



“Be Educated and Active Together”

July 2009



July Program

Our July Program will feature **Paige Alost, Executive Director of the Athens City Visitors Bureau**, who will tell us about low-cost vacationing in Ohio. During her presentation she will have pictures of the many areas we can easily visit. She is also going to explain the Visitors Bureau and the various ways they promote our area. This program will be on **Thursday, July 16, at 2 p.m. in O’Bleness Lower Level Room 010**. The program should be of interest to anyone wanting a close by, low-cost vacation, and additional information can be obtained prior to the presentation by calling the Visitors Bureau at **(740) 592-1819**. Join us and bring a friend!

June Program

Our June program was a presentation by **Dawn Sammons, DO, of Oakview Dermatology, Suite 250, the Castrop Center**. During her presentation, Dr. Sammons shared practical and valuable information on caring for aging skin. She explained normal changes in skin such as reduced pigment containing cells, the results of these changes, how to care for the changes, and also signs of abnormal changes. Tips for the summer months, such as limiting the amount of time in the sun due to an increased risk of burning, were also offered.



Dawn Sammons speaks to the SeniorBEAT audience.

Lunch Program

Our **Friday, August 28**, lunch will be at **Abrio’s Brick Oven on East State Street at 11:30 a.m.** This is a relatively new restaurant that offers pizza, sandwiches, salads, lots of good desserts and much more! This should provide a different atmosphere, so join us at Abrio’s.

History Group

Our **Thursday, August 13** history group brings us another interesting Civil War program by **Bill Walker, local attorney and Civil War buff**. Bill always shares some very interesting stories with us and this program will be no exception.

He will tell us of three Ohio natives who had quite an impact on the Civil War. It seems they lived in Lancaster and all rose to prominence in Ohio and the United States both during and after the Civil War. Our program starts at **1 p.m. in O’Bleness Lower Level Room 008**.

Book Club

Our August book selection is ***Brunelleschi’s Dome, How a Renaissance Genius Reinvented Architecture***, by **Ross King**. This is a very interesting account of the building of this magnificent dome.

The novel includes a fascinating tale of how it came about despite probable weather

conditions and the retelling of the lives of those involved. This is not a book I would have likely chosen but I am so grateful for having had it suggested for the book club. We will discuss this book on **Monday, August 10, at 10 a.m., in O’Bleness Lower Level Room 006.**

Book Club List

September

Still Alice by Lisa Genova

October

Tallgrass by Sandra Dallas

November

The Dante Club by Mathew Pearl

Athenian Village

A group of Athens residents has developed an “Athenian Village,” an association of Athens area residents over the age of the 60. The association will provide a mix of volunteer services and referrals to services paid for directly by members, in categories such as transportation, personal care, household repair and maintenance and assistance with technical services.

The Athens Village, Inc. is preparing to sign a contract with the Appalachian Community Visiting Nurse Association Hospice and Health Services for administration of the Village network, and the Village is still accepting members. The network is open to any Athens country resident 60 or older and anyone interested can contact either **Sue Foster** at (740) 593-5258 or **Peg Cohn** at (740) 592-4074.

Cancer Support Services

Several cancer support services are offered monthly through O’Bleness Memorial Hospital. Services are offered to both patients and families.

Look Good . . . Feel Better is a free program sponsored by the American Cancer

Society for women undergoing treatment for cancer. The program provides trained, licensed cosmetologists who teach women beauty and skin-care techniques to help counter the appearance-related side effects of cancer treatment. Sessions are scheduled from **5 to 7 p.m.** on the **third Tuesday** of each month at **The Castrop Center Suite 300.**

The **Sharing Hope Boutique** offers private fittings for women who would like head coverings such as wigs, hats, scarves and bandanas. Appointments can be scheduled by calling **(740) 592-9270.**

A **cancer discussion group** is held for patients, survivors, families and caregivers on the third Thursday of each month from **6 until 7 p.m.** in **O’Bleness Lower Level Room 006.**

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.**