

O'Bleness Senior BEAT

Be Educated and Active Together

*A program sponsored by
O'Bleness Memorial Hospital*

January 2011

January Program

Urinary incontinence is the accidental release of urine. It can happen when you cough, laugh, sneeze, or jog. Or you may have a sudden need to go to the bathroom but can't get there in time. Bladder control problems are very common, especially among older adults. They usually do not cause major health problems, but they can be very embarrassing and distressing.

Many treatment options exist depending on the cause and type of incontinence you have. These treatments may include simple exercises, medicines, special devices, or surgical intervention.

Urinary incontinence often goes undiagnosed and untreated. More than half of all women with urinary incontinence never discuss their problem with their health care provider. Urinary incontinence does not need to be a "normal thing that happens when a woman gets older". Most bladder problems can be improved or cured.

Kathleen Bertuna, DO, with **River Rose Obstetrics & Gynecology**, an affiliate of O'Bleness Memorial Hospital, will be discussing the treatment options available for urinary incontinence, including the new Interstim Therapy available at O'Bleness Memorial Hospital **Thursday, Jan. 20**.



Dennis Powell, reporter for The Athens News, told stories about his childhood holiday experiences at the December program held at O'Bleness Memorial Hospital.

The Market on State Senior Day

Gretchen Stephens, Events Director at The Market on State, is making plans to have senior presentations and specials at the stores in the mall on the last Wednesday of the month. The Senior Day at The Market on State had one in October and it was well attended and everyone seemed to enjoy it.

The next Senior Day at The Market on State is **Wednesday, Jan. 26**, with a presentation by Joyce Shriner, Extension Educator, F.C.S. and Hocking County Director of the County Extension Office.

She will talk about “Cooking for One or Two” with good recipes and cooking tips. The program will start at **10 a.m.** and seniors will be in the last room on the left-hand side of the hall, heading towards the children's play area.

After the meeting, we encourage all seniors to have lunch at the **Senior Nutrition Center**, located in the Athens Community Center, across from United Seniors office. Reservations must be made the day before by calling **United Seniors at 594-3535**. The meal is a donation of \$2, and seniors over age 60 are welcome. Watch for a feature article on The Senior Nutrition program in an upcoming newsletter for more information about the nutrition site.

History Group

We welcome the return of our good friend and local historian Ray Skinner on **Thursday, Feb.10**. His topic is to be presented in Ray's traditional manner with the title being, "You mean there was a Confederate Navy?" Ray is very knowledgeable about the Civil War and no doubt has a lot of information on the Confederate Navy and he certainly enjoys sharing it. Mark your calendars, the meeting starts at **1 p.m.** in the **O’Bleness Memorial Hospital Conference Room 008**.

Book Club

Our December book club meeting was cancelled because of weather conditions and we were unable to share our favorite poetry so we will do it at our **Monday, Feb.14**, meeting. Valentine’s day is fairly often thought to be a poetry day, and we also had interest to share poetry by other members so this will be our topic. We will meet in the WillowView Cafe at O’Bleness Memorial Hospital at **10 a.m.** and anyone wishing to share favorite poems is certainly welcome.

Book Club List

March

I Owe My Soul: The Black Covenant by Diane Mechem Kinser

April

Calligrapher’s Daughter by Eugenia Kim

May

To be determined

Lunch Group

On **Friday, Feb. 25 at 11:30 a.m.**, we will meet at **Gran Ranchero**, which is on E. State Street close to Staples. A quick look at the lunch menu indicated lunches of a nice variety, priced from \$4.50 and up. The food is reported to be very good so let's give it a try. See you at Gran Ranchero.

Weather Related Program Cancellations

It is that time of year again when weather conditions might cause us to cancel scheduled programs. Weekday morning programs will be cancelled if Athens City schools are cancelled or delayed. These cancellations are displayed on all three of the **network television stations**. Afternoon cancellations will be announced on **WATH 970 AM** at least one hour prior to the scheduled program. Members may also call **Kristi at (740) 592-9300** or **Peggy Irwin at (740) 592-2871**.

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SeniorBEAT Extras

Announcements

Feb. 17, 2011, Deb Sechkar, Director of Appalachian Community Visiting Nurse Association, Hospice & Health Services, Inc., will be talking about the services provided by the agency. The program will be held at **The Market on State**. More information will come next month.

Weather related program cancellations will be announced on **WATH 970 AM** radio dial.

Announcements

Continued....

The SeniorBEAT newsletter and calendar of events is available online at www.obleness.org, click on services, then click on SeniorBEAT.

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

Two exercise DVDs are available for any SeniorBEAT member to borrow. **Chair Aerobics for Everyone** and **Stretching for Seniors**. Please see **Peggy Irwin**.

Anyone who would like to receive program reminders by e-mail may send an e-mail to baum@ohio.edu to join the 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 Quick List of Programs

SeniorBEAT Speakers program

3rd Thursday at OMH at 2 p.m.

SB/Arthritis Foundation Exercise (PACE)

Program – three times weekly

Saturday at 9:45 a.m. – OMH Confer. Rms.

Tuesday at 12:30 a.m. – Community Center

Wednesday at 10 a.m. – The Plains

United Methodist Church

Book Club

2nd Monday at 10 a.m. at WillowView Cafe

History Group

Speakers and slide presentations

2nd Thursday at 1 p.m. at OMH

Singing Group

3rd Friday at Community Center

Lunch Group

4th Friday at local area restaurants

Chair Volleyball

Tuesday and Thursday at 8:30 a.m.

at The Market on State