

# O'Bleness Senior BEAT

*Be Educated and Active Together*

*A program sponsored by  
O'Bleness Memorial Hospital*

**August 2010**

## **August Program**

Our August Program will feature **Mindy Cayton, Planner at Area Agency on Aging 8**. Cayton has taken her knowledge and experience gained from years of experience with the agency and compiled a comprehensive overview of issues one faces when planning for retirement and long-term care. **A Blueprint for Lifelong Planning** provides an outline of the considerations one must keep in mind when planning for the future as well as an overview of how Medicare, Social Security, Medicaid and employer-based retirement insurance interact. This program is meant only as an overview and will not provide in-depth information on any one subject.

Mark your calendars for **Thursday, August 19, at 2 p.m. in Lower Level Room 010 at O'Bleness Memorial Hospital** to learn valuable information about these beneficial programs!

## **July Program**

Our July program was a double-header, featuring our sheriff discussing the Seniors and Law Enforcement Program (SALT), and **Andy Stone, City Engineer and Director of Public Works**.

**Sheriff Patrick Kelly** and **Deputy Norman** discussed how SALT allows

seniors to assist the Sheriff's office in a variety of ways.

The mission of the program is to decrease crime and the fear of crime in order to raise livability for seniors. Sheriff Kelly explained that similar to the DARE (Drug Awareness Resistance Education) program for young adults; the SALT program aims to allow seniors to help educate the community by promoting safety and service programs to meet the needs of other local senior citizens. Anyone over the age of 50 is eligible to join this program. For more information or to join this program contact **Deputy Jim Childs** at (740) 593-6633 or e-mail [jchilds@athenssheriff.com](mailto:jchilds@athenssheriff.com).



*Deputy Patrick Kelly explains the Seniors and Law Enforcement Together Program.*

Our second presenter, Andy, explained the Roundabout that was constructed at the intersection of Richland Avenue and State Route 682. In addition, Andy showed us a simulation on DVD of the Roundabout. The simulation showed how the Roundabout functions now that it is finished.



*Andy Stone answers questions about the Roundabout.*

## Special August Program

On **Monday, August 16, at 1 p.m.** **Susie Vance** from the **Department of Natural Resources** will present a program about large wild animals that are frequently seen in Athens County. The largest portion of her program will be spent talking about coyotes, black bears, wild boar, wildcats, and raccoons. This presentation will take place in **Lower Level Room 008 at O'Bleness.**

## Book Club

Our September selection is *One Vacant Chair* by **Joe Coomer**. This first time author presents a variety of issues, unique situations, and interesting relationships throughout the novel. This is a very enjoyable reading experience! We will discuss *One Vacant Chair* on **Monday, September 13 at 10 p.m.** in the **WillowView Café.**

### Book Club List

October

*Son of the Morning Star* by Evan S. Connell (Non-Fiction 973.8CO)

November

*A Bed by the Window* by M. Scott Peck

December

Members sharing favorite poetry

## History Group

**Sally Kozma** will share her knowledge about the Wheezy Academy which once stood where her home is in Trimble. The Academy was a station on the Underground Railroad and later was restored to become the home of the Kozma newlyweds. Sally is 92 years young and loves to share her personal stories as well as The Academy history. Join us to listen to Sally on **Thursday, September 9 at 1 p.m.** in **Lower Level Room 008 at O'Bleness.**

## August Lunch Program

We will be returning to Eclipse at The Plains (located just off of Johnson Road) to try a new restaurant called **Heavens Oven**, which is located directly across from Jana's. The restaurant has soups, salads and sandwiches, as well as a breakfast menu available for lunch, all for around \$8. Join us for this new adventure on **Friday, August 27, at 11:30 a.m.**

## Announcements

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

Two exercise DVDs are available for any SeniorBEAT member to borrow. *Chair Aerobics for Everyone* is a safe, effective, low-impact workout for all fitness levels. *Stretching for Seniors* with Ann Smith will help you stretch your way to greater strength, flexibility and vitality. To borrow either DVD stop by the **Community Relations Department at O'Bleness in Lower Level Room 029**, or call **Joy MillerUpton at 740-592-9468.**

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.**



