



“Be Educated and Active Together”

April 2009



April Program

Kathleen M. Bertuna, DO, will be our April program presenter. Dr. Bertuna recently joined the staff of River Rose Obstetrics and Gynecology and is also caring for patients in O’Bleness Memorial Hospital’s Birth Center. During her presentation, Dr. Bertuna will talk about a new procedure she performs at O’Bleness, InterStim® neurostimulator therapy. The procedure is an option for men and women suffering from urinary incontinence. InterStim® therapy is effective with urinary retention, urgency-frequency and urge incontinence. The program will be at O’Bleness, **Lower Level Room 010** on **Thursday, April 16, at 2 p.m.**

March Program

Gwen Corbett, was our March program presenter. Gwen writes the weekly “Going Green” column for the *Logan Daily News* and *The Athens Messenger*, and offered some of her green tips during the presentation. For example, Gwen suggested practicing waste reduction by asking yourself some simple questions, including “Do I need that item,” and “How much of it do I use?” She also suggested making fair

trade purchases for items such as clothing.



Gwen Corbett, right, talks with SeniorBEAT members.

History Group

For our **Thursday, May 14**, history group we welcome the return of our friend and local historian, **Marge Stone**. She will share information on the “Sanctuary Shuffle.” She has some interesting tales about why many of our well-known churches moved hither and yon during the late 1880s. We are fortunate that Marge is so willing to share her wealth of information with us! She will also be happy to sign either or both of her books, *Getting to know Athens County* (co-authored) and *As Time Goes By*. The history group meets in **Lower Level Room 008** at O’Bleness at **1 p.m.**

Lunch Program

Our **Friday, April 30**, lunch will be at Bennigan’s at **11:30 a.m.** We all seem to enjoy Bennigan’s as they have a nice variety on their menu, and most items seem to be reasonably priced.

Book Club

Our selection for **Monday, May 11**, is *Nickel and Dime* by Barbara

Ehrenreich. This nonfiction describes the authors experience when she gave up her well-paying job and comfortable way of life to search for, and sometimes plead for, minimum wage jobs. The book also describes her attempt to live on her wages. It is interesting to read about the difficulties she encounters as well as society's view of this necessary part of our population. Today's economic situation will surely play a large role in our discussion of this fascinating read. Our book club meeting will be at **10 a.m.** at O'Bleness, **Lower Level Room 006.**

Book Club List

June

Year of Wonders, a Novel of the Plague
by Geraldine Brooks

July

The Guernsey Literature and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows

August

Brunelleschi's Dome, How a Renaissance Genius Reinvented Architecture by Ross King (Ki 726.61)

Bike Path Walks

Our second in our series of three bike path walks will be at **County Road 4** on **Friday, May 1, at 9 a.m.** Call **Peggy** at **(740) 592-2871** for directions.

Assisted Living Tours

There is still time to join us in our personalized tour of **Hickory Creek Nursing Center** on **Monday, April 20, 1:30 p.m.**, and **Kimes Nursing and Rehabilitation Center** on **Monday,**

April 27, 1:30 p.m. We will walk about the facilities viewing rooms, activity, social and meal areas, and maybe even laundry areas. After our tours we will meet with a facility administrator who will answer any questions or concerns we might have. **Please RSVP to Peggy Irwin by Monday, April 13, at (740) 592-2871.**

For Your Information

Dick Harvey, a senior and proud of it, would like to lead a group of bicyclists on a short ride on the bike path.

Dick has not cycled all winter long so he would like to go pretty slow, and perhaps no faster than Eclipse and back. Stopping at Jana's for coffee is also an option. There is very little traffic on that section of the path, and the trip would be about an hour of cycling. The group would start at the Habitat House on West Union in Athens. **If you are interested, e-mail Dick at harvey@ohio.edu with times that work best for you.**

Announcements

The **Saturday, April 18, PACE** class will be at the Market on East State Street in the old Goody's shop. Enter in the mall main entrance, and turn right at the center of the mall. We will be in the only store on the right. The class starts at **9:45 a.m.**

SeniorBEAT newsletters and calendars are now online at www.obleness.org under Services, SeniorBEAT.

Anyone who would like to receive program reminders by e-mail may send e-mail to: **baum@ohio.edu** to join the e-mail list.

Photos and/or videos may be taken during SeniorBEAT activities. If you do not wish to be photographed please notify **Peggy Irwin**, SeniorBEAT coordinator at **(740) 592-2871.**