

Spotlight

Join your UpBEAT friends for fun, fellowship, lunch and activities

TUESDAY, SEPTEMBER 9, 11 AM-2 PM, THE PLAINS PARK, 65 CONNETT RD, THE PLAINS, OH

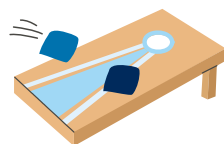
Inclement Weather: We will use the renovated indoor shelter.

Please RSVP to Mary Jane by Tuesday, September 2 at MaryJane.Timmons@OhioHealth.com or (740) 566-4680.

Lunch provided by OhioHealth: sloppy joes (and a veggie option) baked beans, coleslaw, cookies, fruit, snacks and beverages.

Activities include:

- + Line Dancing
- + Cornhole
- + Mexican Train
- + Connect Four



Ice Cream Sundae Bar sponsored by Hickory Creek of Athens!



Invite a family member or guest to join in!

UpBEAT Ambassadors planning for the September Picnic in the Park.



Join UpBEAT for the Picnic in the Park.



Food for Thought

Microplastics – Human and Environmental Health Impact with local Dr. Theodora (Lee) Gregg

THURSDAY, OCTOBER 16, 1-2 PM, O'BLENESS HOSPITAL, LOWER LEVEL, MED ED ROOM



Microplastics have been detected by scientists in all human tissues and organs. Why is this a cause for concern? Why are microplastics a major

problem for the aquatic food chain? And, how do plastics contribute to climate change?

Join us as we make 'free and clear' laundry soap and learn about the impact of these tiny plastics on our health and the environment.

A Message from Mary Jane

- + Welcome to the fall season! Cool air and apple cider!
- + Mark your calendars for September 9 for the UpBEAT annual picnic!
- + Please join me in welcoming Eesha, COMCorps member, who will be with us through July 2026. Eesha is a bright light and is looking forward to meeting all of you. Her first day with us is September 9, at the picnic!
- + I've had the opportunity to attend one of Lee Gregg's presentations, and it was magnificent. Mark your calendars for her next on October 16; don't miss it!



Penny and Megan join Mary Jane at the UpBEAT Birthday Party.



Rick and Larry enjoying the festivities!

History Group From Meigs County to the Hubble Space Telescope with Tom O'Grady

THURSDAY, SEPTEMBER 25, 1-2 PM, THE PLAINS LIBRARY, 14 S PLAINS RD, THE PLAINS, OH

Join Tom as he shares fascinating details about George Willis Ritchey, who built the biggest telescopes in the world – twice.

Ritchey designed a new form of telescope after famed astronomer Edwin Hubble discovered the universe was larger than anyone thought. Ritchey built one for the United States Naval Observatory in the 1930s, but it wasn't until it was relocated to Arizona 10 years after his death that astronomers discovered its real capabilities. Since 1955, every major telescope in the world has been built based on Ritchey's design – including the Hubble Space Telescope.

While many of us have heard of Edwin Hubble, few are familiar with the person who built the foundation for incredible discoveries. Learn more about George Willis Ritchey.



September-October Events:

+ Discovery Kitchen Workshops

WEDNESDAY, SEPTEMBER 10 AND OCTOBER 8, 2-4 PM

Contact Mary Jane for location and to register.

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!



+ Passion Works and UpBEAT – Hearts Together

THURSDAY, OCTOBER 2, 10-11 AM, 20 E STATE ST, ATHENS

The Honey for the Heart Parade is a joyful Athens tradition celebrating creativity, connection and community. It features handmade puppets, music and vibrant art created by the Athens community. Hosted by Passion Works Studio, it's a one-of-a-kind event that brings Athens to life.

UpBEAT is joining the fun by helping make props on October 2. Let's cut, paint and glue our way into one of Athens' most heart-filled celebrations.



+ Holiday Gathering and Pumpkin Painting

THURSDAY, OCTOBER 23, 1-2 PM, O'BLENESS HOSPITAL, WILLOWVIEW CAFÉ

Join our community partner, Hickory Creek of Athens, as we celebrate the season. We will paint pumpkins to display at our homes, at the hospital or donate to the Hickory Creek Nursing Center. Wear a costume and join the festivities.



+ Chair Volleyball

THURSDAYS, SEPTEMBER 25 AND OCTOBER 9 AND 23, 10-11 AM, THE MARKET AT 1002 E STATE ST, ATHENS



The UpBEAT Chair Volleyball team invites everyone to join in the fun. They play once or twice a month and welcome all newcomers and friends. Lucille Martin has been instrumental in organizing the group. For questions, please contact Mary Jane.

BEAT Board

Enjoy photos from our spring and summer events:

A visit to the new fire station on Stimson Ave.



A hike at Sue Ellen Miller's property.



The Birthday Party!



Graduate student dietetic intern Alyse presents on the importance of hydration.



