

The OMI Fog Walkers

The OMI Fog Walkers celebrated one year of walking in their community in May 2013. The walkers walk each Wednesday for one hour starting at 11:00 am from Minnie and Lovie Ward Recreation Center. This has been a fun year for the walkers. Thanks go out to Community Living Campaign and Minnie and Lovie Ward Recreation Center.

The walkers got a chance to learn a lot about the community by walking their neighborhood instead of driving. Can you imagine living in a neighborhood for over 40 years and never visiting Brooks Park?

Yes, some of us lost weight, some just maintained their weight. Yes, some boast about sleeping better. And others come because that is a way to find out what is going on in the community. And it stops them from being isolated and helps with depression. We get stopped all of the time asking who we are. And we have traffic that stops for us. One man stopped to allow us to cross the street, because he stops for school children. We are the sixty plus walking group.

Now that people are walking they are more aware of what their neighborhood has to offer and what is really happening within. We get to visit the neighborhood park, check out the dumping problem and take pictures, meet new people as we move through the area, monitor new building projects to make sure they are environmentally neighborhood friendly and we bring awareness to the community. Does it look like an aging advocacy group forming here? You bet!