



“Be Educated and Active Together”

May 2009



May Program

If you are having trouble getting your ZZZ's, **Flint Adkins, RTSGT**, program director for the Holzer Sleep Medicine Program, will be discussing sleep disorders encountered by older adults. He will be explaining problems such as the inability to fall asleep, waking in the middle of the night, the inability to fall back asleep and the ease of falling asleep during the day. Sleep apnea will also be discussed.

This program has been requested by Senior BEAT members and will be presented on **Thursday, May 21, at 2 p.m.** in **O'Bleness' Lower Level Room 010**. Refreshments will be served following the presentation in the WillowView Café.

April Program

Our April Program was a presentation by **Kathleen Bertuna, DO**, a staff member at River Rose Obstetrics and Gynecology. Her program on current treatments for bladder control problems began with a brief description of symptoms and dispelled some of the myths regarding the problems of general interest. Dr. Bertuna explained that these problems are not a normal part of aging

and they are not strictly a female problem. It was also noted that treatment can be successful long-term.

A thorough discussion of the causes and types of bladder problems that may be encountered was followed by some of the treatment methods available. A description of InterStim® Therapy was also presented, which highlighted the benefits as well as potential problems that may arise from the therapy. We are fortunate to have such a knowledgeable physician available in the Athens area.

History Group

For our **Thursday, June 11**, history group we welcome **Jerry Beckly**, a local Indian Mounds Historian. He will share information on The Plains Indian Mounds. He plans to bring artifacts from the Mounds to share along with his presentation. The history group meets in **Lower Level Room 008** at O'Bleness at **1 p.m.**

Lunch Program

Our **Friday, May 22**, lunch will be at China Panda, located close to Staples, at **11:30 a.m.** This restaurant offers both Chinese and Japanese menu selections in a pleasant atmosphere and at reasonable prices. Join us for lunch and friendship.

Book Club

Our selection for **Monday, June 8**, is *Year of Wonders, A Novel of the Plague* by Geraldine Brooks. What an interesting novel this is.

The author bases her story on extensive research and many stories that have been handed down through the ages. It takes place in a small town called Eyam, outside of London, during 1665-1666,

the plague years. It describes the hardships encountered and the various attempts made to try to stop the spread of the disease as well as the great loss of life. The characters are well established and the situations that are described make this an intriguing novel to be discussed by the book club. Our book club meeting will be at **10 a.m.** at O'Bleness, **Lower Level Room 006**. We welcome newcomers!

Book Club List

July

The Guernsey Literature and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows

August

Brunelleschi's Dome, How a Renaissance Genius Reinvented Architecture by Ross King (Ki 726.61)

September

To be announced

Bike Path Walks

Our final springtime bike path walk is **Friday, June 5, at Armatage at 9 a.m.** We always enjoy this pleasantly shaded walk along the old Hocking Canal. Plan to join us before the summer heat sets in! Call **Peggy** at **(740) 592-2871** for directions.

Quilt Raffle and Auction

The Appalachian Community Visiting Nurse and Hospice Association is sponsoring a quilt raffle and auction on **Sunday, June 28**, at the **Athens Community Center**. Raffle tickets are currently on sale at several locations including Weatherby's Gift Shop at O'Bleness.

Preventing 2009 H1N1 Influenza Virus

Increasing cases of human infection with 2009 H1N1 influenza virus have been reported throughout the U.S. However, the following simple precautions can be taken to help prevent becoming sick with the virus:

- Wash your hands.
- Get plenty of sleep.
- Cover your mouth when you sneeze or cough.
- Avoid close contact with sick people.
- Eat nutritious foods.
- Drink plenty of fluids.

For more information visit the Centers for Disease Control (CDC) website, **http://www.cdc.gov/swineflu/swineflu_you.htm**.

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 the case of a car accident. Anyone interested in utilizing this service should visit the BMV website, **<http://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**.