA employees. George Graves, a 56-year-old Army veteran from Hampton, Virginia, is a first timer at the Games. Graves first heard about the event in 2006, when the Hampton VA Medical Center hosted the Games and he

observed the horseshoes competition. “The Games are a great idea because it allows us to see a large concentration of veterans, some of whom we served many years ago. It’s like a family reunion,” said Graves. With 30 years of service to VA under his belt, this is one veteran who has dedicated his life to serving his country. Graves is currently the Environmental Management Service supervisor, a position he has held for 18 years. When asked why he is so proud to be a VA employee, Graves replied, “Respect is the most important thing. Most

vets know what other vets think about and I feel that I can relate to them.”

Russel Shelton, a 61-year-old Navy veteran from Avon, Indiana, has worked for VA as a maintenance mechanic since 1994. Shelton is a Vietnam veteran and, like Graves, is competing in the Games this year for the first time. The Games have been the buzz around the Indianapolis VA Medical Center as the host facility this year. “I have looked forward to meeting veterans from different parts of the country and different branches of

(...continued on page 3)

THURSDAY  
AUGUST 21, 2008

### In today's issue:

- pg. 2 Medal Ceremonies
- pg. 2 Recreational Activities
- pg. 3 Help Hospitalized Veterans
- pgs. 4-5 Photo Gallery
- pg. 6 Hospitality
- pg. 6 Veterans History Project
- pg. 6 Event Results
- pg. 6 Free Massage
- pg. 6 Birthdays
- pg. 7 Stay Healthy
- pg. 8 Schedule

### WEATHER

#### TODAY



Rain and Storms

High:

87°

Low:

71°

#### TOMORROW



Rain and Storms

High:

86°

Low:

70°

Thank you to our co-sponsors!



## Medal Ceremonies

All award ceremonies for medals won in events will be held in the Wabash Ballroom. Medals will be presented individually to winners and will be awarded the day after the event. As such, events won for today's events will be presented tomorrow (Friday Aug. 22). Medals for Friday's competitions will be awarded on Saturday, August 23, and Saturday's medals will be given out on Sunday. All ceremonies will begin promptly at 3 p.m., and winners are asked to please arrive by 2:30 p.m. so they can be seated in our special Winner's Circle area. Medals won in the events taking place on Sunday will be mailed.

To keep with the theme of the festivities, there will be an authentic race car at the back of the room for our competitors to pose with their newly awarded medals for souvenir photos.

Even if you haven't won a medal and you have the time available, please make sure to attend the award ceremonies to cheer on your fellow participants. They've worked hard to achieve their medals and deserve the applause!



## An Overview of This Week's Recreational Activities

While there is nothing like the thrill of competition, it's also nice to take the time to just relax, unwind and recharge your batteries. To help you do that, a number of fun and engaging activities have been planned for this week. From a friendly game of Bingo to touring the most famous racetrack in the world, there's sure to be something for you.

**Thursday, August 21** — Make sure to wear your best red, white and blue to the **Patriotic Dance** from 8 to 11 p.m., in the 500 Ballroom of the Indiana Convention Center and Lucas Oil Stadium. Join the Line Dancers of Heritage Place and enjoy the music of the Ari West Band. Even if you are not a dancer, you're sure to have a great time.

**Friday, August 22** — The Veterans Canteen Service will be sponsoring **Bingo** and will be held from 7 to 9 p.m., in Hall D, located on the first floor of the Indiana Convention Center and Lucas Oil Stadium. In order to win the great prizes at Bingo, you need to have your competitor bib with you. After

the music of DJ Kathy Thompson in the 500 Ballroom until 11 p.m. Show your need for speed and wear your favorite racing team's clothing to the dance.

**Saturday, August 23** — Join us for an evening at the world-class **Indianapolis Zoo**. Not only will you have the chance to see some of the world's most exotic animals, but a delicious barbecue dinner will be served at 7 p.m. (before the dolphin show). Dinner will be served in three shifts (4:30 p.m.; 5:30 p.m.; and 6:30 p.m.). Seating capacity is limited to 400 people per shift and is served on a first-come, first-served basis. We strongly encourage competitors to eat at either the 4:30 or 5:30 p.m. shift, to allow enough time to get to your seat for the dolphin show. For those individuals driving to the zoo, parking will cost \$5 per vehicle. The last bus departs the zoo at 9 p.m. *Note: Anyone who is registered for the 2 p.m. Indianapolis Motor Speedway Tour on Saturday afternoon will be going directly to the zoo from the Speedway for the first dinner shift.*

**Indianapolis Motor Speedway** Tour the historic 2.5 mile oval. Browse through the Hall of Fame Museum, which is one of the most highly visible museums in the world devoted to automobiles and auto racing. This activity is limited to registered participants only. Tours occur on Friday, August 22 and Saturday, August 23, from 10 a.m. to 12:00 p.m., and again from 2 - 4 p.m. Buses will depart from the Indiana Convention Center and Lucas Oil Stadium one half hour prior to the Indianapolis Motor Speedway tours.

