

# O'Bleness Senior BEAT

*Be Educated and Active Together*

*A program sponsored by  
O'Bleness Memorial Hospital*

## June 2010

### June Program

We have had several requests for a program about meditation, and for our June program we will discuss and briefly practice it. Our presenter is **Berry Dilley**, who has been practicing mindfulness meditation for more than 20 years. Several years ago she established the Athens Center for Mindfulness Practice where she offers instruction, classes and weekly group meditation opportunities.

Berry will talk about the practice of meditation and its values, and give us opportunities to experience it for ourselves. As you may have heard, meditation is often recommended to relieve stress. Come and see for yourself if that is true.

This program will be on **Thursday, June 17, at 2 p.m.** in the community room at **The Plains United Methodist Church**. Don't miss this opportunity for a different, but fun, experience!

### May Program

Our May program was a presentation about cardiovascular disease given by cardiologist **Vipin B. Koshal, DO**. Dr. Koshal, an Athens native, recently joined the medical staff at O'Bleness. He is board

certified in internal medicine by the American Board of Internal Medicine. He completed his medical degree at the Ohio University College of Osteopathic Medicine.

Dr. Koshal told us that cardiovascular disease is the number one killer in the U.S. and that Southeastern Ohio is one of the worst areas in the state and country for cardiovascular deaths. He talked about atypical symptoms women may have, such as neck or shoulder pain. Dr. Koshal encouraged us to adopt a healthy diet based on fruits and vegetables and to maintain the proper weight to avoid cardiovascular disease. He pointed out that light exercise can make a big difference in our health.

Currently, Dr. Koshal is affiliated with MidOhio Cardiology and Vascular Consultants, a specialty practice with offices in O'Bleness' Cornwell Center for Cardiovascular and Diabetes Care, as well as in Columbus, Ohio.



*Cardiologist Vipin B. Koshal, DO, shows the SeniorBEAT audience the proper way to use a blood pressure cuff.*

### Lunch Program

It is time for our annual picnic and we are returning to the **Lions Club Picnic Shelter** on Connett Road in the Plains. To find this location go to the intersection of Johnson Road and State Route 682 and proceed west on Connett Road. The shelter is on the left-hand side across from the elementary school. We picnicked at this

shelter last year and were pleased to find such a nice picnic area within a reasonable distance – it just seems right for us.

The picnic will be on **Friday, July 30 (the fifth Friday of the month)**, at **11:30 a.m.** Bring a dish to share, your own table service and drinks and be ready to have a good time! For more information or questions contact **Peggy** at **(740) 592-2871**.

### History Group

It's more about Lincoln! There are many people in our area studying the interesting happenings of Abe Lincoln and they all have great stories to tell.

I have asked **Chuck Carlson** to share the story he calls "Flub Dubs" with us on **Thursday, July 8, at 1 p.m. in O'Bleness Room 008**. This is a human-interest story about Mary Lincoln redecorating the White House and the president's reaction to it. Members and friends welcome!

### Book Club

Our July selection is *The Help* by **Kathryn Stockett**. This popular novel is about a white journalist in the early 60s in Mississippi. She interviews and writes the stories of the black maids that are mistreated and abused by the white families they work for during the Civil Rights Movement. This novel is very well written and one that is hard to put down before the end.

We will discuss *The Help* on **Monday, July 12, at 10 a.m.** in the **WillowView Café**.

#### Book Club List

August

*Bittersweet* by Nevada Barr

September

*One Vacant Chair* by Joe Coomer

October

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

### Chair Volleyball Tournament

Our team the Prime Time Players placed extremely well and came in **SECOND**, winning the silver medals at the Chair Volleyball Tournament. Competition was tough, but our team won all except the final game. Congratulations to John and Barb Balch, Dru Evarts, PT Farley, Trish Morrison, Bill Roberts, Jean Shaner and Hallie Vore. You all did a great job!

### The Friends of the Athens County Public Library

Seniors can become a "Friend" of the library for just \$5, and all funds generated are used to improve our library. Stop by the library and pick up their Spring Newsletter, which has a long list of the events and new additions provided by the Friends. They are doing great things and it really does feel good to help out.

### Goodbye and Thank You

Our faithful newsletter typist and designer for the last four years, **Mary Dolan**, is graduating. She has been very dedicated and we have sincerely appreciated her good work! Good luck Mary, we wish you well and will miss you greatly.

### Announcements

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

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**.

