



“Be Educated and Active Together”

## March 2010



### March Program

This month’s program will feature two informative presentations. On **Tuesday, March 2**, O’Bleness Memorial Hospital will open the **O’Bleness Wound Care Center®**, located at O’Bleness West at 444 West Union Street. O’Bleness is collaborating with **Diversified Clinical Services (DCS)**, an experienced organization with more than 300 wound care centers nationwide.

**Anna Riley, Program Director**, will meet with us to talk about the wound care center and who can benefit from the services.

A comprehensive wound care center, the facility will offer a number of treatment options for healing difficult wounds, as well as conditions that may require oxygen therapy using a hyperbaric chamber. Services at the center are especially crucial in our area, in part due to the very high incidence of diabetes and an aging population.

Problem wounds are not uncommon. In the United States alone, more than 6 million people suffer from chronic non-healing wounds. Many of these problem wounds are associated with complications from diabetes, cardiovascular or circulatory disorders. While there are many types of wounds, the wound care center specializes in the treatment of all problem wounds.

In addition, **Patty Mercer, Director of Athens Village**, will join us to update SeniorBEAT members about the current status of this new project.

The Mission of The Athens Village is to create conditions enabling members to age well independently. Members of The Athens Village will be those 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.

You won’t want to miss this program about both the new O’Bleness Wound Care Center® and the Athens Village. Mark your calendars for **Thursday, March 18**, at 2 **p.m.** in **Lower Level Room 008 and 010**.

### February Program

During our February program **Nick Turkas, MS**, Director of Public Health with the Central Ohio Chapter of the Arthritis Foundation met with us and discussed pain and stress management as well as the many resources available through the Arthritis Foundation.

Nick was very knowledgeable and explained that there are more than 100 kinds of arthritis. Arthritis is serious and is the number one cause of disability. Nick also described the three types of arthritis, Osteoarthritis, Rheumatoid arthritis and Osteoporosis, and offered strategies to help with arthritis. Such strategies included exercise, heat, medication and proper nutrition.



*Nick Turkas demonstrates a device that helps arthritic people put on socks.*

## Lunch Program

For our April lunch program we will meet on **Friday, April 23, at 11:30 a.m.** at **Ponderosa**. Their buffet offers something for everyone and menu choices are available as well. See you at Ponderosa!

## History Group

For our April history group I have arranged for **Jack Contrell**, local beekeeper, to give us a history on beekeeping. He is well known at the Farmers Market and lives in the Shade area. He has done presentations to the Shade Senior Group on beekeeping and this seems like the perfect way for us to welcome spring. The program will be on **Thursday, April 8, at 1 p.m. at O'Bleness, Lower Level Room 008.**

## Bike Path Walks

I will be scheduling spring flower walks on the bike path next month. They will be scheduled during the last two weeks of April and maybe early May. The walks will be on Monday and Friday around 9 a.m. Watch the next newsletter for details.

## Book Club

Our April Selection is *Body and Soul* by **Frank Conroy**, rather than *The Help*, which will be discussed in June. *Body and Soul* is a novel about a child prodigy whose desire to play the piano carries him to the London Symphony.

This is truly a fascinating story that we will discuss on **Monday, April 12, at 10 a.m. in O'Bleness' WillowView Café.**

## Book Club List

May

*The Little Book* by Selden Edwards

June

*The Help* by Kathryn Stockett

July

*The Namesake* by Jhumpa Lahiri

## 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/](http://www.bmv.ohio.gov/).

SeniorBEAT newsletters and calendars are now online at [www.obleness.org](http://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](mailto:baum@ohio.edu) to join the e-mail list.

Anyone with a change of address please notify the Community Relations Department at O'Bleness Memorial Hospital, (740) 592-9300.

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 Extras ...

### **Exercise videos available to borrow**

There are currently two exercise videos available for SeniorBEAT members to borrow and enjoy at home.

The first is Nikki Glazer's "Chair Aerobics for Everyone." The video is a safe, low-impact workout good for all fitness levels. It is also an effective alternative to conventional exercise if you have never exercised, cannot stand for a prolonged amount of time or are simply returning to the fitness routine.

The second video is called "Stretching for Seniors" with Ann Smith, a series of gentle stretching movements for your entire body that you can do in the comfort of your home. No special equipment is needed. It is even great for arthritis sufferers or people with osteoporosis.

If interested contact **Joy MillerUpton** at **(740) 592-9468** for more information on how to borrow these energizing videos.

### **Seniors and Law Enforcement working Together (SALT)**

Athens County Sheriff Patrick Kelly is initiating a new senior citizen's program at the sheriff's office. The program, Seniors and Law Enforcement working Together, or SALT, will focus on seniors helping other seniors.

The program will have a SALT council made up of nine to 11 people who will oversee the program and act as a liaison to the sheriff. They will also work to define the needs of seniors in the area, and together, with the sheriff, these needs will be addressed. The group will help reduce senior victimization by identifying concerns area senior citizens

have and help educate seniors on law enforcement and other services.

**Anyone interested in joining the program should contact the sheriff's office at (740) 593-6633.**

### **Osteoporosis affects men too**

Though bone loss is a huge problem for aging women, men too are at risk for osteoporosis. According to the American College of Physicians, men with osteoporosis are twice as likely as women to die within a year of fracturing a hip. Therefore, identifying men at risk is extremely beneficial.

Osteoporosis risk factors for men include an age older than 70, low body weight, physical inactivity, use of certain medications and a prior light trauma fracture. It is important to talk with your doctor if you think you may be at risk. He or she can assess you and share valuable information on how to deal with the problem effectively.