**White River State Park** — Each competitor will receive a pass to visit the White River State Park. The pass includes tickets to five world class attractions, all within walking distance from one another. Attractions include the Eiteljorg Museum of American Indians and Western Art, the IMAX Theater, the Indiana State Museum, the Indianapolis Zoo and the White River Gardens.

As you can see, there's a lot more than sports planned for you this week! Attend any or all of these activities as time your schedule permits.

## A Lifetime of Service (...continued from front page)

service. I hope to have fun and sit around telling stories about our times in the service,” said Shelton. “I dare not mention the two days off work I’m taking to compete. It’ll be a nice break!”

“If you do anything at all, you want to do the best you can.” That is the motto of Emrett Gray, a 59-year-old Army veteran, also from Hampton, Virginia. This Vietnam veteran is making it his mission to bring home the gold. Gray is excited to compete in the Golden Age Games for the first time this week. He has been a VA employee for 12 years working for the transportation section of Facilities Management Service as a driver for patients. When asked why he chose to compete this year, Gray said, “Sometimes it seems like veterans are forgotten after serving their

country. This event is a good way to show appreciation for their sacrifice.”

The mission of the Department of Veterans Affairs is to honor America’s veterans by providing exceptional health care that improves their health and well being. The National Veterans Golden Age Games encourage fitness and health for older veterans, as well as a social environment among those who have some of the same experiences. As a military veteran and an employee of VA, you are the epitome of service. Whether it be ensuring the cleanliness of each patient room, repair of equipment that makes the hospital function or chats along the ride to the veterans’ next destination, your service makes a difference in the lives of many.



*Russel Shelton, a 61-year-old Navy veteran from Avon, Indiana, has worked for VA as a maintenance mechanic since 1994.*

## Help Hospitalized Veterans A Major Part of Games

Chances are you’ve enjoyed working on one of Help Hospitalized Veterans therapeutic art and craft kits at your local medical center or at home. Whether it’s a paint-by-number kit, sculpting piece or a leather project, the power of working in the creative arts has tremendous rehabilitative value. That’s all possible because of Help Hospitalized Veterans (HHV), one of the co-sponsors of the National Veterans Golden Age Games.

HHV’s mission is to assist veteran patients in keeping mentally and physically active while receiving care at VA medical centers. HHV’s co-sponsorship of the Games and other national rehabilitation special events is living proof of their mission, which began in 1971.

For two years now, HHV has been a co-sponsor of the Golden Age Games (as well as a co-sponsor of the National Veterans Creative Arts Festival). “The Games touch numerous lives, and we could not pass up the chance to be a part of this great event again,” said Mike Lynch, Executive Director of HHV. With their support, the Games continue to provide senior veteran

athletes a venue to improve their fitness and quench their thirst for competition.

The variety of craft kits changes constantly to give veterans a new challenge that improves their abilities. For example, HHV manufactures leather and wood-clock kits at its national headquarters of the highest quality. As well, HHV ships over 350 different types of products. In

just one year, HHV delivered over a million products to VA medical centers, state veterans nursing homes, military hospitals and home-

bound veterans. It included over 200 computers and some 56,000 craft kits. Since the inception of HHV in 1971, it has delivered more than 24 million pieces of product free of charge to the veteran patient community.

Lynch says that HHV is a vehicle to deliver America’s support to the veteran patients, be it through the arts and crafts program or the craft care specialists who work at VA medical centers across the country.

We sincerely thank HHV for their generous co-sponsorship of the Golden Age Games. Their support is a fundamental reason for the success of this wonderful event.



# 2008 NATIONAL VETERANS GOLDEN AGE GAMES PHOTO GALLERY





# BINGO!

The VCS Bingo will be held from 7 to 9 p.m., in Hall D located on the first floor of the Indiana Convention Center and Lucas Oil Stadium. In order to win prizes, you must have your bib with you! Be sure to be there!

## Veterans History Project

We need your story! The Veterans History Project (VHP) collects and preserves the remembrances and stories of American war veterans and the civilian workers who supported them. These collections of first-hand accounts are archived at the Library of Congress for use by researchers and to serve as inspiration for generations to come.

This project is to honor you, our nation's veterans, by creating a lasting legacy of your military experience. Regardless of your branch or period of service, age, military career or experience, we need you to come and tell your story. Share your adventures us and help make our nation's history come alive!

