



UpBEAT

Be Educated and Active Together
For those 55 years and older

OhioHealth.com/UpBEAT

November/December 2026

Healthy Aging

Which Supplements Are Right for Me?



**THURSDAY, NOVEMBER 5,
2-3 PM; THE PLAINS LIBRARY
CONFERENCE ROOM,
11 S PLAINS RD, THE PLAINS**

You've likely seen an aisle in your pharmacy stocked with supplements, but which ones are right for you? Join



Ben Holter,
PharmD,
RPh, MBA
from Shrivvers
Pharmacy
for an

informative healthy aging presentation on this topic. Dr. Holter will discuss over-the-counter supplements, such as vitamins, herbs and minerals, that may be beneficial to older adults. He will also talk about common medications that deplete key nutrients in the body. Bring your curious mind and enjoy!

A Message from Mary Jane

- + It was wonderful to visit with so many of you at the annual UpBEAT picnic in September. The weather was glorious and we filled the afternoon with fun and fellowship. Enjoy the photos on page two.
- + We are so happy to welcome many new members to UpBEAT! Friendly faces and helpful hands abound within this community – thank you all!
- + Reminder: For UpBEAT activities held at OhioHealth O'Bleness Hospital, you will go through a security check at the hospital entrance.
- + As winter weather approaches, reminder: **"When in Doubt, Don't Go Out!"** If Athens city and county schools are closed, UpBEAT activities are automatically canceled. If you are not sure, please contact me.



UpBEAT members Sue Ellen and Marilyn join Mary Jane to welcome Andrea, our new COMCorps member.

History Group

**Lyceum Lunch and Learns, Noon;
Southeast Ohio History Center,
24 W State St, Athens**

NOTE: Parking is available behind the Southeast Ohio History Center on N Congress St or at the Athens parking garage.

Join UpBEAT members at the History Center's Lyceum Lunch lecture series! UpBEAT will provide you with a healthy snack bag on-site, featuring a new health fact each month.

Contact the Southeast Ohio History Center at **(740) 592-2280** for the winter schedule. We hope to see you there!



UpBEAT members and local history buffs enjoy the August presentation at the Southeast Ohio History Center.



Andrea with UpBEAT and Logan with the Southeast Ohio History Center celebrate the new partnership with OhioHealth.

Health and Wellness Presentations

Discovery Kitchen Workshops

WEDNESDAYS, NOVEMBER 18 AND DECEMBER 2, 2-4 PM**

Contact Mary Jane for location and to register.

Join cooking instructor Peg O'Hara, Community Food Initiatives (CFI), and UpBEAT friends as we learn and explore **Nutritious, Fresh and Seasonal**. Learn how to find the freshest produce and prepare a meal for a family of one or two. We will slice, dice and sample recipes in a community setting. Come savor and enjoy!

****December 2 is a potluck.** Enjoy fellowship with the Discovery Kitchen community and bring your favorite recipe to share with all. It will be an exciting holiday celebration with Discovery Kitchen.



Discovery Kitchen participants enjoy the fall harvest produce and fellowship!

Jingle, Jangle, Carols and Cocoa

MONDAY, DECEMBER 14, 12:15 PM, ATHENS COMMUNITY CENTER, MULTIPURPOSE ROOM C, 701 E STATE ST, ATHENS

Join UpBEAT and community members as we gather to celebrate the season, singing and rejoicing. Let's toast to a healthy new year ahead! What better way to stretch and exercise our vocal cords and facial muscles than with song and laughter. Join us for hot cocoa, cookies and smiles. Holiday attire is welcome!



UpBEAT and community members gather to celebrate the holiday season, singing and rejoicing. Let's toast to a healthy new year ahead!

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.

BEAT Board

Activities at the United Seniors of Athens County:

- + **Bingo:** Last Wednesday of every month from 11:30 AM-1 PM
- + **Senior Social Time:** Every Friday from 9:30-11:30 AM
- + **Podcast:** Titled *Age Well Athens County*. Check it out on YouTube: **YouTube.com/@age-well-athens-county**

SNAPSHOTS



UpBEAT members enjoy the annual picnic.



UpBEAT members enjoy a tour of the OhioHealth Wellness on Wheels mobile healthcare unit.



Chair volleyball players welcome you to join in the fun of this twice monthly activity.



UpBEAT members learned a great deal at the Six Steps to Downsizing presentation.

Nutrition As We Age

Tips for Heart-Healthy Eating Using Fall and Winter Produce

From the Athens County Job and Family Services senior newsletter and Discovery Kitchen Workshop.



Colder weather is upon us and it's time for a recipe that is fresh, easy and delicious. For older adults, butternut squash offers a powerful nutritional boost tailored to their health needs: it's loaded with fiber to support digestion and help maintain a healthy weight, and it's low in calories. The rich supply of vitamin A supports eye health and may help slow age-related vision decline, while vitamin C enhances immune function and tissue repair. High in potassium, it helps support healthy blood pressure and cardiovascular health. Additionally, antioxidants like vitamin E and carotenoids combat inflammation and protect cellular health, offering potential benefits for brain function and longevity.

Keep it fresh, simple and nutritious. You can easily add fall produce, such as squash, sweet potatoes and corn to this recipe for color and extra flavor. No matter how you slice it, it's delicious!

Roasted Pumpkin or Winter Squash

Preheat oven to 350°F.

- + Wash and dry the outside of the squash.
- + Carefully make two deep slits through the skin to allow steam to escape.
- + Place the whole squash on a baking sheet or in a baking dish.
- + Bake for 30–60 minutes, depending on its size, or until soft.
- + Remove from oven and let cool.
- + Cut the squash half lengthwise, and you will be able to easily scoop out the seeds.

