



“Be Educated and Active Together”

September 2009



September Program

Our September program will feature **Jason Reed, DO**, as he returns to his hometown to open a practice in the Castrop Center, Orthopedics of Southeast Ohio, and become a member of O’Bleness Memorial Hospital’s active medical staff.

Reed is a graduate of Athens High School and Ohio University where he received his medical degree from Ohio University’s College of Osteopathic Medicine. Reed is looking forward to serving his friends and neighbors as he returns to the Athens area. His discussion will focus on hip and knee joint replacement and will be on **Thursday, September 17, at 2 p.m. in O’Bleness Lower Level Conference Room 010.**

August Program

Our July program was a presentation by **Ed Newman, Recycling and Refuse Manager for Ohio University.** During his presentation, Newman shared information on how to, what to and reasons why to recycle. Newman gave the history of recycling in Athens from monthly pickups at fairgrounds to pickup at households.

Also presenting was **Chuck Hammer**, who gave information about the H1N1 influenza (swine flu) and discussed the possibility of a future vaccine. His information was very useful and will help create awareness within the Athens area.



Ed Newman shares useful recycling information with the audience.



Chuck Hammer speaks to the SeniorBEAT audience.

Lunch Program

For our October lunch program we will travel to **The Boot Grill** in Nelsonville. It is located on the first floor of Rocky Boots and offers a nice variety of hot and cold sandwiches, soups and salads as well as a daily special at reasonable prices. This will be our only out of town lunch venture for the year so join us on **Friday, October 23, at 11:30 a.m.** at The Boot Grill – all are welcome!

History Group

Another adventure is scheduled for the history group. We’ve arranged a tour of Dane McCarthy’s historical home, which is located near Millfield. His home was built in 1804 and is registered as an underground railroad stop. There is much fascinating history to be told about his house and Dane has agreed to share with us. The homeowner is taking time off from work to take us on our tour.

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I will be taking donations to give to him but please don't feel that this is required. Please join us **Thursday, October 8, at 1 p.m.** at the **McCarthy home in Millfield.**

Directions to the house:

From Athens take Route 33 toward Columbus to Route 13 or Chauncey exit. Follow Route 13 N to an intersection with a sign for "13 TireShop," turn right, go ¼ mile and it is the first house on the left (light brown/green trim). The parking area is quite visible. **If you need help with directions, call Peggy at (740) 592-2871.**

Book Club

Our October selection is *Tallgrass* by **Sandra Dallas**. It is a novel about a small town in Colorado that is turned upside down when an Internment Camp is opened to house Japanese citizens during World War II. It is a very interesting and easy to read book about a rather unusual topic. We will discuss this book on **Monday, October 12, at 10 a.m., in the WillowView Café, on the first floor of O'Bleness Memorial Hospital.**

Book Club List

November

The Dante Club by Mathew Pearl

December

The Uncommon Reader by Alan Bennett

January

Jane Eyre by Charlotte Bronte

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.

SeniorBEAT has moved

After 12 ½ growing years under the Social Services Department at O'Bleness Memorial Hospital, SeniorBEAT has joined the Community Relations Department. It is with real sadness that we leave the warmth and reassuring guidance of our birthplace and enter a new era of new and different ideas. There will surely be changes along the way – one being members of the Advisory Board taking a much appreciated more active role in our programming. We ask your patience as we make changes and hope that very soon things will become routine. It is a time of change but together we can adjust and we will!

Before we go too far, I want to sincerely thank both **Alice Hawthorne** and **Channing Olbers** of Social Services for all their help and guidance throughout the years. You both have been great and we will miss you both! Thank you Social Services and hello Community Relations.

For SeniorBEAT questions call **Kristi Bonkowski** at (740) 592-9300.

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. Peripheral arterial disease (PAD) screenings will also be available **by appointment**.

Dermatologist **Dawn Sammons, DO**, will share information about sun damage and proper skin care. A free joint pain seminar will be held by **Jason Reed, DO**, orthopedic surgeon, at **10:30 a.m.** **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.

To make an appointment for PAD screening or for more information about **HEALTHfest** activities, contact the **O'Bleness' Community Relations Department** at **(740) 592-4814**.

O'Bleness to explore relationship with Ohio Health, appoints transitional CEO

The O'Bleness Health System's board of directors has agreed to investigate with OhioHealth the possibility of developing a stronger working relationship. This process will identify potential resources that can be shared to benefit both organizations and the communities they serve.

Based in Columbus, Ohio, OhioHealth is a not-for-profit system of hospitals and healthcare organizations serving central and southeastern Ohio.

For the past several months, O'Bleness and OhioHealth, together with Ohio University, the Ohio University College of Osteopathic Medicine, Doctors Hospital of

Nelsonville and associated physicians, have been exploring how to work together to improve the healthcare delivery system based in Athens County. A possible closer relationship between O'Bleness and OhioHealth would be a step toward that goal and could result in additional opportunities to enhance and expand the healthcare services that O'Bleness provides for southeastern Ohio residents.

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Additional resources may include links to information and technology systems and increased access to specialty physicians, among others.

Board chair James Riestenberg summarized the board's objectives for investigating a potential relationship with OhioHealth.

"We are committed to pursuing all possibilities for sustaining quality health care in our communities over the long term," Riestenberg said. "We also want to assure that the O'Bleness Health System continues to grow and meet needs for local care."

Clifford E. (Skip) Young has been appointed transitional Chief Executive Officer (CEO) of O'Bleness Memorial Hospital and the O'Bleness Health System. Young formerly served as Senior Vice President — Clinical Services. His career with O'Bleness began in 1969 when the hospital was known as Sheltering Arms Hospital.

"It is an honor to serve as CEO of the O'Bleness Health System," Young said. "My goal for O'Bleness is to continue the progress that we have made in working toward a promising future for the hospital and the System."



Skip Young, transitional CEO of the O'Bleness Health System

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

All O'Bleness Health System campuses, including the hospital, will become tobacco-free November 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.