Please come and share your story! Interviews will be conducted in the Conference Room West, located in the Maryland Street Lobby of the convention center. Although the schedule is full, please check often as cancellations may occur.

You will receive a copy of your 45-minute interview on DVD. Then your remembrances will become part of the Library of Congress official historical records. In appreciation, you will also receive a VHP tote bag and a one of a kind VHP Challenge Coin.



## It's Your Birthday!

Happy birthday to Alfred Curtis who celebrates a birthday today!

The following participants had a birthday earlier in the week.

- Willard Blair
- George Graves
- Michael O'Boyle
- Robert Shefelton
- Edward Tipton
- Chris Mein
- Meredith Townsend

To make your birthday a little more special, there is a surprise waiting for you at the Medcia Center! Make sure to stop by and pick up your gift!

## Hospitality

Experience classic Hoosier hospitality at its absolute finest! For assistance during the Games, be sure to stop by any one of the information tables located at the Indiana Convention Center, the Lucas Oil Stadium or at the hotel at which you are staying. At these tables, which are open from 6 a.m. to 9 p.m., you may pick up a copy of the "Victory Lane" daily newsletter, and information about our wonderful city as well as maps and city guides, competition, shuttle, and event schedules. In addition, playing cards and board games will be available for you to check out during the week. Also waiting for you at these hospitality tables are baskets filled with complimentary grooming and hygiene products. Enjoy the city of Indianapolis and most important, make sure to have some fun!

## The Results Are In!

After training and practicing so hard for the Games, you want your placement in the event as soon as possible! To that end, results from all the competitions will be posted on the bulletin boards across from room 121 in the Indianapolis Convention Center as soon as they are available.

## Free Massage!

The Disabled Veteran Massage Foundation will be providing free chair massages to Games participants outside of room 121 in the Indianapolis Convention Center. Massages will be offered now through Sunday, from 10 a.m. - 5 p.m. There will be several chairs available, so come on down for a therapeutic, relaxing twenty-minute massage! No appointment necessary!

# STAY HEALTHY

The Roudebush VA Medical Center Team would like to make sure you have a wonderful experience at the 2008 National Veterans Golden Age Games. In order to ensure a safe and healthy Games, please make sure to read the information, tips and suggestions.

There will be a triage center (or nursing support center) located at the Hilton hotel. This is for non-urgent needs for participating veterans that may occur during the Games. The Prosthetics Department will work with the medical team to meet any needs that may arise during your stay.

If you are not staying at the Hilton, you may call the triage center if you have any questions or concerns at (317) 882-5845. For emergencies, dial 911. Make sure to look for more detailed information in the daily newsletter.

We wish you all the best of luck in your events and we're honored to be a part of this experience. You are all gold medal winners in our eyes!

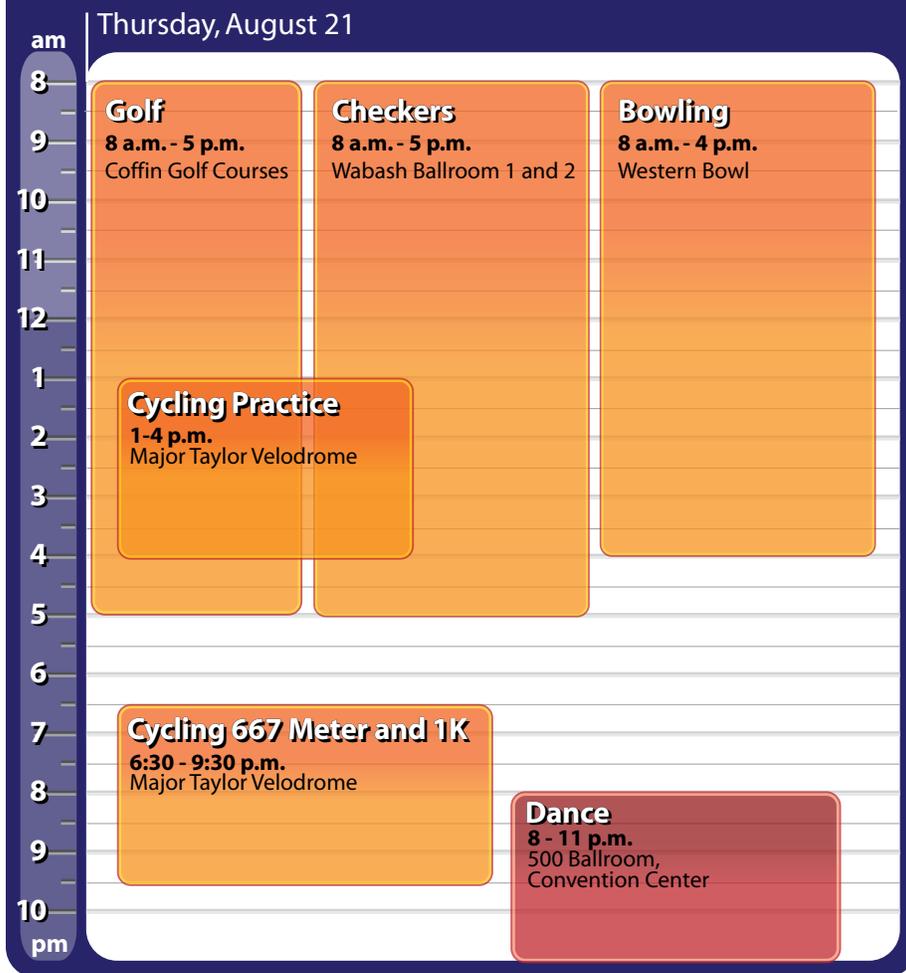
In order to play safe, the medical team would like to provide the following tips.

