

# O'Bleness Senior BEAT

*Be Educated and Active Together*

*A program sponsored by  
O'Bleness Memorial Hospital*

## July 2010

### July Program

Our July program is another double-header featuring two new areas of interest for seniors.

To begin the program, **Sheriff Patrick Kelly** and **Deputy Sherri Norman** will discuss the SALT (Seniors and Law Enforcement) program, which allows seniors to volunteer to assist the Sheriff's office in a variety of ways.

The second part of our program features **Andy Stone**, City Engineer and Director of Public Works for the City of Athens. Andy will explain the Roundabout that is being built at the intersections of Richland Avenue and St. Rt. 682. He will provide valuable information about how to safely use the intersection. This is a great opportunity to ask questions and learn more about navigating this busy intersection!

The programs make take more time than our usual programs; however both will be enjoyable and informative. Mark your calendars for **Thursday, July 15 at 2 p.m. in Rooms 010 and 008 at O'Bleness!**

### June Program

Our June program was an Introduction to Mindfulness Meditation, presented by **Berry Dilley**, who has been practicing meditation for more than 20 years.

Mindfulness is a practice of learning to be attentive to what is happening from moment to moment, as it is happening. To be mindful, it is helpful to slow down, do one activity at a time and bring full awareness to both the activity and the inner experience of it.

Instruction for the formal meditation practice includes sitting quietly with the eyes closed or at rest, no intentional movement and no speaking. During this time, the body settles and becomes more relaxed. Doing is at a minimum. The mind becomes a bit quieter and gradually the nervous system eases as well. And with more quiet, the meditator becomes more aware of his or her thoughts, feelings and surroundings.

In addition to the more formal practice there are numerous ways to cultivate mindfulness throughout the day. For instance, instead of hurrying into your usual routine, slow down and enjoy something special about the morning — a flower that bloomed, the sounds of birds or the wind in the trees.

This practice can be a potent antidote to the common causes of daily stress such as time pressure, distractions, agitation and interpersonal conflict.

Berry has offered to teach a series of classes especially for SeniorBEAT members if there is sufficient interest. Classes are also offered occasionally through the Athens Center for Mindfulness Practice where individual instruction is also available. To contact Berry, call her at **593-8155** or e-mail her at **brrydilly@verizon.net**.

### Lunch Program

More information regarding our **Friday, Aug. 27** lunch will be announced in our next newsletter.

Reminder – our **Friday, July 30** picnic will take place at **11:30 a.m.** in **The Plains Community Park** that is sponsored by the Lions Club. Bring a dish to share and your own drink. Come have fun with us!

## Book Club

Our August selection is *Bittersweet* by Nevada Barr. This extraordinary novel tells about two emotionally strong women who are forced to keep their affection for one another a secret. It is an intriguing love story set in the Old West in the late 1800s. It is a very well-written, compelling story that faces social issues that are still not resolved today. We will discuss *Bittersweet* on **Monday, Aug. 9 at 10 a.m.** in the **WillowView Café at O'Bleness.**

### Book Club List

September

*One Vacant Chair* by Joe Coomer

October

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

November

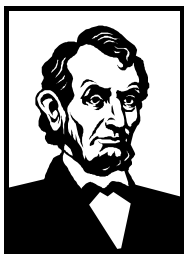
*A Bed by the Window* by Scott Peck

## History Group

**Allyn Reilly** will share another story of Abe Lincoln. He has a direct family link to the interesting ongoing study of Lincoln.

Allyn is the great-great-grandson of David Wills, who was a leader behind the creation of the Federal Cemetery. Lincoln stayed at the Wills house and may have signed the Gettysburg Address while there.

Allyn had furniture from the Wills house and has recently returned it to the Wills house for historical purposes. He will share the details of the connection of the Wills family and Lincoln on **Thursday, Aug. 12 at 1 p.m.** in **Room 008 at O'Bleness.**



## Athens Village

The Athens Village is an independent local organization devoted to making it possible for people to remain comfortably and safely in their own homes as they age. Members are Athens County residents 60 years or older who join the organization in order to remain comfortably and safely at home. The Village has hired a coordinator who is available to take requests from members at any time.

Services provided through the Village include personal care and home healthcare, housekeeping services, household repair and maintenance, home safety assessment, computer and electronic services and transportation services. The Athens Village is beginning to develop a Buddy System for its members who want to participate. Director **Patty Mercer** can be reached at **594-8226, ext. 406** or by e-mail at **pmercerc@acvnaa.org**.

## 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**.