



“Be Educated and Active Together”

October 2009

October Program

We are celebrating our **13th Anniversary** with a program that promises to be fun, interesting and musical. The program will be held on **Thursday, Oct. 15 at 2 p.m.** in **O’Bleness Lower Level Room 010.**

We have invited **Dennis Powell**, who writes a weekly column for the *Athens News*. He has also invited his friend **Marjorie Thompson**, a recording artist. They are putting together a talk/music show that I am anticipating to be one we shall long remember.

Dennis describes the program as follows, “*Much gained, but something lost: How the mass media have cost us our language and our music.* In a program that aspires to capture a bit of the Chautauqua shows of the 1800s, I will discuss how the old songs, the old usages of language, even the old accents have been homogenized by modern communications. I will be joined by the critically acclaimed Woodstock Records recording artist Marjorie Thompson, a singer-songwriter and fingerstyle guitar player, who will have songs old and new. I will also bring my banjo, but if everyone is polite and attentive I won’t play it.”

Join us on our 13th Anniversary and share in the fun!

September Program

Our September program was a presentation by **Jason Reed, DO.** Dr. Reed was born and raised in Athens County and

has returned to open an orthopedics practice in the Castrop Center. During his presentation Dr. Reed talked about three different kinds of knee replacement surgery and three kinds of arthritis in the knee – osteoarthritis, rheumatoid and post-traumatic arthritis. He explained how arthritis occurs (wear and tear or injury) and when surgery is necessary. During his discussion on knee replacement surgery, Dr. Reed also mentioned computer-assisted surgery, which he performs, and how it helps with precise alignment of the knee implant, which helps improve overall function of the new joint. This was certainly an informative program.



Jason Reed, DO, speaks to the SeniorBEAT audience.

Lunch Program

On **Friday, Nov. 27 at 11:30 a.m.** we will meet at **Donatos** on East State Street, across from the Community Center. Donatos offers a selection of pizzas, salads and sandwiches. For the day after Thanksgiving, this seems like a nice change. You can even top your lunch off with an ice cream delight from Ashby’s. Join us!

History Group

Whenever one decides to look up a family member who fought in the “War of Southern Rebellion” or the “War of Northern Aggression,” we are often disappointed when the names of our ancestors are missing from the roles of Shiloh, Chickamauga, Antietam or Gettysburg. Yet, in the early 1860s, before

there was a draft, thousands of men from Southeastern Ohio volunteered their services to the Union cause and fought, suffered and died in the process of protecting and attempting to control the Shenandoah Valley. Many have forgotten the fields of honor that are lesser known but just as important (and deadly) battles recorded as Opequon, Hatcher's Run, Piedmont, Cedar Creek and Fisher's Hill.

Join **Jim Fuller**, Vice President of Snider, Fuller and Associates, on **Thursday, Nov. 12, at 1 p.m. in O'Bleness Lower Level Room 008**, as he introduces you to the many brave men from Athens County who fought with the 116th Ohio Voluntary Infantry. Revisit their successes and share in their defeats as they enter the fray to save the Union. Many of you may find you have ancestors who served or will recognize the family names from your childhood of those from around Athens, Washington, Meigs and Monroe counties who left their careers, their homes and their families to go "a soldiering."

Jim has co-hosted WOUB radio show, "Conversations from Studio B – The Civil War" for over ten years and has made a variety of presentations pertaining to the "Great Conflict." Mark your calendars now for what promises to be a very enjoyable hour of stories and reflection.

Book Club

Our November Book Club selection is ***The Dante Club*** by **Mathew Pearl**. The novel combines history, suspense and mystery for an interesting reading experience. The story involves famous characters such as Oliver Wendell-Holmes, Henry Wadsworth Longfellow and James Russell Lowe woven into the plot based on their translation of Dante's Inferno. The setting is post-Civil War Boston and Harvard University. This novel is sure to trigger both negative and positive opinions, which is sure to lead to a lively discussion.

Our discussion will be at **10 a.m. on Monday, Nov. 9** in **O'Bleness' WillowView Café**.

Book Club List

December

The Uncommon Reader by Alan Bennett

January

Jane Eyre by Charlotte Bronte

February

Mary Todd Lincoln: a biography by Jean H. Baker

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**.

Remember: Wash hands often and sneeze/cough into arm bend!

Please see next page for O'Bleness News

O'Bleness News

HEALTHfest to be held at O'Bleness

O'Bleness Memorial Hospital will sponsor **HEALTHfest** on **Saturday, Oct. 10, from 9 a.m. to 1 p.m.** A wide variety of activities will be offered by O'Bleness and area health organizations at various locations on the hospital's first floor, including the Cornwell Center for Cardiovascular and Diabetes Care. Interactive activities and displays will focus on healthy lifestyles for all ages.