1. Bring all necessary medications. Any medication refills will require a trip to the local VA to see a provider.
2. Make sure batteries are working in any medical devices (like your diabetic testing devices or hearing aids).
3. Wheelchairs and any assistive equipment should be in good condition.
4. For severe allergies, we strongly recommend a medical alert necklace or bracelet to be worn during your visit.

*Make sure to drink plenty of water during your activities.*

5. If you have special wound dressing needs, ostomy supplies or urinary drainage needs, please bring your supplies with you.
6. Make sure family members have insurance information with them. In the unlikely event they would need medical attention, they will need proof of insurance.
7. It is hot in Indiana in August. Be sure to use sunscreen, bring sun glasses or wear a hat to protect your face.
8. Drink plenty of fluids. Water is the best! Drinks with a lot of sugar and caffeine do not keep you well hydrated.
9. Dress according to the weather in cool cotton light colored shirts and pants. Dark colors draw and store heat.
10. When you are awaiting your turn in outdoor events stay in shaded areas. Spectators should stay in shaded areas too!
11. Make sure to eat breakfast! It is the most important meal of the day!

# Schedule of Events



## Bus and Shuttle Service

Throughout the week continuous shuttle service to the Indianapolis Convention Center will begin early each day. Buses for events and scheduled activities held at venues away from downtown will board in front of the Indianapolis Convention Center. Please pay close attention throughout the day to posted bus departure times as they may change due to unforeseen circumstances. To meet everyone's needs and to ensure timely arrivals, buses will depart promptly as posted.

Shuttles begin service at 5:30 a.m. daily.

- **South Loop** is to/from Hampton Inn, Crowne Plaza, Omni Severin and the convention center.
- **North Loop** is to/from Hilton, Hilton Garden Inn and Embassy Suites (see below) and the convention center.
- All stops will be at the front of the convention center and each hotel, with the exception of the Embassy Suites. Participants staying at the Embassy Suites can pick up the shuttle at the corner of Washington and Illinois.

## Medical Equipment & Wheelchair Repair

Prosthetics will be available at the Convention Center room #123. Staff will be on site at the Convention Center from 7 a.m. - 11 p.m. daily to meet your needs for Wheelchair repair or prosthetic related equipment.

- Extra shower chairs, canes, walkers, elevated toilet seats available at the convention center and will be delivered upon request.
- We will be able to contact vendors for motorized wheelchair issues should the need arise and will have non-motorized wheelchairs for loan to the participant while repairs are completed.

For any other prosthetic or wheelchair issues, please contact Steven Frank or Maura DiMeo at (317) 509-5614 or pager (317) 310-4390.

## Places to Know

The below list is comprised of locations that you should know during your time at the Games. All rooms are located in the Indianapolis Convention Center & Lucas Oil Stadium.

Administrative: *Room 120*

Command Center: *Room 121*

Cyber Café: *Room 120*

Media Center: *Room 124*

Medical Assistance: *Room 123*

Veterans' History Project: *West Lobby Chamber*

Volunteers: *Room 122*

## Medical Help

There will be a triage center (or nursing support center) located at the Hilton hotel. This will be for non-urgent needs for participating veterans that may occur during the Games. The triage center can be reached at (317) 882-5845. For emergencies, please dial 911. The Prosthetics Department will be working with Medical Team to meet any needs that may arise during your stay.

If you are not staying at the Hilton, you may call the triage center if you have any questions or concerns. Make sure to look for contact information as well as more detailed information at the upon arrival to the Games as well as in the daily newsletter.