



“Be Educated and Active Together”

June 2009



June Program

On **Thursday, June 18**, **Dawn L. Sammons, DO**, will present our June program. Dr. Sammons received her medical degree from the Ohio University College of Osteopathic Medicine and completed a residency in dermatology at O’Bleness. She is currently the physician supervisor for the O’Bleness Dermatology Residency Clinic in the Castrop Center, and also has her own practice, Oakview Dermatology, in the O’Bleness Medical Park in Athens. Her services include providing diagnosis and treatment for skin diseases and skin cancers, as well as offering cosmetic services.

During her presentation, Dr. Sammons will discuss the care of skin, hair and nails for patients of all ages. We will meet at **2 p.m. in O’Bleness Lower Level Room 010**.

May Program

Our May program was a presentation by **Flint Adkins, CRT, RPSGT**, program director for the Holzer Sleep Medicine Program. He discussed sleep disorders encountered by older adults, and explained problems such as the inability to fall asleep, waking in the middle of the night, the inability to fall back to sleep and the ease of falling asleep during the day. Advice for a better night’s sleep was also offered, such as

avoiding meals, hot and cold liquids and showers three hours before bedtime.



Flint Adkins and Jeanne Wells discuss Flint’s presentation.

Lunch Program

On **Friday, July 31**, we will have a picnic at the Lions Picnic Area on Connett Road in The Plains. The picnic area is right across the street from The Plains Elementary School.

Our picnics are potlucks with dishes to share for about 20 people. We ask that everyone bring his or her own dish and drink as well. We have really enjoyed getting together for our annual picnics and hope many members will join us. There is a shelter house, so regardless of weather we should have a lot of fun.

History Group

During our **Thursday, July 9**, history program we will hear about the **Civil War Institute** that **Richard and Ruth Nostrant** and **Ray and Marilyn Skinner** will be attending in June. The Institute is held at Gettysburg College, and the group will be attending lectures and field trips to historical sites, such as Ford’s Theater. The lectures and trips are focused on the assassination of Abraham Lincoln and the life of Mary Todd

Lincoln and will be presented by noted authors and artists of the Civil War.

Both the Nostrants and Skinners will present a power point presentation of their experiences. Our meeting starts at **1 p.m.** in **O'Bleness Lower Level Room 008.**

Book Club

Our July book selection is *The Guernsey Literature and Potato Peel Pie Society* by **Mary Ann Shaffer** and **Annie Barrows.**

This very different novel is almost completely compiled of letters written between the characters. It takes place after World War II in and around London and describes the living conditions after the war.

This is certainly an interesting novel that was difficult to put down! Our meeting is on **Monday, July 13, at 10 a.m.** in O'Bleness **Lower Level Room 006.** It is my understanding that we will also have the recipe for a Potato Peel Pie available!

Book Club List

August

Brunelleschi's Dome, How a Renaissance Genius Reinvented Architecture by Ross King (Ki726.61)

September

Still Alice by Lisa Genova

October

Tallgrass by Sandra Dallas

Arthritis Foundation Exercise Program

Our **Saturday, July 11,** our exercise program will be at The Market on State Street in what use to be Duncan's Jewelry Store (beside Elder Beerman's). The class starts at **9:45 a.m.** and lasts about an hour. This is a good opportunity to try the class

before or after shopping the mall or the Farmer's Market. Join us!

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.

Congratulations Prime Time Players!



The Prime Time Players placed second in the annual regional chair volleyball tournament on Friday, May 29, losing to the Buckeye Red by only one point.