Enjoy it in soups and chili, drizzle it with brown butter, olive oil and herbs, cover it with marinara sauce or prepare it however you like best!

Health and Wellness

Emergency Plan Guidelines for Older Adults



From the National Council on Aging Falls Prevention Toolkit, provided by Athens County Job and Family Services.

A senior-focused emergency plan ensures safety, access to essential needs and support during disasters by combining preparation, communication and practical resources.

KEY STEPS TO PREPARE:

- 1. Know the Risks** – Identify hazards specific to your community. Understanding local risks helps prioritize planning and preparedness measures for seniors, who may have mobility or health limitations.
- 2. Create a Personal Emergency Plan**
 - + **Emergency contacts:** Maintain a master list of family, friends, neighbors and at least one out-of-area contact in case local networks fail.
 - + **Support network:** Establish a trusted network of at least three people who can assist with evacuation, medication or mobility needs.
 - + **Meeting places:** Choose primary and secondary locations, such as a community center, in case you must leave home.
 - + **Communication plan:** Know how your community shares alerts.
- 3. Prepare Emergency Kits**
 - + **Evacuation kit:** Include essential items for at least three days, such as medications, medical records, water, non-perishable food, clothing and mobility aids.
 - + **Shelter-in-place kit:** Prepare for situations when leaving home is unsafe, including hygiene items, blankets and backup power for medical devices.
 - + **Pet considerations:** Include food, medications and carriers for pets.

Exercise

EXERCISE TIP: Exercise opportunities in Athens for older adults.

Are you stuck in a rut? Not sure where to go and what options are available for you during the colder months? We are here to help!

UpBEAT and United Seniors of Athens County offer:

- + **Monday:** Line dancing
- + **Tuesday:** Gentle-on-the-joints exercise
- + **Thursday:** Chair volleyball (twice per month), Line dancing, Tai Chi
- + **Friday:** Cardio drumming



O'Bleness Hospital
55 Hospital Dr
Athens, OH 45701

Spotlight

A Special Dedication of the Lucille Martin Chair Volleyball Pavilion

THURSDAY, NOVEMBER 5, 10 AM; THE MARKET ON STATE, 1002 E STATE ST, ATHENS

Please join us for a dedication ceremony to honor, and in memory of, our longtime UpBEAT member Lucille Martin. Lucille leaves her legacy with the UpBEAT chair volleyball program from its inception over 20 years ago.

Lucille was instrumental in reviving the chair volleyball program following COVID-19. Her love of the game kept her energized, even at 90 years young. Lucille telephoned members, gathered and organized family and friends and arranged transportation every month to ensure group participation.

Lucille, along with Halle Vore and PT Farley, were pillars of the UpBEAT chair volleyball program. Please join us in celebrating Lucille and honoring this legacy she leaves for future generations. We will cut the ribbon and serve cake for this special dedication.



Lucille's sisters, Vicki, Joan, Shirley and Pauline, continue Lucille's legacy at the UpBEAT chair volleyball program.



Lucille and friends enjoy a game of chair volleyball.



1	2 12:15 PM UpBEAT SINGING/MUSIC 	3 NO EXERCISE CLASS – ELECTION DAY	4	5 10 AM Dedication Ceremony for Lucille Martin 10 AM Chair Volleyball 11:30 AM Tai Chi 2 PM Healthy Aging Presentation	6 1 PM Cardio Drumming	7
8	9 	10 10 AM Exercise Class	11 Veterans Day	12 11:30 AM Tai Chi	13 1 PM Cardio Drumming	14
15	16 12:15 PM UpBEAT SINGING/MUSIC	17 10 AM Exercise Class	18 2 PM DISCOVERY KITCHEN WORKSHOP	19 11:30 AM Tai Chi	20 1 PM Cardio Drumming	21 9 AM WALK WITH A DOC
22	23	24 10 AM Exercise Class	25	26 Happy Thanksgiving	27 NO CLASSES – HOLIDAY BREAK	28
29	30					

For questions, please contact Mary Jane Timmons at (740) 566-4680.

*All programs are in-person only.
Programs are subject to change.*

Ambassador Members

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

Cardio Drumming: at the Athens Community Center, Exercise Studio, 701 E State St

Chair Volleyball: at the Market on State St, 1002 E State St, contact MaryJane.Timmons@OhioHealth.com

Exercise Class: at the Athens Community Center, multipurpose room B, 701 East State St

Singing and Music Program: at the Athens Community Center, multipurpose room C, 701 E State St

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

Walk with a Doc: 55 Hospital Dr, behind O'Bleness Hospital

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10 AM Exercise Class	2 2-4 PM DISCOVERY KITCHEN WORKSHOP	3 10 AM Chair Volleyball 11:30 AM Tai Chi	4 1 PM Cardio Drumming	5
6	7 12:15 PM UpBEAT SINGING/MUSIC	8 10 AM Exercise Class	9	10 11:30 AM Tai Chi	11 1 PM Cardio Drumming	12
13	14 12:15 PM JINGLE, JANGLE, CAROLS AND COCOA	15 10 AM Exercise Class	16	17 10 AM Chair Volleyball 11:30 AM Tai Chi	18	19
20	21	22 10 AM Exercise Class	23	24 NO CLASSES – HOLIDAY BREAK	25 <i>Merry Christmas</i>	26
27	28	29 10 AM Exercise Class	30	31 11:30 AM Tai Chi	January 1 NO CLASSES – HOLIDAY BREAK	

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