



# UpBEAT

Be Educated and Active Together  
For those 55 years and older

OhioHealth.com/UpBEAT

January/February 2026

## Food for Thought

**Self-Massage Spa – Maintaining Healthy Circulation in Winter with Eesha Vijayakumar**

**THURSDAY, JANUARY 15, 1-2 PM, O'BLENESS HOSPITAL, LOWER LEVEL, MED ED ROOM**



*In case of inclement weather, this will be rescheduled for January 22.*

Join Eesha Vijayakumar as she

shows us how to nurture your inner warmth this winter season with self-massage! As hands and feet feel colder and blood flow slows during the chilly months, self-massage is a great way to maintain healthy circulation. We will practice simple chair-based techniques, enjoy calming music, take home essential oil samples and unwind in peaceful ambience. Let's share a relaxing hour of self care together.

## A Message from Mary Jane

- + Reminder during this winter season: ***"When in Doubt, Don't Go Out!"*** If the Athens city and county schools are closed, the UpBEAT activities are automatically canceled.



*The UpBEAT Ambassadors join Mary Jane and Eesha and get winter ready!*

- + To reminisce on our 2025, please enjoy the photos of all of you participating in our many activities, events and health education programs.
- + How would you like to be a part of our History Group, helping to organize topics and outings? We know there are many history buffs out there; don't be shy!
- + Next time you are at OhioHealth O'Bleness Hospital, stop by HeartWorks and take a look at the newly designed fitness floor and group exercise room.

## History Group

**The Barn Builders: An Architectural Legacy in Ohio's Rural Landscape with Tom O'Grady**

**THURSDAY, FEBRUARY 12, 1-2 PM, O'BLENESS HOSPITAL, LOWER LEVEL CONFERENCE ROOM**



Join Tom O'Grady and learn how the migrants from New England, mid-Atlantic and southern states and immigrants from the nations of Europe flowed into the Ohio country after the American Revolution. Each group brought their own cultural baggage in terms of language, customs, architecture and land use. The most distinctive evidence of the cultural influence of these groups, in our rural landscape, is the iconic

Ohio barn. The design and construction of these agricultural structures can tell us much about Ohio's early landscape and the culture and skill of the people who built them.





## Recent Highlights:

### + Discovery Kitchen Workshops

#### *Enjoy the Highlights From Our 2025 Discovery Kitchen Workshops*

This was a grant-funded collaborative with Community Food Initiatives and OhioHealth.

Community members and UpBEAT friends learned about **Nutritious, Fresh and Seasonal** ways to find the freshest produce and how to prepare a meal for a family of one or two. ***We are hopeful to continue this in 2026. Stay tuned!***



### + Highlights of Our UpBEAT Members From 2025



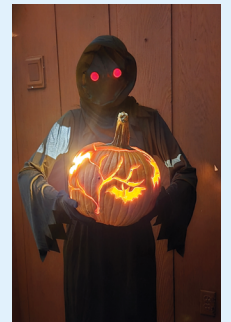
## BEAT Board

### From our Members

- + It is with deep sadness that we share the passing of longtime UpBEAT board member and active UpBEAT participant, Dr. Edward Baum. We are grateful for his many years of contributions and support. Sending all our best to his family and friends.

### Enjoy photos from our fall events:

Pumpkin Painting and Carving



*Our fall interns, Cam and Brett, and COMCorps members joined Eesha to assist at our events.*

### CONTACT MARY JANE

**OhioHealth.com/UpBEAT** | membership is free.  
Contact Mary Jane Timmons, program manager,  
at **MaryJane.Timmons@OhioHealth.com** or  
(740) 566-4680 to join UpBEAT and receive the  
monthly newsletter.

*Photos and/or videos may be taken during UpBEAT activities. If you do not wish to be photographed, please contact Mary Jane.*

# Nutrition As We Age

## New Year and a New Start — How to Set Up Your Kitchen for Success



*Provided by the OhioHealth Wellness Blog*

**We've all been there — “I'm finally going to start eating to support my health and feel good.”** Yet after a few failed recipes, helpless trips

down grocery store aisles and late-night pizza runs, everything seems to fall apart. What's going wrong?

### **First, take a look at your kitchen. Is it organized?**

Does it motivate you to stay in and cook more often? The secret? It all starts with knowing what to buy and how to organize it.

### **The tools of the trade**

When it comes to shopping for kitchen tools, you don't always need the flashiest new appliance or wackiest gadget. Invest in the basics and become comfortable with these tools for a less overwhelming cooking experience.

### **It's a healthy pantry party**

Your pantry is the foundation for all of your home-cooked meals, so make sure you're stocking it with the right ingredients for quick, healthy recipes.

### **Fridge vs. freezer**

Buying produce is a MUST when it comes to making healthy meals because of vitamins, minerals and fiber. If you're someone who doesn't go through your fresh goods fast enough, try purchasing frozen or canned produce for a longer shelf life.

### **Superstar spices**

Think of your spice cabinet as your kitchen's secret weapon. When you're cutting out fat, salt and sugar, dried herbs and spices become your new best friend. They'll pack your meal with flavor. From sweet and savory to hot and spicy.

### **Organization**

Now that you've armed yourself with the right ingredients, the next step is to ensure you can get to them easily.

### **Store healthy food at eye level**

Try the first-in, first-out method. Keep the oldest food closest to reach.

