

## Spotlight

### Age-Friendly Learning from Slovenia

*This summer, Athens County had the special honor of welcoming guests from Slovenia, a country in central Europe.* They came to share and learn with us through a global exchange on age-friendly communities. The group included leaders from three Slovenian towns, along with staff from a national organization that supports age-friendly work across the whole country.

During their week in Athens County, our visitors joined community members at the Farmers Market, toured the Federal Valley Resource Center in Stewart, explored the colorful Passion Works Studio and saw the Chesterhill Produce Auction in action. They also joined the quarterly Age-Friendly Athens County Coalition meeting to talk about how their communities are helping older adults with housing, transportation and volunteer opportunities.

*The visit reminded us that people everywhere are looking for ways to stay connected, healthy and active as they grow older.* By sharing ideas across cultures, we discovered new possibilities for programs here in Athens County and built friendships that will last for years to come.



## Food for Thought

### Adaptive Dance for Older Adults with Dr. Jaswandi Pitale

**THURSDAY, NOVEMBER 6, 1-2 PM, O'BLENESS HOSPITAL, LOWER LEVEL, MED ED ROOM**



Dancing with the UpBEAT Stars – no experience needed. Although National Dance Day was celebrated in September, we think any day is a good day for dancing! Join us for an Adaptive Dance workshop designed especially for older adults. Through rhythmic movements, you will explore balance, coordination, memory and self-expression in a supportive and fun environment. Movements can be done seated or standing—no dance experience is needed, just a willingness to move and enjoy!

The workshop will be led by Dr. Jaswandi Pitale, founder of ARTH Arts and Wellbeing, who has a background in Indian classical dance and training in therapeutic movement.

## A Message from Mary Jane

- + Wishing you a safe and healthy holiday season!
- + Join the UpBEAT Holiday Gathering on December 11, a special day filled with good friends, activities and refreshments to celebrate the season.
- + To reminisce on the gorgeous summer and fall weather, please enjoy the photos on page 2 of all of you participating in our many activities, events and health education programs.
- + We welcome our new Ohio University interns joining us this semester. Cam and Brett are both undergraduate exercise physiology students. You will see them joining activities to promote health and wellness for our older adults in Athens County.



*Mary Jane welcomes new COMCorps Member Eesha!*



*A big shout-out to the UpBEAT Ambassadors for planning a wonderful Picnic in the Park!*

## History Group From the Amish to the Navajo – The Visual Anthropology of John Collier, Jr. with Dr. Katherine Jellison

**THURSDAY, NOVEMBER 13, 1-2 PM, O'BLENESS HOSPITAL, LOWER LEVEL CONFERENCE ROOM**

Please join Dr. Katherine Jellison as she takes us back to March 1942, when John Collier, Jr. traveled to Lancaster County, Pennsylvania to photograph the county's Amish community. As an employee of President Roosevelt's Farm Security Administration, Collier's assignment was to record daily life among the Amish and related groups and to document the impact of federal relief programs within the community.

By developing a method he called "working from the outside in," Collier was able to respect Amish cultural practices and religious beliefs while at the same time creating photographs that communicated the basic practices of Amish life. Collier's approach was collaborative and involved, in his words, "working in the periphery of the Amish culture and finally making friends and photographing those elements of the life that were permissible."





# November-December Events:

## + Flu Vaccines, Sponsored by OhioHealth

**FRIDAY, NOVEMBER 7, 9 AM-NOON, THE MOBILE UNIT IS LOCATED AT THE PLAINS UNITED METHODIST CHURCH, 3 N PLAINS RD, THE PLAINS** | *Contact Mary Jane to schedule your vaccine.*

Receive your free flu vaccine on our Wellness on Wheels (WOW) mobile unit. OhioHealth is dedicated to providing healthcare for the rural population in southeast Ohio.



We are committed to this mission and have invested in a brand-new mobile unit that travels to five counties. We are providing free flu vaccines to UpBEAT members, family and friends.

## + Discovery Kitchen Workshops

**WEDNESDAY, NOVEMBER 12 AND DECEMBER 10, 2-4 PM**

*NOTE: December 10 is a potluck. Bring one of your favorite recipes. Contact Mary Jane for the location and to register.*

A grant-funded collaborative with Community Food Initiatives and OhioHealth. Join cooking instructor Peg O'Hara, community members 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!



## + Holiday Cheer – Ho, Ho, Ho...and Hot Cocoa! Holiday Celebration with our Community Partners!

**THURSDAY, DECEMBER 11, 1-2 PM, ATHENS PUBLIC LIBRARY, 30 HOME ST, ATHENS** – In the large Gathering Room, just off the entrance foyer

Join the celebration of the holiday season with your UpBEAT friends and community members. We will share the joy with our community partner, Hickory Creek of Athens, with activities, caroling, delicious refreshments and hot cocoa!



