



UpBEAT

Be Educated and Active Together
For those 55 years and older

OhioHealth.com/UpBEAT

September/October 2026

Food for Thought

Six Simple Steps to Downsizing

**THURSDAY, SEPTEMBER 24,
1-2 PM, O'BLENESS HOSPITAL,
LOWER-LEVEL CONFERENCE
ROOM, 55 HOSPITAL DR,
ATHENS**



Join Aubrei Krummert, Certified Professional Organizer, as she presents her six simple steps to downsizing. Aubrei will walk you through this very overwhelming process so you'll know what to keep, what to give to friends and family, what to sell, what to donate and what goes in the recycling and trash. She'll tell you what questions you need to ask and provide resources to help you every step of the way.

RWO
REAL WORLD ORGANIZING

A Message from Mary Jane

- + **UpBEAT annual picnic!** Join us on Tuesday, September 15 for fun, fellowship and lunch.
- + We are chock full of **Health and Wellness** offerings for the next two months. Let's stay strong and well! **Check the calendar for September 23, October 2 and October 12.**
- + Please join me in welcoming Andrea Pierson, AmeriCorps/COMCorps member. Andrea is energetic and excited to meet all of you. She will be our program assistant until next July. Yay!
- + As a weapons-free and safe workplace, you will enter through a security check at the entrance of O'Bleness Hospital for any UpBEAT events or activities at the care site.



UpBEAT Ambassadors and Mary Jane invite you to the annual picnic on September 15.

History Group

History Center's LYCEUM LUNCHEON lecture series at noon, Southeast Ohio History Center, 24 W State St, Athens

Each month, UpBEAT will provide you with a healthy snack bag to enjoy along with a new health fact. These will be available on-site for pick up at the History Center.

We hope to see you at one of these upcoming presentations:

September 24: A World of Wounds by Nancy Manring

October 15: The Vincent Rifle by Bill Reynolds

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



UpBEAT members enjoy the healthy snacks provided by OhioHealth.



Health and Wellness Presentations

UpBEAT Annual Picnic

**TUESDAY, SEPTEMBER 15, 11 AM-1 PM,
THE PLAINS COMMUNITY PARK, 65
CONNETT RD, THE PLAINS**

Join fellow UpBEAT members for an afternoon of fun and fellowship.

Activities include cornhole, line dancing, Mexican Train and Connect Four. Lunch will be provided by OhioHealth with vegetarian options available. **RSVP preferred to Mary Jane by Tuesday, September 8 to (740) 566-4680 or MaryJane.Timmons@OhioHealth.com.**



Discovery Kitchen Workshops

WEDNESDAY, SEPTEMBER 16 AND OCTOBER 21, 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!

Fall Prevention Health Fair

WEDNESDAY, SEPTEMBER 23, 9 AM-NOON, ATHENS COMMUNITY CENTER PARKING LOT, 701 E STATE ST, ATHENS

Join local health organizations as they provide a health fair for older adults in Athens County. Participants can take advantage of falls screenings, blood pressure checks and learn about home safety, current health programs and so much more. Sponsored by the Washington County Health Department.

Flu Vaccine Clinic, Vision and Hearing Screenings

FRIDAY, OCTOBER 2, 9 AM-NOON, ON THE OHIOHEALTH WELLNESS ON WHEELS MOBILE HEALTHCARE UNIT, PARKED AT THE PLAINS UNITED METHODIST CHURCH, 3 N PLAINS RD, THE PLAINS

The OhioHealth Wellness on Wheels (WOW) mobile medical staff is eager to meet you and assist you with your wellness journey. Flu vaccines, vision and hearing screenings will be available. **Please contact Mary Jane to register at MaryJane.Timmons@OhioHealth.com.**

Movement for the Brain and Balance

MONDAY, OCTOBER 12, NOON-1 PM, IN THE GROUP EXERCISE STUDIO AT HEARTWORKS, O'BLENESS HOSPITAL, 55 HOSPITAL DR, ATHENS

Join instructor Sarah Ramey, assistant professor of dance at Ohio University, for a movement class designed for adults over 50! This class will cultivate strength, flexibility, coordination and creativity through dance and movement sequences that challenge the brain and body in a supportive, fun environment. Class is open to people of all abilities, and class can be taken seated or standing.