# Health and Wellness

## February is National Snack Food Month



This is a time to highlight the key role snacking has in our diet! **With snacks making up about 20%** of Americans' daily energy intake, healthy choices are vital to overall well-being. Studies show that frequent unhealthy snacking raises the risk of diabetes, obesity, hypertension and poor oral health. For older adults, nutritious snacks help maintain energy, support heart health and prevent muscle loss during less active winter months. Consider these tips:

- + **Try healthier alternatives!** Replace salty potato chips with whole-grain popcorn. Choose frozen yogurt with fruit and honey instead of ice cream. Try toast with bananas and nut butter instead of snack cakes. One consistent change can go a long way!
- + Replace sugary drinks with fruit-infused water, teas or 100% fruit juice without added sugar.
- + **Check nutrition labels when shopping!** Many snacks have versions lower in added sugar, sodium and trans fats.

Learn more about healthy snacks at:

[pmc.ncbi.nlm.nih.gov/articles/PMC10097271](https://pmc.ncbi.nlm.nih.gov/articles/PMC10097271)

[pubmed.ncbi.nlm.nih.gov/34144310](https://pubmed.ncbi.nlm.nih.gov/34144310)

# Exercise

## Exercise Tips for Healthy Circulation This Winter:

As temperatures drop, you may notice your hands and feet feeling cold or stiff. This is because cooler temperatures reduce the circulation of blood, which carries heat, oxygen and nutrients throughout the body.



*OU Intern Cam instructs our Tuesday morning exercise class.*

- + **Get your heart pumping.** Low-impact cardio exercises raise your heart rate, thereby increasing blood circulation throughout the body. Consider walking or dancing indoors, using a stationary bike or elliptical, following a yoga routine or joining a fitness class!
- + **Exercise the extremities.** Rotate your wrists and ankles; stretch then clench your fingers and toes. These movements engage the muscles, relax the joints and improve circulation in the hands and feet.
- + **Stay hydrated before, during and after your workout.** This supports healthy blood volume and circulation throughout the body.

**Learn more about maintaining healthy circulation at our Self-Massage event on January 15!**



O'Bleness Hospital  
55 Hospital Dr  
Athens, OH 45701

## Spotlight **United Seniors of Athens County (USAC) is dedicated to helping local seniors stay active, connected and supported.**

701 E State St, Athens, OH 45701; (740) 594-3535 | [AthensSeniors.org](https://AthensSeniors.org)

United Seniors of Athens County welcomes new Executive Director Penny McCune and Deputy Director Ashley Rutter.

From fitness and fun to essential services and transportation, our mission is to enhance the well-being and independence of older adults throughout Athens County.

We provide vital support through Athens County Cares, which offers care consultations, respite services and an adult day program. Our Caregiver Support Group meets on the last Friday of each month at 10 AM, and our Alzheimer's Support Group meets on the second Thursday of each month at 2 PM.

Our radio program is on WAIS AM 770/FM 103.9 every Tuesday and Friday from 10:30-11 AM, where we share updates, interviews and local news for seniors.

At **United Seniors of Athens County**, we're proud to be more than just a center; we're a community. Stop by, join a class or take part in one of our programs. Whether you come for exercise, friendship or a little help getting where you need to go, we're here for you every step of the way.

### A glimpse of our weekly offerings:

- + **Walking Track**
- + **Line Dancing**
- + **Exercise Class**
- + **Tai Chi**
- + **Card Games (Euchre and Skip-Bo)**
- + **Transportation:** Available for in-and out-of county trips to medical appointments.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Ambassador Members</b> Rick Bongiorno, JoEllen Bongiorno, Steve Chikosky, Martha Johnson, Gwen Kellogg, Rhonda Koch, Larry Mages, Drew McDaniel, Chalisa McDaniel, Sue Ellen Miller, Lynne Peterson, Marcia Ruhling, Fran Snyder and Roberta Watkins		For questions, please contact Mary Jane Timmons at (740) 566-4680.		<b>1</b>  <i>Happy New Year!</i>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>  10 AM Exercise Class	<b>7</b>	<b>8</b>  10 AM Chair Volleyball  11:30 AM Tai Chi	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>  10 AM Exercise Class	<b>14</b>	<b>15</b>  11:30 AM Tai Chi  1 PM FOOD FOR THOUGHT Healthy Circulation	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>  10 AM Exercise Class	<b>21</b>	<b>22</b>  10 AM Chair Volleyball  11:30 AM Tai Chi	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>  10 AM Exercise Class	<b>28</b>	<b>29</b>  11:30 AM Tai Chi	<b>30</b>	<b>31</b>

All programs are in-person only

Programs are subject to change.

**Exercise Class:** at United Seniors of Athens County, 701 E State St, Athens

**Tai Chi:** at the Athens Community Center, Exercise Studio, 701 E State St, Athens

**Chair volleyball:** at the Market on State St, 1002 E State St, Athens, contact [MaryJane.Timmons@OhioHealth.com](mailto:MaryJane.Timmons@OhioHealth.com)

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1	2	3 10 AM Exercise Class	4	5 11:30 AM Tai Chi	6	7
8	9	10 10 AM Exercise Class	11	12 11:30 AM Tai Chi  1 PM HISTORY GROUP with Tom O'Grady	13	14 <i>Happy Valentine's Day</i>
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