



**“Be Educated and Active Together”**

*A program sponsored by  
O’Bleness Memorial Hospital*

**April 2010**



### April Program

For our April meeting **Brooke Vaughn**, a licensed physical therapist with Ohio University and O’Bleness Memorial Hospital, will talk with us about balance. Some changes in balance are to be expected due to the aging process, but like many other things the more we know, the better we can control the changes. Brooke will explain the changes that usually occur and what can be done about them. She will also discuss balance deficits that indicate a need for a balance assessment and what that might mean. And, finally, Brooke will share with us exercises to help our balance. Our program about balance will be on **Thursday, April 15, at 2 p.m., in Lower Level Room 010 at O’Bleness Memorial Hospital.** This is a program that we hope will benefit members and prevent falls – see you at the meeting!

### March Program

Our March program featured two informative presenters.

**Anna Riley**, Program Director of the **O’Bleness Wound Care Center®**, told us about the comprehensive wound care services of the center. Services offered include a number of treatment options for healing difficult wounds, including hyperbaric oxygen therapy (HBOT). By quickly delivering high

concentrations of oxygen to the bloodstream, HBOT helps increase the body’s natural wound-healing abilities. Two hyperbaric chambers are available at the wound care center.

O’Bleness is collaborating with **Diversified Clinical Services (DCS)**, an experienced organization with more than 300 wound care centers nationwide.

An open house for the **O’Bleness Wound Care Center®**, will be held for the public on **Sunday, April 11, from 11 a.m. to 2 p.m. at O’Bleness West, 444 West Union St.**

In addition, **Patty Mercer**, Director of **The Athens Village**, updated SeniorBEAT members about the current status of the new Athens Village project.

The Athens Village currently has 70 members who are Athens County residents 60 years or older who join the organization in order to remain living comfortably and safely at home.

Services provided through the Village include personal care and home healthcare, housekeeping services, household repair and maintenance, home safety assessment, computer and electronic services.



*Anna Riley discusses hyperbaric oxygen therapy (HBOT).*



*Patty Mercer speaks with SeniorBEAT members.*

## Lunch Program

For our May lunch program we will meet at **Lam's Garden**, 934 E. State St. on **Friday, May 28 at 11:30 a.m.** This will be our first time at Lam's Garden in three years so let's hope we have a good turnout to enjoy Chinese food at one of our older Chinese restaurants.

## History Group

**John Murray** returns to our May history group to talk with us about Civil War medicine. It has been a while since John has met with us and this sounds like an interesting program for our group. We will meet on **Thursday, May 13, at 1 p.m.** at **O'Bleness, Lower Level Room 008.**

## Bike Path Walks

Spring has sprung and we have scheduled three walks to enjoy the spring flowers and one walk to experience the new section of the bike path that goes from the Inn at Hocking (previously Ramada Inn) into Nelsonville to the Rocky Outdoor Gear Store. The schedule is as follows:

**Mon., April 19, at 9 a.m. – Beaumont**

(Rain date Mon., April 26, at 9 a.m.)

**Fri., April 30, at 9 a.m. – Armitage Rd.**

(Rain date Mon., May 3, at 9 a.m.)

**Fri., May 7, at 9 a.m. – Beaumont**

(Rain date Fri., May 14, at 9 a.m.)

**Mon., May 17, at 9 a.m. – Inn at Hocking**

(Rain date Mon., May 24, at 9 a.m.)

## Book Club

Our May selection is *The Little Book* written by **Selden Edwards** during a thirty-year span beginning in 1974. As you might expect this book is anything but "little" as it covers a wide range of ideas. "It is a tale of books within books and their influence upon

history," according to a review in the *New Orleans Times*. It is a tale of time travel that allows for various well-known figures to make an appearance and have their say. A very different kind of story that is indeed a fun read.

Join us for this fun discussion on **Monday, May 10, at 10 a.m.** in **O'Bleness' WillowView Café.**

## Book Club List

June

*The Namesake* by Jhumpa Lahiri

July

*The Help* by Kathryn Stockett

August

*Bittersweet* by Nevada Barr

## Announcements

O'Bleness Memorial Hospital sponsors the SeniorBEAT program, which is available for free to anyone age 60 or older. A monthly meeting featuring a health or lifestyle topic and speaker is held on the third Thursday of each month. In addition, a number of small interest groups meet monthly. Members receive the SeniorBEAT newsletter and calendar by mail. The newsletter and calendar are also available online at [www.obleness.org](http://www.obleness.org), under Services, SeniorBEAT.

To join SeniorBEAT or to register a change of address, please call the Community Relations Department at O'Bleness, **(740) 592-9300.**

Anyone who would like to receive program reminders by e-mail may send e-mail to: [baum@ohio.edu](mailto: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.**

# SeniorBEAT Extras ...

## For Your Information

The Community Action Senior Nutrition Program encourages all seniors over age 60 to enjoy a nutritious meal at a very reasonable price (\$2 donation), Monday through Friday at the Community Center. The menu is printed in *The Athens Messenger* on Sundays in the United Senior Schedule. A call to the United Seniors at (740) 594-3535 to make reservations the day before the meal is the only requirement.

**Tracie Forsyth**, site manager, enjoys making all seniors welcome and will make sure everything is to your liking. It is truly a friendly lunch experience just waiting for more of us to enjoy it. Make your reservations today!

## Beacon School Senior Swim

This is another fun and healthy way to improve your physical fitness. There are only two months (April and May) left before school closes for the summer, but all seniors are indeed welcome. The pool is open **Mondays, Wednesdays and Fridays** from **3 to 4 p.m.** for seniors at a cost of **\$1** for the life-guard. There are changing rooms, showers, nice warm water and friendly people to chat with. Hope to see you at the pool!

## Athens Takes It Off

A total of 735 people joined the *Athens Takes It Off* community wellness initiative to promote weight loss and healthy lifestyle changes. O'Bleness Memorial Hospital was a part of the coalition of organizations and businesses that initiated the project, and our team, The **SeniorBEATers**, came in **50<sup>th</sup>** of 170 teams! Our percentage of loss was 5.014 percent and we lost a total of 47.5 pounds. Not bad for us, as a group who gave it our best! It was fun and now we will all be working to keep it off.

## Caregiver Series

A series of four caregiver workshops will be held at the Athens Public Library on **Wednesday** afternoons from **May 5 to May 26**, from **3:30 to 5 p.m.** Topics include optimizing your memory, transfers, medication and memory, and Vitamin D. Programs are open and free to the public and are sponsored by the Athens Public Library, Ohio University College of Osteopathic Medicine, Western Reserve Geriatric Education Center, and the Health Resources and Services Administration (HRSA). The weekly program schedule is as follows:

3:30 – 3:45 p.m. – Refreshments

3:45 – 4:45 p.m. – Presentation

4:45 – 5:00 p.m. – Refreshments/Socializing

For more information call (740) 593-2266.

## Driving Cass to be Offered at the Community Center

The Athens Sheriff Department is sponsoring a driving class to be held **Tuesday, April 20** from **9 a.m. to 2 p.m.** The class will be held at the **Community Center**. Register by calling the Sheriff's office at (740) 593-6633 and asking for Michelle.

## Volunteers will Help with Home Projects

Elderly and disabled Athens County residents who need assistance with home maintenance can request help through the **Good Works Samaritan Projects** by calling (740) 594-3336. The program assists people with low or fixed incomes who do not have the financial means to pay to have the work done. Volunteers will be available beginning in March and April and can assist residents throughout the summer months.