# BEAT Board

Enjoy photos from our late summer and fall events:

*The Annual Picnic in the Park*



*Pizza with Pizzaz*



*Jeopardy II*



*OU summer Intern Talyn presented us with 'Thriving not Surviving.'*



## 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

**How to Avoid Holiday Weight Gain — Without Feeling Restricted**



*From the OhioHealth Health and Wellness Blog. Below are tips from Registered Dietitians Jessica VanCleave, MPH, RD, LD; Emily Monfiletto, RD, LD, CCMS; Alyssa Bixler, MS, RD, LD, CDE; Jenalee Richner, RD, LDN; and Brittany Smith, RD, LD.*

**The holidays are here! Which means it's time to eat, drink and be merry, right?**

Is it possible to have your “holiday” cake and eat it too while still staying on track? The answer is **YES!**

**Eat breakfast. Oh, and have lunch, too!**

Sometimes it may seem like a good idea to skip breakfast or lunch to “save” those calories to indulge later at a holiday party or dinner. But, when you do skip meals, you'll likely become overly hungry later, which could lead to consuming excess foods and beverages that are high in calories with little to no nutritional value.

**Check out that buffet before grabbing a plate**

Before you take a little of this, and a little of that, all the way down the buffet table, survey your options first. Make loading up on veggie dishes your first stop, then take smaller portions of those high-calorie foods. And simply skip those dishes you don't care for.

+ Listen to your body when it says “I'm full” and avoid going back for seconds.

**Give away those leftovers**

What's more tempting than having treats and high-calorie foods readily available in our fridge the days after a get together? Send leftovers home with friends and loved ones. Those tasty temptations will be out of sight, out of mind.

**Can we talk about beverages?**

Swap sugary, high-calorie options with healthier ones.

+ Try a spritzer! Sparkling water or club soda and garnish with fresh citrus fruit slices.

**Press the reset button**

Just because you overdid it at last night's holiday party or have found yourself saying yes to a week of holiday treats at the office, that doesn't mean you have to stick with that pattern. Think about your goals. Pause, breathe and press that reset button.

**And remember...**

Enjoy special foods on the day but be mindful of opportunities to overeat other times during the season. **There are 117 meals** from Thanksgiving Day to New Year's Day – that's a lot of opportunities for healthy eating or extra eating. Stay balanced, stay mindful and enjoy the holidays with loved ones.

# Health and Wellness



**November 20 is National Rural Health Day!**

This day celebrates the strengths of rural health systems, including holistic approaches, creative problem solving and close-knit communities. Studies show that such robust networks promote long-term health outcomes.

Consider these tips to continue engaging with the unique qualities of rural care:

- + **Appreciate your weekly routine!** In many rural areas, wellness is part of daily life. Keep using public resources like trails, libraries, community centers and farmers markets to maintain overall health.
- + **Join shared wellness activities** such as UpBEAT events and fitness groups to support your physical health while connecting with others.
- + **Enjoy locally grown produce.** At Discovery Kitchen, you can try recipes prepared with local ingredients by a professional chef!
- + **Visit rural mobile healthcare units** like the OhioHealth flu shot clinic serving our UpBEAT community on November 7.

Learn more about celebrating Rural Health Day at **PowerOfRural.org**.

# Exercise



**EXERCISE TIP: Stay Healthy During the Holidays**

## Outdoor Activities

- + **Festive Walks:** Take a walk around the neighborhood or local park to enjoy holiday decorations and fresh air, which can lift spirits and boost metabolism.

## Indoor Exercises

- + **Mall Walks:** Strolling through a mall is a great way to stay active, stay safe from the cold, window shop and offer a new social experience.
- + **Dancing:** Put on some festive music and dance to your own rhythm.
- + **Bowling:** A fun and engaging activity that can be done with family and friends.

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, Marcia Ruhling, Fran Snyder and Roberta Watkins		For questions, please contact Mary Jane Timmons at (740) 566-4680.				1
2	3	4 NO EXCERCISE CLASS** Center is Closed for Voting	5	6 10 AM Chair Volleyball 11:30 AM Tai Chi 1 PM FOOD FOR THOUGHT Adaptive Dance for Older Adults	7 9 AM-Noon FLU VACCINES sponsored by OhioHealth	8
9	10	11 NO EXCERCISE CLASS** Veterans Day, Center is Closed	12 2-4 PM DISCOVERY KITCHEN Registration required; contact Mary Jane	13 11:30 AM Tai Chi 1 PM HISTORY GROUP From the Amish to the Navajo	14	15
16	17	18 10 AM Exercise Class	19	20 National Rural Health Day Celebrating the Power of Rural  10 AM Chair Volleyball 11:30 AM Tai Chi	21	22
23	24	25 NO EXCERCISE CLASS Holiday Break	26	27 Happy Thanksgiving	28	29
30						

\*\*We will be walking indoors at the Market on State St.

All programs are in-person only

**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)

Programs are subject to change.

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28	29	30 NO EXERCISE CLASS	31 New Year's Eve	<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, Marcia Ruhling, Fran Snyder and Roberta Watkins		For questions, please contact Mary Jane Timmons at (740) 566-4680.

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