



“Be Educated and Active Together”

December 2009



December Program

For our December holiday program SeniorBEAT is offering a **tribute to the late Ora Anderson**. Many of you may remember Ora as a long-time friend of SeniorBEAT, as he was our featured holiday speaker a number of times. One afternoon he invited SeniorBEAT to his farm for a picnic and a tour of his farm, made all the better with his stories along the way. In the spring of 2003 his “kid” sister did a wonderful program with her hat collection as well. We have many fond memories of Ora!

Recently, a story about Ora was featured in the *Athens Messenger* promoting an upcoming screening of a new video, *Ora Anderson: The Soul of the Woods*. The video is produced by Jean Andrews, a dear friend of Ora, and Steve Fetsch of Ohio Landscape Productions. The story in the *Athens Messenger* so aptly described the Ora we all knew and loved that we on the Advisory Board decided this would make a memorable holiday program for us all. Therefore, **Jean Andrews has agreed to talk with us about Ora and share this latest video as well**. She will also bring books and videos to sell with all proceeds to go to the Ora E. Anderson Conservation Fund for Appalachia.

Anyone that has birds or other artwork by Ora and would like to share them for viewing, please bring them! We hope for this to be a celebration of Ora’s fascinating

life. Join us on **Thursday, December 17 at 2 p.m.** for our tribute to Ora E. Anderson. The program will be held in **O’Bleness Lower Level Room 010**.

November Program

Dawn L. Sammons, DO, presented our November program on Thursday, November 19. Dr. Sammons, back by popular request, discussed winter skin care and answered general skin care questions as well. She shared some handy tips for avoiding dry and itching winter skin including moisturizing your skin, humidifying your home, taking 10 minute, not-too-hot, showers, and avoiding antibacterial soaps or soaps that are harsh or have fragrance.



Dr. Sammons speaks to the SeniorBEAT audience.

Lunch Program

Beginning with our January lunch program, this and all following lunch programs will be on the **fourth Friday** of the month. Hopefully this will be less confusing.

For our **January 22** lunch, we will return to **Casa Lopez** on East State Street. Everyone seems to enjoy their Mexican food and the service has always been very good. Join us at **11:30 a.m., Friday, January 22**.

History Group

For our January history group we welcome back one of our favorite historians, **Tom O'Grady**. He will tell us about either Levi Tucker Scofield, an Ohio Architect of many treasures including the Athens State Hospital, or he may also talk about Ohio's early contribution to astronomy in the United States. Our meeting will be on **Thursday, January 14, at 1 p.m. in O'Bleness Lower Level Room 008**. Don't miss this opportunity to hear Tom, as he rarely has an afternoon to talk with us.

Book Club

Our January book selection is *Jane Eyre* by **Charlotte Bronte**. This is a wonderful classic that most everyone read in high school and it is a delight to read again. This should be fun to talk about on **Monday, January 11, at 10 a.m. in O'Bleness' WillowView Café**.

Book Club List

February

Mary Todd Lincoln: a biography by Jean H. Baker

March

We Are Welcome Here: by Elizabeth Berg

April

The Help: by Kathryn Stockett

SeniorBEAT Programs

- SeniorBEAT Speaker Meeting – third Thursday at 2 p.m. (O'Bleness Lower Level)
- Arthritis Foundation Exercise Program– (weekly)
 - Tues. – Comm. Center 12:30-1:30 p.m.
 - Wed. – Plains United Methodist Church, 10-11 a.m.
 - Sat. – O'Bleness Lower Level Room 010, 9:45-10:45 a.m.

- Book Club – second Monday at 10 a.m. (O'Bleness WillowView Café)
- History Group – second Thursday, 1 p.m. (O'Bleness Lower Level Room 008)
- Chair Volleyball – Tuesday and Thursdays from 8:30 to 10 a.m. (Market on State)
- Singing Group – third Friday at 1 p.m. (Comm. Center)
- Lunch Program – fourth Friday 11:30 a.m. (Area restaurants as announced)

Announcements

The Ohio Bureau of Motor Vehicles (BMV) has created an emergency contact database. Ohio citizens with a valid driver's license or state identification card can voluntarily provide emergency contact information that can be obtained and used in case of a car accident. Anyone interested in utilizing this service should visit the BMV website, www.bmv.ohio.gov/.

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.

**Remember: Wash hands often and sneeze/cough into arm bend!
Also – Keep hands away from face as much as possible!!**

Happy Holidays!

