Beat the Heat...cool ways to thrive after 45

Talking Book Awareness Day * The week of August 17

Program in a Box #1

Props:
1. Sunglasses (enough for everyone attending)
2. Simple obstacle course (3 yard sticks painted white on one tip; three sets of 8 x 11 cards—one card with a #1, one card with #2, one card with #3)
3. Three road maps

Agenda
- As people arrive, issue “show” tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions
- Three contestants (elected officials, Friends, board members, teenagers, staff, retirement or senior center administrator, other community members)
- The Master of Ceremonies (you or someone you can talk into it—the MC gets to have the cool hat with our compliments!)

10 minutes: Action sequence (good for media photos)
1. Have your contestants try to read a map with their sunglass on. Ask them how easy it was by showing their card (1 for the easiest, 2 for the next easiest, 3 for the hardest)
2. Have your contestants run through the obstacle course (get ideas). Ask them how easy it was.
3. Have your contestants play a tape on the TBS machine. Ask them how easy it was. (end with a round of applause)
4. The Master of Ceremonies concludes the show (see page 2)

20 minutes: The Eyes Have It
- Introduce your presenter and topic—see tips on page 3

10 to 20 minutes: Refreshments served (ice cream to go with the sunglasses)
- Everyone invited to try out the challenges, see the display
- Everyone gets sunglasses!
- Everyone enjoys the treats!
Program in a Box #2

Props:
1. Sunglasses (enough for everyone attending)
2. Simple obstacle course (3 yard sticks painted white on one tip; three sets of 8 x 11 cards—one card with #1, one card with #2, one card with #3)
3. Three road maps

Agenda
- As people arrive, issue “show” tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions
- Three contestants (elected officials, Friends, board members, teenagers, staff, retirement or senior center administrator, other community members)
- The Master of Ceremonies (you or someone you can talk into it—the MC gets to have the cool hat with our complements!)

10 minutes: Action sequence (good for media photos)
1. Have your contestants try to read a map with their sunglass on. Ask them how easy it was by showing their card (1 for the easiest, 2 for the next easiest, 3 for the hardest)
2. Have your contestants run through the obstacle course (get ideas). Ask them how easy it was.
3. Have your contestants play a tape on the TBS machine. Ask them how easy it was.
   - Round of applause

10 to 20 minutes: Refreshments served (ice cream to go with the sunglasses)
- Everyone invited to try out the challenges, see the display
- Everyone gets sunglasses!
- Everyone enjoys the treats!
Program in a Box #3

Agenda

- As people arrive, issue “show” tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions

- Welcome audience
- Introduce any “dignitaries”
- Brief remarks about the purpose:
  - Beat the Heat — Thriving after 45
    - Only those 45 and over have been invited today. We knew you were jealous of all our Summer Readers getting treats & prizes so we decided to have a day for treats & prizes for older “kids” too.
    - You might be concerned about a loved one who isn’t as active as they once were because visual impairment or another disability. Or maybe you are concerned about yourself.
    - As you know, whenever a person is going through a life change, it’s stressful. But it doesn’t mean you have to give up one of the best pleasures in life—reading. After our brief presentation on [your topic by speaker’s name], visit our display on how the library can help keep your mind active, have a treat and get a prize!

20 minutes: Presentation

- This could be longer than 20 minutes, but be sure and leave time for questions.

30 minutes: Refreshments served (ice cream to go with the sunglasses)

- Everyone invited to see TBS and library display materials.
- Everyone gets sunglasses!
- Everyone enjoys the treats!

Presentation ideas

1. Eye doctor — visual impairment warning signs
2. Coach/Health Professional — eye protection
3. Dept. of Motor Vehicles — Can you beat the eye test?
4. Mental Health Professional—Life Transitions
5. Senior Center or Nursing Home Administrator—Activities to build physical and mental health
6. Talking Book Staff—Recorded Book “Book Talk”
7. Health Provider—Caring for your parents.

We’ll provide you with giveaway sun glasses for your participants!
Beat the Heat...cool ways to thrive after 45

Library Name: ________________________________
Contact Person: _______________________________
Address: ____________________________________

Telephone: _________________________________
Email: ________________________________

We plan to do □ Program #1 □ Program #2
□ Program #3 □ An Open House

Required commitment from your library:
1. Plan a one-hour program (Program in a Box 1, 2, or 3 — or host an open house)
2. Invite a community partner (see p. 3)
3. Let the media know (we provide templates)
4. Ask your local physician or eye doctor to display your invitation poster (we’ll send you two).
5. Create a display of Talking Book Library Service materials on that day and include the materials you have (like music, videos, large print books) too.
6. Provide a Summer Treat

What we provide:
- Program in a box (1, 2, or 3)
- Two invitation posters with acrylic frames (to be mailed)
- Press releases, graphics, and more!
- Sunglasses for participants
- A cool hat for your Master of Ceremonies (you or your partner)
- Talking Book Service materials (machine, books, informational brochures)

Estimation of supplies you would need:
- Number of pairs of sunglasses (first come, first serve): __________
- Number of informational brochures: __________
- Do you need a TBS player and books? Yes  No

My library will:
□ Commit to the above six requirements for the TBS Awareness open house

Director’s Signature: ________________________________________________

Return to: Sue Walker, Library Consultant
325 W. State Street, Boise, ID 83702
Sue.walker@libraries.idaho.gov  *  208-344-2150 * 800-458-3271 * 208 334-4016 (fax)