



Spotlight: Heart Healthy Month

The Cardiac Rehab team at OhioHealth O'Bleness Hospital reminds us about Cardiac Rehab Week, February 10 -16. The week aims to draw attention to the role of cardiac rehabilitation in reducing the harmful effects of heart disease and helps improve health for those at risk. The other focus of this week is to thank those working in the cardiac rehab sector and share educational information.



The O'Bleness Hospital Cardiac Rehab Team shares their hearts with you.

Heart Healthy Recipe

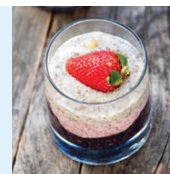
Strawberry-Vanilla Chia Seed Pudding | Yield: 2 servings

Ingredients

- + 3 cups unsweetened almond milk (or milk of choice)
- + 2 tsp vanilla extract
- + 3 tbsp maple syrup
- + ½ tsp cinnamon
- + ½ cup + 2 tbsp chia seeds
- + 3 cups fresh strawberries

Directions

- + In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
- + Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially.
- + Rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.



For more recipes like this, visit bluezones.com/recipes

History Group

UpBEAT Jeopardy!

THURSDAY, FEBRUARY 20 FROM 1-2 PM; O'BLENESS HOSPITAL, LOWER LEVEL, BOARDROOM 12

Come join Megan as she channels her inner Alex Trebek for History Group Jeopardy! We will test you and your team's knowledge on a variety of topics ranging from history and geography to sports and pop culture throughout the decades. All are welcome and bring your friends – I know I will!



What are you doing February 20? The answer: **What is** coming to UpBEAT Jeopardy!

A Message from Mary Jane

February is represented by love and the color red. Show your support on National Wear Red Day, on Friday, February 7. Together, we can **Go Red** to help save more women's lives.



The O'Bleness Cardiac Rehab Team joins Mary Jane to Celebrate Heart Month.

- + Winter weather is here. **Reminder**, if Athens City Public Schools are cancelled so are the UpBEAT in-person activities. If you are not sure if a class will be held, please contact me.
- + With the cold weather it's a perfect time to join the new UpBEAT virtual exercise library, ideal for days when you need to stay in. Reach out to me to get signed up: **MaryJane.Timmons@OhioHealth.com**.
- + I want to express my heartfelt gratitude to the UpBEAT Ambassadors, for their time and energy in planning and organizing the UpBEAT programs, and the Lunch Bunch. If you would like to join this jolly group and volunteer a little of your time, please contact me.
- + For those wanting to tune in virtually to our programs, please make sure you are on our email distribution list; the Teams link will be included in the weekly announcements.

UpBEAT Celebrates All Birthdays!

TUESDAY, FEBRUARY 11 FROM 1-3 PM; ATHENS COMMUNITY CENTER, ROOM A, 701 E STATE ST, ATHENS

Join in for the first annual UpBEAT Birthday Party! An afternoon of fun, fellowship, conversation and friends. Meet other members that share the same birthday month as you and let us celebrate your special day!

- + **12 birthday cakes** – one for each month
- + **An ice cream sundae bar**
- + **Music**
- + **Prizes**



- + **Games:**
 - Guesstures™
 - Cornhole
 - Mexican Train
 - Craft Table



UpBEAT Ambassadors have fun planning the UpBEAT Birthday Party!

Enjoy the festivities and of course delicious cakes! RSVP Preferred by February 4, 2025.

Chair Volleyball is Back!

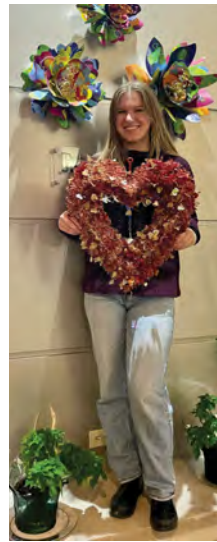


THURSDAYS, 9 AM, THE MARKET ON STATE, 1002 E STATE ST, ATHENS. Check the calendar of events, as dates will vary each month.

Join us for fun and friendship with the chair volleyball program! This is great for upper body mobility and joint flexibility and is an entertaining way to stay active. Wear comfortable clothes and bring water. We extend our gratitude to Lucille Martin for recruiting our active participants. Please sign a one-time waiver with UpBEAT prior to joining the class.

Winter Weather Reminder: If Athens schools are closed, we will not have the program.

If you have questions, please contact Megan, Program Assistant, at Megan.Handle@OhioHealth.com



Megan shares her heart with the chair volleyball team.

Welcome to the UpBEAT Webpage

We are excited to share the new OhioHealth UpBEAT webpage with you. After months of behind-the-scenes planning, the new webpage has been launched. View current activities, events, calendar updates, photos and the latest newsletter.

Please visit the link and share with family and friends, OhioHealth.com/UpBEAT – You are just a click away from all the fun!



