

Spotlight

Discovery Kitchen Workshops 2025

The community partnership collaboration of Community Food Initiatives (CFI) and OhioHealth were awarded a grant from the Athens County Foundation to continue to host five Discovery Kitchen Workshops in 2025. With the first program in May, there is so much to look forward to this year!

This program gives participants the opportunity to learn fresh, simple, and nutritious meal planning and preparation. It teaches a hands-on approach to prepare meals for a family of one or two. AND it provides fresh produce and a Discovery Kitchen cookbook to take home and try recipes on your own!

Previous participants' comments, "enjoyed being up close to watch the meal prep and liked all the recipes for tasty and easy preparation", "this was a great program, it gave me courage to experiment – much as Julia Child did in the 1960's."

Discovery Kitchen is always a highlight for UpBEAT, and we hope to see you at one of our five (May, Aug., Sept., Oct. and Nov.) upcoming programs!

Rhonda is enjoying all the recipes in the cookbook provided at the workshops.



Listening to Cooking Instructor Peg for advice on fresh and seasonal produce.



Enjoying time together.

Food for Thought

FRAUD Bingo

THURSDAY, JUNE 19, 1 PM, O'BLENESS HOSPITAL, LOWER LEVEL CONFERENCE ROOM

Join Jodi Roberts with Pro-Seniors and learn how Medicare fraud can happen to anyone, impacting both their finances and health. The Ohio Senior Medicare Patrol will lead a brief presentation on how to fight fraud, followed by a few fun rounds of **FRAUD Bingo**.

Learn how to:

- + Identify and avoid common types of Medicare scams.
- + Detect fraud and improper claims under your account.
- + Report Medicare fraud and secure a new number if your account has been compromised.
- + Sharpen YOUR fraud fighting skills.



A Message from Mary Jane

+ Look inside this Spring issue, it's chockful of wonderful activities for May and June.

+ **TIME CHANGE UPDATE:** Beginning this month, chair volleyball is moving to 10 AM on Thursdays. See the calendar for dates. We hope to see you there!

- + Join us Wednesday, May 7 for Walk & Wieners, see inside for details.
- + Great news! The Discovery Kitchen Workshops are funded for 2025, see the Spotlight article from Megan.
- + Back by popular request, join us for the hike at Sue Ellen Miller's on June 11, see details on page 2.
- + The Birthday Party has been rescheduled to June 17th – **Please join us!** See information inside the newsletter. All are welcome!
- + Calling all bakers (again)! We need 12 cakes for the birthday party. Please contact Mary Jane or Megan to sign-up.



UpBEAT members join Mary Jane and Megan to welcome OU dietetic intern, Lexi.



History Group

Tour and explore the new City of Athens Fire Station

THURSDAY, MAY 22, 1-2 PM; ATHENS FIREHOUSE, 120 E STIMSON AVE, ATHENS, OH 45701

Join the fire lieutenant and UpBEAT members as we tour the new fire station with up-to-date amenities needed for the firefighters. The Athens Fire Department has the primary responsibility of protecting life and property from fire and other emergencies within the confines of the municipality limits. The fire department also interacts with various city departments and other civic partners.



May and June Presentations/Events:

+ Wednesday Walk & Wieners

WEDNESDAY, MAY 7, AT NOON, MEET AT THE WILLOWVIEW CAFÉ AT O'BLENESS HOSPITAL, 55 HOSPITAL DR, ATHENS, OH

No rain date. Event is cancelled if inclement weather.

Join UpBEAT members at the WillowView Café and we'll walk along the river path to Larry's Dawg House. Enjoy a delicious hot dog (bring your wallet) and tasty conversation. Continue our conversations as we enjoy a pleasant walk back to the WillowView Café, dessert compliments of UpBEAT.

+ Discovery Kitchen Workshop

WEDNESDAY, MAY 14, 2-4 PM

Registration required, contact Mary Jane.

We will slice, dice and sample recipes in a community setting. Come savor and enjoy!

