

O'Bleness Senior BEAT

Be Educated and Active Together

*A program sponsored by
O'Bleness Memorial Hospital*

September 2010

September Program

Athens County Sheriff's Department Deputy Brice Fick will meet with us this month to talk about local scams against seniors and other safety issues affecting seniors who live alone.

Sheriff Patrick Kelly, who spoke with us in July, seems to be very interested in the seniors of Athens County and is actively supporting programs that are of benefit to us. Sheriff Kelly made arrangements for Deputy Fick to speak to us. Our program will start at **2 p.m. on Thursday, Sept. 16**, in **lower level room 010** at **O'Bleness Memorial Hospital**.

August Program

Our August Program featured **Mindy Cayton, Planner** at **Area Agency on Aging 8**. Cayton shared a comprehensive overview of issues one faces when planning for retirement and long-term care.

A Blueprint for Lifelong Planning provided an outline of the considerations one must keep in mind when planning for the future as well as an overview of how Medicare, Social Security, Medicaid and employer-based retirement insurance interact.



Mindy Cayton presents information to members of SeniorBEAT.

Special August Program

On **Monday, Aug. 16**, **Susie Vance** from the **Department of Natural Resources** presented a program about large wild animals that are frequently seen in Athens County.

The largest portion of her program was spent talking about coyotes, black bears, wild boar, wildcats and raccoons. The program was well attended and especially relevant, since a black bear was spotted numerous times in Athens County in July and August. Vance said the bear was probably a young male searching for his own territory and appeared to be following the Hocking River.

History Group

Our history group has been meeting for more than eight years and we have had very interesting historical presentations. This month we stray just a little to hear a light and fun presentation about none other than **Winnie the Pooh** by **Martha Bitters**.

This story came about during the dark and dreary days of the Depression and has been a delight to adults and children ever since. It seems very fitting in today's world to spend some time with Winnie, Tigger, Christopher Robin and all the other characters through Bitters' complete collection of the books and to listen to

Bitters' tell the tale! Join us on **Thursday, Oct. 14, at 1 p.m. in lower level room 008 of O'Bleness Memorial Hospital** for this fun, historical presentation.

Book Club

Our October selection is *Son of the Morning Star* by **Evan S. Connell**. This non-fiction is, according to reviews, "a balanced presentation of George Armstrong Custer, the post-Civil War era, Indian Wars, Plains Indians and the myth of the Battle of Little Big Horn." I have not read this yet but I am looking forward to delving into this historical presentation. We will discuss this book on **Monday, Oct. 11, at 10 a.m.** in the *WillowView Café* at **O'Bleness Memorial Hospital**.

Book Club List

November

A Bed by the Window by M. Scott Peck

December

Members sharing favorite poetry

January

Player Piano by Kurt Vonnegut

September Lunch Program

On **Friday, Sept. 24**, we will be meeting at **The Inn at Hocking College** for lunch at **11:30 a.m.** They offer two different daily specials, soup and salad bar, sandwiches and desserts, all at reasonable prices. It has been a very long time since we met at The Inn, so join us in September!

Tuesday Exercise Class

Our weekly Tuesday **Arthritis Foundation Exercise class** has been moved from the open gymnasium area at the Community Center to the studio, which is through the double doors to the left of the gym. This is really so much better; it's quieter and much more private. We are very grateful to the Community Center for this

improved space and encourage everyone to give our class a try. We meet at **12:30 p.m. every Tuesday** in the **studio at the Community Center**. The exercise class provides range of motion, strength training, balance and improves overall fitness. Give it a try!

Wanted

Senior BEAT needs a carousel slide projector for our history group presentations. If anyone has one please call **Peggy Irwin** at **(740) 592- 2871**.

Announcements

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

Two exercise DVDs are available for any SeniorBEAT member to borrow. *Chair Aerobics for Everyone* is a safe, effective, low-impact workout for all fitness levels. *Stretching for Seniors* with Ann Smith will help you stretch your way to greater strength, flexibility and vitality. To borrow either DVD stop by the **Community Relations Department** at **O'Bleness in Lower Level Room 029**, or call **Joy MillerUpton** at **740-592-9468**.

Goody's Department store is coming back to The Market on State – watch for the opening in September.

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**.

Senior BEAT Extras ...

Market on State

O'Bleness Senior BEAT program is planning to offer some programs at and with **The Market on State**.

One of the first opportunities is by volunteering to assist with a **COSI** on Wheels program on **Saturday, Oct. 9** from **8:30 a.m. to 12:30 p.m.** This is part of the Market's Family Event series that will be starting in September. The COSI program will be "Launching Into Space." Volunteers will have an opportunity to make a difference in a child's life and to enjoy a morning filled with science, learning and fun. You may sign up by contacting **Gretchen Stephens** at (740) 592-3674 or **Peggy Irwin** at (740) 592-2871. Watch our newsletter for more happenings at The Market on State.

Market Survey Included

Tell us what you want at The Market on State! Fill out the survey included in this newsletter to help us bring you what you need. All responses are anonymous and will be used solely to help target businesses wanted by our community. Please return completed forms to **Gretchen Stephens** at The Market, or to **Peggy Irwin** at SeniorBEAT. Thank you for your time and input!

The Athens Village

SeniorBEAT members are always welcome at **Brown Bag lunches** of **The Athens Village**, an organization developed to help residents remain comfortably and safely in their own homes. The **Wednesday, Sept. 8**, lunch will be particularly appropriate since SeniorBEAT coordinator **Peggy Irwin** is the guest speaker. People bring

their own lunches, and coffee and tea are provided. 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.**, and there is always time for questions at the end. Come anytime; the lunches are held on the second Wednesday of every month.

Life Line screenings available

O'Bleness and MidOhio Cardiology and Vascular Consultants (MOCVC) are co-sponsoring Life Line Screenings **Wednesday, Sept. 29**, in **Lower Level Room 010**. Life Line includes four cardiovascular screenings used to detect a potential stroke, as well as a bone density test used to detect osteoporosis.

These tests include carotid artery/stroke screening, atrial fibrillation screening, abdominal aortic aneurysm screening and peripheral arterial disease screening. All are non-invasive and use ultrasound to detect any abnormalities.

The vascular screenings individually cost \$45 and the osteoporosis screening is \$35. As a package, all four vascular tests are provided for \$139 or, if osteoporosis screening is included, \$149.

In addition to the vascular and osteoporosis screenings, Life Line Screening offers three finger-stick blood tests: a glucose/-diabetes test for \$25, a complete lipid panel for \$45 and a high sensitivity C-reactive protein test for \$45. All three tests are available for \$70.

Members of SeniorBEAT can receive a **\$10 discount** on either package of testing. Pre-registration is required. To register and receive the discount, call **Cassandra Morrel**, Regional Health Service Coordinator, at **(828) 670-7956**.