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

HEALTHY SWEET TOOTH SATISFIERS

From the OhioHealth Blog, Registered Dietitian Jill Fulk, RDN, LD, CDE

You're trying to eat healthily, but you can't seem to tame your sweet tooth. You're not alone, and you're in luck as we have some tips to help you satisfy that craving without guilt.

Rather than choosing sugary snacks that provide little nutritional value, go for something that will provide more fiber, healthy plant fats and protein. These foods provide sustained energy, so you won't have that crash that can come from refined sugar. The important thing is to prevent mindless eating and find something that really satisfies you.

Keep Healthy Snacks Handy

To make it easier when temptation strikes, start with the basics and keep it simple:

- + Keep a bowl of fresh fruit out on the counter, and keep it stocked with your favorites.
- + Try frozen fruits when your favorites are out of season. If you buy canned, check the ingredients to avoid added sugar.
- + Stock your refrigerator with different kinds of yogurt at eye level. Or keep Greek yogurt in the freezer for a healthy alternative to ice cream.
- + Freeze grapes or bananas for a cool, quick, sweet bite.
- + If nothing but chocolate will do, have a square or two of dark chocolate with 60 or 70 percent cacao. It's full of antioxidants and more satisfying than milk chocolate, so you're less likely to overindulge. Try it with a bit of natural peanut butter.

Fancier Snacks and Desserts

You don't have to give up cooking sweet snacks and desserts. Try something simple like baked apples with cinnamon. Use whole grains, such as rolled oats, instead of refined flour. If you must add a sweetener, stick with natural sources such as honey, real maple syrup or agave nectar, and use only a small amount.

Peanut Butter Oat Energy Balls

- + ¾ cup chopped Medjool dates
- + ½ cup rolled oats
- + ¼ cup natural peanut butter
- + Chia seeds for garnish



Directions: Soak ¾ cup dates in a small bowl of hot water for 5 to 10 minutes. Drain. Combine the soaked dates, ½ cup oats and ¼ cup peanut butter in a food processor and process until very finely chopped. Roll into 12 balls (a scant tablespoon each). Garnish with chia seeds, if desired. Refrigerate for at least 15 minutes and for up to 1 week.

Health and Wellness



National Dance Day

is celebrated on the third Saturday of every September! As an annual

day dedicated to dance, it shows support for dance as a form of exercise, a way to connect the mind and body, and as a promotion of health and wellbeing that is accessible to all. **Dance** can be a great way for people of all ages to connect with those around them and find joy in movement.

For older adults, there are many benefits that come with dancing. It can increase your aerobic capacity, improve your muscle endurance, strength and flexibility. It also builds your balance and agility, reducing fall risk.

To get in on the fun, United Seniors of Athens County hosts line dancing programs weekly AND you can join in with us at the UpBEAT picnic!

Exercise

EXERCISE TIP:

Resistance Training: No Dumbbells = No Problem!

The best resistance training device is always with you, there is no need to purchase anything. **What is it?** Your own body weight! Many exercises can be performed without additional equipment and provide excellent strengthening, like squats, wall push-ups and arm circles. Please exercise near a wall or sturdy chair as a balance buddy. Safety is always first, and with wall push-ups, you don't have to go down/get up from the floor.

While not everyone has access to dumbbells for resistance training exercises, there are ways you can use what you have available at home. For example, fill water bottles with sand or small stones; use canned goods from your pantry; and yes, even vegetables!

UpBEAT **always** has TheraBands® for your use. We are happy to provide them with instruction on how to use properly. Contact Mary Jane to receive yours.



Mary Jane performs bicep curls with a zucchini!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Labor Day</i>	2 NO Exercise Class	3	4 11:30 AM Tai Chi	5	6
7	8	9 10 AM Exercise Class 11 AM-2 PM UpBEAT Picnic in the Park please RSVP by Sept. 2	10 2-4:30 PM DISCOVERY KITCHEN <i>Registration required</i>	11 11:30 AM Tai Chi	12	13
14	15	16 10 AM Exercise Class	17	18 11:30 AM Tai Chi	19	20
21	22	23 10 AM Exercise Class	24	25 10 AM Chair Volleyball 1 PM HISTORY GROUP with Tom O'Grady at the Plains Library	26	27
28	29	30 10 AM Exercise Class	Ambassador Members 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.	

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

Programs are subject to change.

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5	6		7 NO Exercise Class	8 2-4 PM DISCOVERY KITCHEN <i>Registration required; call Mary Jane</i>	9 10 AM Chair Volleyball 11:30 AM Tai Chi	10
12	13	14 10 AM Exercise Class	15	16 11:30 AM Tai Chi 1 PM FOOD FOR THOUGHT with Dr. Lee Gregg, O'Bleness Hospital	17	18
19	20	21 10 AM Exercise Class	22	23 10 AM Chair Volleyball 11:30 AM Tai Chi 1 PM Pumpkin Painting and Holiday Gathering O'Bleness Café	24	25
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