+ Senior Resource Day

THURSDAY, MAY 15, 9:30 AM-1:30 PM, LUNCH STARTS AT 11 AM, THE ATHENS COMMUNITY CENTER, 701 E STATE ST, ATHENS, OH

Mark your calendar for this annual event for older adults to mix and mingle with our community partners! Get all the up-to-date information for healthy aging and enjoy a free home-cooked lunch.

+ Hike, Explore and Learn with Sue Ellen Miller

WEDNESDAY, JUNE 11, BEGINS AT 11 AM; RAIN DATE ON FRIDAY, JUNE 13

At the property of Sue Ellen Miller and Marilyn Shealy.

Directions: Contact Mary Jane for address, directions and a list of suggested items to wear/bring. Recommend carpooling if possible.

Sue Ellen Miller and Marilyn Shealy are welcoming UpBEAT to their gorgeous 100+ acre property. Sue Ellen will lead us on a guided hike, highlighting a variety of tree and plant species. We hope you can join us for this magnificent outing and contributions from our UpBEAT members.

+ Men's Health Event

FRIDAY, JUNE 13, 3-6 PM, O'BLENESS HOSPITAL CASTROP PARKING LOT, 75 HOSPITAL DR, ATHENS, OH

Preventative screenings, wellness education and resources available at this drive-through event dedicated to men's health.

+ Happy Birthday UpBEAT! UpBEAT Celebrates All Birthdays!

NEW DATE! TUESDAY, JUNE 17, 1-3 PM; ATHENS COMMUNITY CENTER, ROOM A, 701 E STATE ST, ATHENS, OH

Join in for the first annual UpBEAT Birthday Party! **Rescheduled** from February. An afternoon of fun, fellowship, conversation and friends. Come and enjoy the festivities including an ice cream sundae bar, music, games, prizes and of course, delicious cakes!



BEAT Board

From our Members

- + We want to take a moment to recognize and thank our previous Advisory Board members for their contributions to UpBEAT. We are saddened by the recent loss of Margaret Thomas and Dr. Richard Dean.
- + Lunch Bunch will resume in September; please stay tuned as we plan to explore several new restaurants opening in Athens.

Snapshots



The winner of the "Name that UpBEAT Member" is Elizabeth!



The UpBEAT Ambassadors are busy planning the Birthday Party!

Everyone was a winner at Jeopardy!



Nutrition As We Age

Article written by Lexi Timmons, Dietetic Intern of the Combined Master of Science and Dietetic Internship at OU.

May is National Osteoporosis Awareness and Prevention Month.

Osteoporosis is a condition that weakens bones, making them more fragile and prone to fracture, especially for adults over 50. While aging is a major factor, nutrition plays a key role in bone strength. Good nutrition is a powerful tool for keeping bones strong with the essential nutrients of calcium and vitamin D. Calcium builds and preserves bone mass and vitamin D helps the body absorb calcium effectively. By including these calcium and vitamin D-rich foods in your diet, you can help support lifelong bone health:

Calcium-Rich Foods

- + **Dairy:** milk, yogurt, cheese
- + **Fortified foods:** orange juice, plant-based milk (soy, almond), cereals
- + **Vegetables:** kale, bok choy, broccoli
- + **Seafood:** sardines (with bones), canned salmon
- + **Nuts and Seeds:** almonds, chia seeds

Vitamin D-Rich Foods

- + **Fatty fish:** salmon, mackerel, tuna
- + **Dairy and fortified foods:** fortified milk, orange juice, cereals
- + **Eggs:** especially the yolk

DIETITIAN TIP: Fortified foods have added vitamins and minerals to increase their nutritional value. For stronger bones, look on the Nutrition Facts Label to ensure that calcium and vitamin D provide at least 20% of the Daily Value per serving.