BEAT Board

Activities at the United Seniors of Athens County:

- + **Bingo:** Last Wednesday of every month from 11:30 AM-1 PM (October is the 21st)
- + **Senior Social Time:** Every Friday from 9:30-11:30 AM
- + **Cardio Drumming:** Every Friday from 1-2 PM
- + **Halloween Carnival:** Sponsored by Shivers Hospice and Abbyshire Place on Wednesday, October 28 from 11 AM-1 PM
- + **Podcast:** Titled *Age Well Athens County*. Check it out on YouTube: [YouTube.com/@age-well-athens-county](https://www.youtube.com/@age-well-athens-county)

SNAPSHOTS



UpBEAT members enjoy the birthday party held in June.



UpBEAT members join the Conservancy for an enjoyable hike.

CONTACT MARY JANE

[OhioHealth.com/UpBEAT](https://www.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

Tips for Heart-Healthy Eating

From the Athens County Job and Family Services Senior Newsletter



Eating in a heart healthy way doesn't have to feel restrictive. It's really about choosing foods that support your energy, protect your heart, and keep you feeling strong and steady throughout the day. With age, the body changes—metabolism slows, digestion shifts and nutrient needs rise—so a thoughtful approach to meals can make a real difference.

Build Your Plate Around Heart Friendly Foods: Fruits and vegetables add fiber, vitamins and antioxidants that support circulation. Whole grains like oats, brown rice and whole wheat bread help manage cholesterol. Lean proteins such as fish, beans, tofu and skinless poultry support muscle without adding excess saturated fat.

Healthy fats from olive oil, nuts, seeds and avocados help protect arteries. Low fat dairy or fortified alternatives provide calcium without heavy saturated fat.

Keep Sodium in Check: As we age, the body becomes more sensitive to salt. Too much sodium can raise blood pressure, so it helps to:

- + Choose low sodium versions of soups, sauces and canned foods
- + Flavor meals with herbs, lemon, garlic or pepper instead of salt
- + Taste food before adding salt—many people season out of habit

Stay Hydrated: Older adults often feel less thirsty, but hydration supports heart function.

Eat Smaller, Balanced Meals: Large meals can strain the heart. Smaller, steady meals help maintain energy and digestion.

Add Omega 3s: Fatty fish like salmon, sardines and trout support heart rhythm and reduce inflammation.

Keep Added Sugars Low: Sugary snacks and drinks can spike blood sugar and add strain to the heart.

Listen to Your Body: Appetite changes with age. Eating slowly and paying attention to fullness cues helps prevent overeating and supports digestion.

Health and Wellness



From the National Council on Aging Falls Prevention Toolkit

September 21-25 is Falls Prevention Awareness Week!

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

- + **Find a good balance and exercise program:** Look to build balance, strength and flexibility. Join us on October 5 for Better Balance with Movement, where we will do exactly that!
- + **Talk to your healthcare provider:** Ask for an assessment of your risk of falling. Share your history of recent falls.
- + **Regularly review your medications with your doctor or pharmacist:** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- + **Get your vision and hearing checked annually and update your eyeglasses:** Your eyes and ears are key to keeping you on your feet.
- + **Keep your home safe:** Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
- + **Talk to your family members:** Enlist their support in taking simple steps to stay safe.

To learn more, visit the Fall Prevention Health Fair on September 23 and [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

Exercise

EXERCISE TIP: Enjoy Bicycling Again!



Have you considered bicycling again, but the fear of falling prohibits you? Don't lose hope, there are options for you to get back on the bike path and enjoy the outdoors.

