

O'Bleness Senior BEAT

Be Educated and Active Together

*A program sponsored by
O'Bleness Memorial Hospital*

October 2010

14th Anniversary

Each year I reflect on all of the good times we have had with SeniorBEAT activities. I also feel a great sense of gratitude to all of you members for the support and participation of all we do. I can hardly believe it has been 14 years!

For our Anniversary, we have been invited to celebrate at the **Market on State on Thursday, Oct. 21 at 2 p.m.** We will be in the left-hand hallway with a stage for our small group presentations. There will be plenty of chairs, and a microphone to assist with sound. It seems we will have a lot of space and we hope everyone will be comfortable. Oh yes, and we have door prizes including one lifeline screen certificate.

Our Anniversary program is open to the public and we will be letting everyone see many of the things we do. It is a wonderful time to bring friends, neighbors, and family to enjoy the afternoon.

The **Athens Photo Project exhibit** will be open in the old Hallmark store and this is really a fine exhibition of local scenes and people. I hope everyone has the opportunity to enjoy it!



Detective Brice Fick explains to Donna Kroner how the Sheriff's office can help seniors.

Seniors learn about Scams and Safety Issues

Athens County Sheriff's Detective Brice Fick educated SeniorBEAT program goes last week on several scams that are perpetrated on seniors every day. Fick described the top 14 scams in which seniors lose money or property. Fick, who has been a detective for 15 years, said he learns a lot about how these crimes are committed and whom they are committed against. He added that just as you arrest one alleged criminal committing a scam against a senior about three more take their place. In addition, Fick said that anyone can call the sheriff's office to request a visit if they feel scared or if something is going on in or around their house. If there is an emergency, call 911.

Market on State Senior Day

On **Wednesday, Oct. 27**, we (SeniorBEAT and Market on State) will offer our **first monthly Senior Day**. Plans are still being finalized, but we are hoping to have an exciting Chair Volleyball Challenge and an interesting health related presentation. There will also be representatives from Senior Services to answer your questions and probably a few door prizes. Seniors will be the focus at the Market on State with special discounts and snacks available while we enjoy our day.

Full details will be in the Messenger and on the radio closer to the date. Mark your calendars now!

History Group

For our **Thursday, Nov. 11** History Group we will be meeting at the **Kennedy Museum** to view the exhibit of photographs of historical mental hospitals. The photographer is Christopher Payne exhibiting, "*Asylum: Inside the Closed World of State Mental Hospitals.*" The exhibit covers 70 institutions in 30 states and documents the decay of state mental hospitals including the former Athens Mental Health Center according to the Athens News, Sept. 2.

We will meet at the **Kennedy Museum at 1 p.m.** and tour the exhibit at our own pace. Weather permitting, we may stop by Larry's Dog House on Union Street for a snack after the tour. It has been a while since we have visited the Kennedy Museum so join us for something a little different!

Book Club

Members of the book club decided to discuss M. Scott Peck's Novel, *A Bed by the Window*, in October and to discuss, *Catch 22*, by **Joseph Heller** in November.

A Bed by the Window, is a fictional novel of mystery and redemption in a nursing home setting. The author is a retired physician and shares some interesting insight into reactions to the care setting.

We will be discussing this book on **Monday, Oct. 11 at 10 a.m.** in the **Willow View Café at O'Bleness Memorial Hospital.**

Our **Monday, Nov. 8** selection, *Catch 22*, by Joseph Heller, is a satirical, historical novel first published in 1961. The setting is 1944 during the late stages of World War II and is often referred to as one of the great literary works of the 20th century according to reviews.

We will discuss this novel in the **Willow View Café at 10 a.m.** on **Nov. 8.** Want to share interesting views? Join us!

Book Club List

November

Catch 22 by Joseph Heller

December

Members sharing favorite poetry

January

To be determined

October Lunch Program

On **Friday, Oct. 22**, we will be meeting at **The Oak Room on Station Street** for lunch at **11:30 a.m.** They offer a buffet as well as menu choices at reasonable prices. We always seem to enjoy lunch at The Oak Room and enjoy having new members meet with us!

Announcements

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

Two exercise DVDs are available for any SeniorBEAT member to borrow. *Chair Aerobics for Everyone* and *Stretching for Seniors.* Please see **Peggy Irwin.**

Anyone who would like to receive program reminders by e-mail may send an 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 ...

Joy Miller Upton Advisory Board Member

It is with sincere good wishes and real sadness that we bid farewell to Joy who is retiring from her position in the **Community Relations Department** and the **Advisory Board**. She plans to enjoy her home and horses in Logan and won't be driving to Athens daily.

Joy has been a real asset to our program with her many program ideas (remember that fun trip out to The Old Beasley Farm on 550 a couple of years ago — Joy's idea). She was always willing to help make contacts and to do things within the hospital.

Joy, we will miss you but we all agree you deserve to enjoy your retirement, and we know you will return for our programs. Hugs to you, Joy and thank you!

Market on State

O'Bleness Senior BEAT program is planning to offer some programs at and with **The Market on State**. Watch our newsletter for more happenings at The Market on State.

The Athens Village

SeniorBEAT members are always welcome at **Brown Bag lunches** of **The Athens Village**. The lunch starts at **noon** in the **large conference room** of the **Appalachian Community Visiting Nurse Association (ACVNA), 30 Herrold St.** in **Athens**. The speaker begins at **12:30 p.m.** The lunch is held on the second Wednesday of every month.