Spinach and Cheese Scramble

Serves: 2 | Time: 10 minutes



INGREDIENTS:

- + 4 eggs, large
- + 1 cup spinach, packed and fresh
- + ¼ cup milk
- + ½ cup cheddar cheese, shredded
- + 2 tsp olive oil or butter
- + salt and pepper to taste

INSTRUCTIONS: Heat olive oil or butter in a pan over medium heat. Add spinach and cook until wilted (about 2 minutes). Whisk eggs and milk in a bowl, pour them into the pan with spinach and stir gently. Sprinkle cheese on top and cook until eggs are set. Season with salt and pepper and serve warm.

Nutrition per Serving: Calories: 300 kcal; Carbohydrates: 2g; Protein: 22g; Calcium: 285mg (≈25% of daily needs); Vitamin D: 82 IU (≈10% of daily needs)

Health and Wellness

SKIN CANCER AWARENESS MONTH



May is Skin Cancer Awareness Month, created to raise awareness and promote skin cancer prevention and detection! As we start getting more beautiful sunshine, it is important to practice "safe sun!"

This is crucial for several reasons – the sun's rays can cause skin cancer and when you protect your skin from these harmful rays, you reduce your risk as well as reduce skin damage and aging. Everyone is at risk of getting skin cancer and about 1 in 5 Americans will develop it during their lifetime, which makes it even more important to:

- + **Seek shade:** the sun's rays are the strongest between 10 AM and 2 PM. Look at your shadow: if it's shorter than you, seek shade!
- + **Apply sunscreen:** to all skin not covered by clothing, apply a sunscreen that offers broad-spectrum protection, water resistance, with an SPF of 30 or higher. Reapply every 2 hours or after swimming or sweating.
- + **Wear sun protective clothing:** wear a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection.

Exercise

EXERCISE TIP: Tai-Chi and its Benefits.

We have continued our collaboration with the United Seniors of Athens County to offer Tai-Chi to you weekly at no cost. Those of you who have participated are enjoying the program, and we continue to welcome all of you to join.

The focus of a Tai Chi class is balance and fall prevention. A series of slow movements help to improve health and mind-body awareness through mindfulness, breathing, strengthening, balance and stretching postures.



UpBEAT members participate in Tai-Chi Thursdays, 11:30 AM-12:30 PM at the exercise studio at the Athens Community Center, 701 E State St, Athens. No cost.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ambassador Members Rick Bongiorno, JoEllen Bongiorno, Steve Chikosky, 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. We use Microsoft Teams for connecting virtually for those programs as listed.		1	2	3
4	5	6 10 AM Exercise Class*	7 Noon WEDNESDAY WALK & WIENERS*	8 10 AM Chair Volleyball* 11:30 AM Tai Chi*	9	10
11	12	13 10 AM Exercise Class*	14 2-4 PM DISCOVERY KITCHEN* <i>Registration required, call Mary Jane</i>	15 9 AM SENIOR RESOURCE DAY* <i>at the Athens Community Center</i> 11:30 AM Tai Chi*	16	17
18	19	20 10 AM Exercise Class*	21	22 10 AM Chair Volleyball* 11:30 AM Tai Chi* 1 PM HISTORY GROUP* <i>Tour the new City of Athens Firehouse</i>	23	24
25	26 <i>Memorial Day</i>	27 10 AM Exercise Class*	28	29 11:30 AM Tai Chi*	30	31

* = In-person only
 * **Exercise:** 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 Street, Athens, contact Megan.Handle@OhioHealth.com

Programs could be held both in-person and virtual, unless otherwise noted. Programs are subject to change.

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1	2	3 10 AM Exercise Class*	4	5 10 AM Chair Volleyball* 11:30 AM Tai Chi*	6	7
8	9	10 10 AM Exercise Class*	11 11 AM Guided Hike with Sue Ellen*	12 11:30 AM Tai Chi*	13 11 AM Rain Date for Guided Hike if needed* 3-6 PM Men's Health Fair at O'Bleness Hospital*	14
15	16	17 10 AM Exercise Class* 1-3 PM UpBEAT Birthday Party* 	18	19 11:30 AM Tai Chi* 1 PM FOOD FOR THOUGHT* <i>Fraud Bingo</i>	20	21
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