BEAT Board

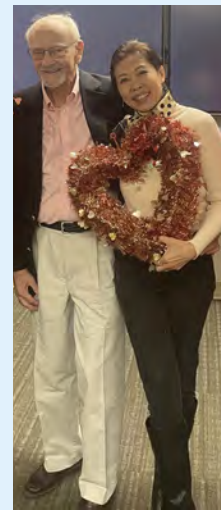
From our Members

- + “Drew’s history presentation on amateur radio was fabulous, thank you!” – Rick
- + “I’m going to introduce my grandson to Drew, I’m confident this will spark an interest in amateur radio.” – Larry
- + “I am really enjoying the Tuesday morning exercise class. I’m glad I decided to check it out, I’ve been going every week.” – Robert
- + “I want to extend a heartfelt message of gratitude to our UpBEAT Board members, who have provided guidance on UpBEAT programs. Thank you.” – from Mary Jane and all.
- + Great News! We received the grant from the Athens County Foundation so we can continue the Discovery Kitchen Workshop series in 2025.
- + Please send comments, photos and suggestions for the BEAT Board to Mary Jane.

Snapshots



The UpBEAT Ambassadors enjoy planning the UpBEAT Birthday Party.



Drew and Chalisa are in the February holiday spirit.

Marcia and Rick sing carols at the Holiday Gathering in December 2024.



Nutrition As We Age

February is Age-Related Macular Degeneration (AMD) Awareness Month. According to the American Macular Degeneration Foundation, AMD is the leading cause of irreversible vision loss in adults over 60, affecting nearly 20 million Americans. The risk of developing AMD increases with age. If you are 75 or older, your risk is 1 in 3. At present, AMD is considered an incurable eye disease.

The biggest risk factor for AMD is age. Other risk factors include genetics, race, smoking, and environmental factors, such as pollution and diet. A diet high in saturated fats and cholesterol and low in antioxidants may increase the acceleration of and risk for AMD. Although there is not a cure, lifestyle choices may positively impact the risk and acceleration of AMD. Choosing to eat an AMD-healthy diet may help.

What is an AMD-healthy diet? A lifestyle which chooses foods that are “back to basics.” This includes:

- + Choosing foods in their whole form – think fruits, vegetables, legumes, whole grains, nuts and seeds, and lean, whole cuts of meat – will help to limit processed foods.
- + Incorporating omega-3 rich (low mercury) foods, such as salmon, mackerel, trout, anchovies, sardines and herring, two to three times per week.
- + Increasing your intake of green, leafy vegetables, such as spinach, kale and Brussels sprouts.
- + Focusing on increasing your intake of fruits and vegetables that are colorful. The more vibrant the color, the better!

Your healthcare team may recommend taking a supplement if diagnosed with AMD. The research suggests that supplements containing a combination of lutein, zeaxanthin, vitamin C, vitamin D, vitamin E, zinc, and omega-3 fatty acids (fish oil) may help in decreasing the chance of vision loss. These supplements are referred to as AREDS 2. These are antioxidant rich supplements, that should be reviewed by your healthcare team prior to taking, due to the possible side effects of changes in digestion, as well as their potential effect on how medications work in the body. Always talk to your healthcare team before starting a supplement.

Health and Wellness

BE KIND TO YOUR HEART!

Every February, we observe American Heart Month and Random Acts of Kindness Month. Be kind to your heart and someone else’s this February!

Keeping your heart healthy is important to prevent the leading cause of death in the United States: heart disease. Getting enough quality sleep, eating a healthy and nutritious diet and being active are great ways to keep your heart feeling great!

Good for your heart in a different way, random acts of kindness are a great way to brighten somebody’s day and spread joy and positivity. National Random Acts of Kindness is celebrated every February 17, but it’s easy to practice year-round. Consider taking a moment to thank the people you love, reconnecting with an old friend or just greeting somebody new!

Whether it’s trying a new healthy recipe, giving a compliment, or going on a walk with a friend, be kind to ALL hearts this month!

Exercise

EXERCISE TIP: Use of Thera-bands® for Low Impact Resistance Training.



The Tuesday exercise class joins instructor Penny using Thera-bands for muscular strength and endurance.

Recognized as the original system of progressive resistance for over 25 years, Thera-Band® elastic resistance has been proven to increase strength, mobility, and function, as well as reduce joint pain. Evidence-based exercise programs utilizing Thera-Band® bands rehabilitate injuries, improve the functional ability of older adults, improve athletic performance and aid in treating many chronic diseases. Thera-Band® resistance bands and tubing are low-cost, portable and versatile.

Thera-bands are easy to use, easy to store and easy to pack, ‘to go’ with you anywhere, anytime. Join the UpBEAT exercise class on Tuesday mornings or the virtual class in our new library and enjoy the muscular strength and endurance benefits of using Thera-bands.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Advisory Members Doug Baxter, Phyllis Field Baxter and Martha Johnson 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 10 AM Exercise Class*	5	6 11:30 AM Tai Chi*	7	8
9	10	11 10 AM Exercise Class* 1 PM UpBEAT Birthday Party! 	12	13 9 AM Chair Volleyball* 11:30 AM Tai Chi*	14 <i>Valentine's Day</i>	15
16	17	18 10 AM Exercise Class*	19	20 11:30 AM Tai Chi* 1 PM HISTORY GROUP UpBEAT Jeopardy!	21	22
23	24	25 10 AM Exercise Class*	26	27 9 AM Chair Volleyball* 11:30 AM Tai Chi*	28	

* = In-person
 * **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

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

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