



“Be Educated and Active Together”

February 2010



February Program

We have had several requests for more information on arthritis, so we have arranged to have **Nick Turkas, MS**, Director of Public Health with the Central Ohio Chapter of the Arthritis Foundation meet with us. He plans to discuss pain and stress management as well as the many resources available through the Arthritis Foundation. Nick has been with the foundation for many years and is very knowledgeable.

Bring your questions on **Thursday, Feb. 18, at 2 p.m. at O’Bleness, Lower Level Room 010**, and help us welcome Nick!

January Program

A question and answer session was held on **Thursday, Jan. 21, with Wayne Carlsen, DO, FACOI**, department chairman of geriatric medicine at University Medical Associates (UMA).

Carlsen, who has been practicing medicine part-time at UMA in Athens for 17 years, answered questions from the audience on a range of topics from Alzheimer’s disease to recommended daily physical activity.

He discussed the health rewards and risks of different foods and beverages as well as ways to lead a healthy life.

“If it’s bad for your heart, it’s bad for your brain,” Carlsen said.

Carlsen also answered concerns about the different vaccines that are recommended for seniors: shingles, pneumonia, seasonal influenza and H1N1 influenza.

“Anyone who had chickenpox as a child should get the shingles vaccination,” Carlsen said. “It is a one-time shot and if you do get the shingles, it will be a less severe case.”

Dr. Carlsen also said that both the seasonal and H1N1 influenza vaccinations are worth getting because the positive effects outweigh the negative side effects.

While he gave as much advice as he could, he stressed that every person is different and everyone can be affected by different situations.

“It all depends,” Carlsen said. “Every piece of advice I give you is going to vary depending on each person’s health.”



The SeniorBEAT audience listens intently.

Lunch Program

For our March lunch program we will return to **Applebee’s**. They have a nice lunch menu with several delicious choices! Plan on joining us at **11:30 a.m. on Friday, March 26**.

History Group

For our March history group **Jo Prisley**, retired curator with the Athens County Historical Society, will tell us of the newly designated historical districts around

Athens. Perhaps you have noted the new signs designating the areas and Jo will fill us in on the significance of these areas. Plan to attend this meeting on **Thursday, March 11, at 1 p.m. at O’Bleness, Lower Level Room 008.**

Book Club

Our March Selection is **“We Are All Welcome Here” by Elizabeth Berg.** This novel takes place in Tupelo, Mississippi, the home place of Elvis Presley during 1964. The story is narrated by a 14-year-old girl who is providing care for her mother who is in an iron lung for the polio she contracted during pregnancy. This is a well-written story that provides insight on polio, civil rights, care giving, the social system and poverty.

We will discuss this book on **Monday, March 8, at 10 a.m. in O’Bleness’ WillowView Café.**

Book Club List

April

The Help by Kathryn Stockett

May

The Little Book by Selden Edwards

June

Body and Soul by Frank Conrey

Exercise Class

Our **Saturday, March 13,** exercise class will be held at **The Plains United Methodist Church located on the corner of Johnson Road and State Route 682.** The program will start at **9:45 a.m.** and end at **10:45 a.m.**

All of our alternate spaces were not available and the church graciously agreed to let us use their nice community room for this class.

SeniorBEAT Programs

- SeniorBEAT Speaker Meeting – third Thursday at 2 p.m. (O’Bleness Lower Level Room 010)
- 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)

Program Cancellations

It is wintertime again and we usually have weather-related cancellations, which may have different effects on our programming.

If school is cancelled, we will not be playing chair volleyball. If other programs are cancelled, it will be announced on **WATH AM 970** on your radio dial. You can also call **Peggy Irwin** at **(740) 592-2871.** The hospital switchboard will also be notified of cancellations. Please do not venture out when it’s not safe!

Close to home – senior citizens living in their homes longer thanks to technology

By: Lindsay Castle, Ohio University E. W. Scripps School of Journalism student

Advanced age brings new worries – or the same worries that previous generations have also had.

What happens if I fall and there's no one to help me up? What if I forget to take my medicine? Will my relatives put me in a nursing home?

These worries are becoming a thing of the past.

Advancing technology, once only used in assisted-living facilities, is allowing senior citizens to maintain their independence while giving relatives and caregivers peace of mind.

The technology – motion sensors around the house and pendants worn around the neck – can monitor the vital statistics of seniors as well as their everyday behaviors and physical activity.

The sensors monitor how well the senior can handle living on his/her own. If daily activities change, the sensors can notify a caregiver.

If a stove is left on for a period of time after the senior has left the room, the sensor will shut it off.

Seniors who forget their medication are now reminded by “smart pillboxes” that dispense up to six doses of medication per day for an entire week. The boxes can be programmed to flash or speak reminders and can call a caregiver if the dose is missed by more than 90 minutes.

With a push of a button, a simple pendant can send a wireless phone signal to a central office that can dispatch help in case of an emergency and can track patients with illnesses such as Alzheimer's disease in case they get lost.

Sensors are also being placed on mailboxes to alert seniors when their mail has arrived. This helps seniors avoid numerous trips outside in inclement weather conditions.

While the prices for these pieces of technology can be expensive, many seniors have already proven that the cost is worth saving a life.

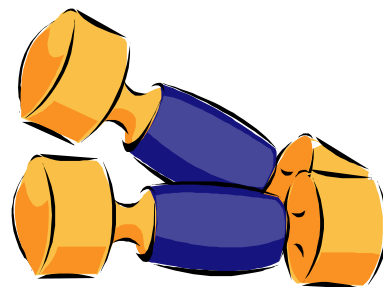
Athens Takes It Off

Athens Takes It Off is a community wellness initiative that promotes weight loss and healthy lifestyle changes for participants. Teams from all over Athens County, including our own SeniorBEAT squad, are competing for ten weeks to become Athens' Biggest Losers.

The team that loses the largest percentage of their total weight will win \$1,000 plus fitness memberships. Teams are being provided weekly healthy lifestyle tips and tools along with discounts on gym memberships to assist them in meeting their

goals. The program began on Jan. 4 and will end on March 15.

Our team, “**The SeniorBEATERS**” is still trying hard to finish in much better shape than we started. We are eating lots of salads and much smaller portions, along with completing more and more exercise. We have all been attending the informational classes and find them very helpful. Keep “rooting” for us!



Free Seminars Held for Public

Free public seminars are being held at the Athens Community Center throughout the **Athens Takes It Off** community wellness initiative to promote weight loss and healthy lifestyle changes. The seminars are open to the public.

Coming up on **Tuesday, Feb. 2, at 5:30 p.m.** and **Tuesday, Feb. 9, at 12:10 p.m.**, **Kim Valentour** will talk about behavior change; on **Tuesday, Feb. 16, at 5:30 p.m.** and **Tuesday, Feb. 23, at 12:10 p.m.**, **Jeanne Heaton** will talk about stress; and on **Tuesday, March 2, at 5:30 p.m.** and **Tuesday, March 9, at 12:10 p.m.**, **Barbara Nakanishi, RD, LD, CDE**, O'Bleness registered dietitian, will talk about nutrition.

I want to sincerely thank everyone for the most generous Kroger gift card and the many holiday greeting cards, but most of all I thank you for our SeniorBEAT programs. It is a real privilege to coordinate the program and to get to know so many of you. I look forward to our programs in 2010.



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.