Three-wheel bikes are excellent for seniors due to their superior stability, which eliminates the need to balance at stops and reduces fall risks. They feature low step-through frames for easy mounting and large cargo baskets for carrying groceries or personal items.

Options vary based on your riding style, physical needs and whether you prefer standard pedaling or electric assistance:

- 1. Electric Tricycles (e-trikes):** For seniors looking for an extra boost to tackle hills or extend their riding range, e-trikes offer throttle and pedal-assist features.
- 2. Traditional (non-electric) Adult Tricycles:** If you prefer a classic, purely pedal-powered ride for casual neighborhood cruising or quick trips to the store, these are highly rated and more budget-friendly.
- 3. Recumbent 3-wheel Bicycles** for seniors with severe back, neck or hip pain, recumbent trikes offer a laid-back, ergonomic seating position that supports the entire skeleton.

O'Bleness Hospital
55 Hospital Dr
Athens, OH 45701

Spotlight

Rural Action

For more than 30 years, Rural Action has worked alongside communities in Appalachian Ohio to support healthy environments and strong local economies. Based in Athens, the organization partners with farmers, businesses, educators and residents to promote sustainable agriculture, forest stewardship, environmental education and waste reduction.

During the fall months, Rural Action offers a variety of opportunities for community members to learn, explore and connect. Workshops and events highlight topics such as gardening, local food and sustainable land practices. These gatherings bring people together to share knowledge, discover new skills and celebrate the natural beauty of our region.

Rural Action also operates social enterprises such as UpCycle Ohio, a thrift store that promotes reuse and keeps thousands of pounds of materials out of landfills each year.

Through education, collaboration and hands-on experiences, Rural Action helps people care for the places they call home while building a more sustainable future for Appalachian Ohio.

Learn more at ruralaction.org.

Check out upcoming events at ruralaction.org/rural-action-events/



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10 AM Exercise Class	2	3 11:30 AM Tai Chi	4 1 PM Cardio Drumming	5
6	7 <i>Labor Day</i>	8 10 AM Exercise Class	9 Welcome Andrea Pierson, COMCorps member, to UpBEAT!	10 10 AM Chair Volleyball 11:30 AM Tai Chi	11 1 PM Cardio Drumming	12
13	14	15 10 AM Exercise Class 11 AM ANNUAL PICNIC	16 2-4 PM DISCOVERY KITCHEN WORKSHOP	17 11:30 AM Tai Chi	18 1 PM Cardio Drumming	19 9 AM WALK WITH A DOC
20	21 12:15 PM UpBEAT SINGING/MUSIC	22 10 AM Exercise Class	23 9 AM-Noon Fall Prevention Health Fair	24 10 AM Chair Volleyball 11:30 AM Tai Chi Noon HISTORY PRESENTATION 1 PM FOOD FOR THOUGHT	25 1 PM Cardio Drumming	26
27	28	29 10 AM Exercise Class	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 11:30 AM Tai Chi	2 9 AM Vaccine Clinic and Screenings 1 PM Cardio Drumming	3
4	5 12:15 PM UpBEAT SINGING/MUSIC	6 10 AM Exercise Class	7	8 10 AM Chair Volleyball 11:30 AM Tai Chi	9 1 PM Cardio Drumming	10
11	12 <i>Columbus Day</i> Noon Better Brain and Balance thru Movement	13 10 AM Exercise Class	14	15 11:30 AM Tai Chi Noon HISTORY PRESENTATION	16 1 PM Cardio Drumming	17 9 AM WALK WITH A DOC
18	19 12:15 PM UpBEAT SINGING/MUSIC	20 10 AM Exercise Class	21 2-4 PM DISCOVERY KITCHEN WORKSHOP	22 10 AM Chair Volleyball 11:30 AM Tai Chi	23 1 PM Cardio Drumming	24
25	26	27 10 AM Exercise Class	28	29 11:30 AM Tai Chi	30 1 PM Cardio Drumming	31 Happy Halloween

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