Free health screenings will be offered including **blood pressure and glucose tests**, as well as **certificates** for a limited number of **lipid panel tests**. Also available on a first come, first served basis, will be **impedance cardiography (ICG) tests**, which measures heart rate, amount of blood ejected per minute and range of fluid in the chest.

Dermatologist **Dawn Sammons, DO**, will share information about sun damage and proper skin care. **Barbara Nakanishi, RD, LD, CDE**, registered dietitian at O'Bleness, will offer nutrition information.

In addition, information will be offered by: the Athens County Health Department about the H1N1 (swine) influenza; O'Bleness' staff about Advance Directives; Athens "Take it off," community group, which promotes healthier lifestyles; the Appalachian Community Visiting Nurse Association, Hospice and Health Services about their services; and the Athens County Convention and Visitors Bureau about walking and hiking trails. The O'Bleness emergency department will also have a display, including air and ground ambulances.

Artist **Carolyn Miller** will be on hand to draw caricatures for a donation to the fundraising campaign to provide equipment and remodeling for the Emergency Department.

For more information about **HEALTHfest** activities, contact the **O'Bleness' Community Relations Department** at **(740) 592-4814**.

O'Bleness Memorial Hospital to offer refresher course for older drivers

O'Bleness Memorial Hospital in Athens will offer a classroom course aimed at helping older people to refresh and improve their driving skills.

O'Bleness is offering the **AARP Driver Safety Program** session on **Tuesday, Oct. 13, from noon to 4 p.m.** in **O'Bleness' Lower Level Room 010**. All drivers, especially those who are 50 years old or older, are invited to participate in the program.

Developed by the American Association of Retired Persons (AARP), the comprehensive classroom refresher course is geared toward the specific needs of drivers who are 50 years old or older. According to AARP, the course helps drivers update their driving knowledge and skills, prevent traffic crashes and violations, and maintain mobility and independence.

Wanda Llewellyn, AARP driver safety instructor, will present information about

normal changes in vision, hearing and reaction time associated with aging and provide practical techniques to compensate for these changes. The following topics will also be covered: defensive driving techniques, problem situations such as left turns, right-of-way, interstate traffic, trucks and blind spots, how to safely use anti-lock brakes, air bags and safety belts, and much more.

The cost is **\$12 for AARP members** and **\$14 for non-AARP members**. Please call instructor **Wanda Llewellyn** at **(740) 707-2063** to register.

Participants must bring their driver's license and AARP membership card. Some auto insurance agencies offer discounts; please consult your insurance agent for further information.

O'Bleness Health System campuses to become tobacco free November 16

All O'Bleness Health System campuses, including the hospital, will become **tobacco-free Monday, Nov. 16, 2009**. The chair of O'Bleness' tobacco-free task force is **James Gaskell, MD**, former O'Bleness board member and Athens County Health Commissioner. The group includes representatives of O'Bleness' board of directors; administration and employees; the medical staff; the community; and Local 1252 of American Federation of State, County and Municipal Employees – AFL-CIO.

By becoming tobacco-free the Health System is promoting healthy lifestyles as well as protecting all those who come to Health System campuses. All forms of tobacco use will be prohibited in buildings, parking lots, vehicles and on any System-owned property. O'Bleness employees will also not be allowed to use tobacco on neighboring properties or to enter buildings with an odor of smoke on themselves or their clothing.

Tobacco cessation assistance is available to O'Bleness employees, patients and members of the community.

Now in business – The Athens Village, Inc.

On September 16, The Athens Village President **Ellsworth Holden** and **Deborah Sechkar**, CEO of Appalachian Visiting Nurses, Hospice and Health Care Services (AVNHHCS), Inc. signed a one-year contract for administration of The Athens Village, Inc. Under this contract **Patty Mercer** is the Director of Village operations, and can be reached through the AVNHHCS switchboard telephone number, **(740) 594-8226, ext. 406**.

All Village services are now available except the home maintenance function to be covered by Lane Hoisington. This will be delayed briefly until liability insurance is arranged to cover Mr. Hoisington.

Dues are \$400 per person annually, or may be paid on a monthly basis of \$35 per person. Memberships are still open, and may be arranged at the September 26 meeting. To join, contact **Sue Foster** by e-mail at **fosterm@ohio.edu**, or by phone at **(740) 593-5258**; or **Peg Cohn** at **(740) 592-4074**.