



“Be Educated and Active Together”

*A program sponsored by
O’Bleness Memorial Hospital*

May 2010



May Program

Our May program will be a presentation about cardiovascular care for seniors given by cardiologist **Vipin B. Koshal, DO**. Dr. Koshal, an Athens native, recently joined the medical staff at O’Bleness and 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. He also completed an internship in internal medicine at St. Vincent Mercy Medical Center in Toledo, Ohio; a residency in internal medicine at Riverside Methodist Hospital in Columbus; and a fellowship in cardiology at the University of Cincinnati Hospital in Cincinnati, Ohio.

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. This presentation will be on **Thursday, May 20, at 2:00 p.m.** We will meet in **O’Bleness Lower Level Room 010**.

April Program

At our April meeting **Brooke Vaughn**, a licensed physical therapist with Ohio University and O’Bleness Memorial Hospital, talked with us about balance. Brooke ex-

plained the changes in balance that usually occur with age and what can be done about them. She also discussed balance deficits that indicate a need for a balance assessment, which include difficulty walking over uneven surfaces, dizziness upon standing, difficulty multi-tasking and a fear of falling. Finally, Brooke shared with us exercises to help our balance.



Brooke Vaughn speaks to the large SeniorBEAT audience.

Lunch Program

For our **Friday, June 25**, lunch program we will meet at **11:30 a.m. at Jana’s**, which is located in the area off Johnson Road called Eclipse.

This little restaurant, which is in one of the small historical mining houses, has been one of our favorite eateries. Jana uses locally grown foods and creates dishes that are not available anywhere else. Join us for this fun, friendly luncheon in June!

History Group

There are two interesting happenings for the history group in June! At our regularly scheduled meeting, **Thursday, June 10, at 1:00 p.m. in O’Bleness Lower Level Room 008** we have rescheduled Attorney **Bob Toy**. He will talk with us about sensational trials in Athens County. He had to cancel us in February due to unexpected legal happen-

ings; however, this program will happen for us in June.

Then, on **Monday, June 14, at 1:00 p.m.** we have a historical home tour scheduled. The location and directions for the home will be given at our regularly scheduled history group meeting on Thursday, June 10. This will give me some idea of how many will be taking the tour as we are serving light, fun refreshments that have a little story behind them.

Both of these history programs should be great fun – hope to see a good turnout!

Bike Path Walks

At the time of writing this newsletter we have enjoyed one bike path walk, and this is really a great year for the spring flowers as well as a great time to enjoy the outdoors. There are three more scheduled walks, and hopefully more of you can join us!

Friday, April 30, at 9 a.m. – Armitage Rd.

(Rain date Monday, May 3, at 9 a.m.)

Friday, May 7, at 9 a.m. – Beaumont

(Rain date Friday, May 14, at 9 a.m.)

Monday, May 17, at 9 a.m. –

Inn at Hocking

(Rain date Monday, May 24, at 9 a.m.)

Book Club

Our June selection is *The Namesake* written by **Jhumpa Lahiri**. This beautifully written novel takes a young couple from Calcutta through their journey to becoming Americans. It begins with their prearranged marriage and their coming to settle in Cambridge, Massachusetts to begin their family. The struggle most evident is the pull between respecting family traditions and the American way of life.

This well-written novel will be discussed on **Monday, June 14, at 10:00 a.m.** in the **WillowView Café**.

Book Club List

July

The Help by Kathryn Stockett

August

Bittersweet by Nevada Barr

September

One Vacant Chair by Joe Coomer

Announcements

O'Bleness Memorial Hospital sponsors the SeniorBEAT program, which is available for free to anyone age 60 or older. A monthly meeting featuring a health or lifestyle topic and speaker is held on the third Thursday of each month. In addition, a number of small interest groups meet monthly. Members receive the SeniorBEAT newsletter and calendar by mail. The newsletter and calendar are also available online at **www.obleness.org**, under Services, SeniorBEAT.

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**.



SeniorBEAT Extras ...

Brochure for The Athens Village is Available to SeniorBEAT Members

The initial brochure of The Athens Village has just been published and is available to SeniorBEAT members who would like to have one for themselves or to send to friends or family members. The design is by Karen Nulf, the photography by Elise Sanford and copy is by Dru Riley Evarts. Local residents appear in the photos, and many of you will recognize at least some of them, even though they are unidentified.

The brochure announces purposes and goals of the organization, explains the benefits of membership and outlines the reasons for joining – even before one may need many of the services. It also lists ways of participating as a member, service provider, volunteer, donor or sponsor. The overall Village purpose of enabling people to stay comfortably and safely in their own homes and communities, as well as among friends and familiar places, is featured most prominently. A supply of the brochures will be available for you to pick up at the next SeniorBEAT meeting. You may want to take additional ones to mail to relatives who wonder what to get parents, grandparents, aunts and uncles – or whomever – for the next birthday or Christmas in place of another robe or humidior.

Keeping Residents on the Road

Currently, there is no public transportation available outside the city of Athens. Being a large, rural county, this creates a barrier for a number of people, including the elderly, disabled and low-income people.

To combat this issue Athens County now has a mobility manager, Lantz Repp. Repp has been hired as the county's first mobility manager, a position funded through an Ohio Department of Transportation grant. While

Repp cannot himself help people with their transportation needs; he can direct people to the right place. In fact, the purpose of the position is to optimize all transportation services in the county and to help inform people about services offered by area organizations.

Repp said he hopes to prepare people for the day they can no longer drive. By educating people on the services available through senior groups, Athens County Job and Family Services and other agencies, they can make a smoother transition from driving to using these services. To find out more about existing transportation services in Athens County, contact Repp at (740) 767-4500 or send an email to repp@hapcap.org.

Coupons Available for Some Seniors

Athens County senior citizens, ages 60 or older who meet certain income guidelines, may apply for free coupons to be used at the Athens Farmers Market. The income limits are \$20,035 or less for an individual or \$26,954 or less for a household of two.

The program provides coupons for up to \$50, and applications are available online at www.areaagency8.org. Applications are also available at Athens County Job and Family Services office, the Athens County Home and the Work Station in The Plains. Residents are encouraged to apply as soon as possible as applications are processed on a first-come, first-serve basis.

For Your Information

Comparisons of senior living facilities in Ohio are available online at www.medicare.gov. Additional comparisons can also be found at www.itcoho.com.