

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Ambassador Members</b> Rick Bongiorno, JoEllen Bongiorno Steve Chikosky, Martha Johnson, Rhonda Koch, Larry Mages, Drew McDaniel, Chalisa McDaniel, Sue Ellen Miller, Marcia Ruhling, Fran Snyder and Roberta Watkins			For questions, please contact <b>Mary Jane Timmons</b> at (740) 566-4680.  We use <b>Microsoft Teams</b> for connecting <b>virtually</b> for those programs as listed.			<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b> 10 AM Exercise Class*	<b>5</b>	<b>6</b> 9 AM Chair Volleyball* 11:30 AM Tai Chi* 1 PM HISTORY GROUP Ancient earthworks and burial mounds in our region.*	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> 10 AM Exercise Class*	<b>12</b>	<b>13</b> 11:30 AM Tai Chi*	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> <i>Happy St. Patrick's Day</i>	<b>18</b> 10 AM Exercise Class*	<b>19</b>	<b>20</b> 9 AM Chair Volleyball* 11:30 AM Tai Chi* 1 PM FOOD FOR THOUGHT Buckeye Regional Council	<b>21</b>	<b>22</b>
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<b>30</b>	<b>31</b>					

\* = 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

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O'Bleness Hospital  
 55 Hospital Dr  
 Athens, OH 45701

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### Spotlight

#### Buckeye Hills Regional Council at Your Service

Buckeye Hills Regional Council links older adults and caregivers in Southeast Ohio with resources that promote independence, health and quality of life. As an Area Agency on Aging, we connect individuals with in-home care, caregiver support, long-term care options, counseling, health programs, home modifications, nutrition services, transportation and more.

Buckeye Hills Regional Council (BHRC), Aging and Health Services, has a person-centered approach that ensures care is tailored to your individual needs and preferences. They are ready to answer questions about aging and health, share information and connect you to the community resources and services that best meet your needs. Learn more at [buckeyehills.org](http://buckeyehills.org) or call them today at (800) 331-2644 to get started.

Join us on **March 20** when Jennifer Westfall, MPH, Director of BHRC shares how UpBEAT members can access their services and discover how they can assist you or an older loved one.



Buckeye Hills Regional Council representative.



### Food for Thought

Buckeye Hills Regional Council, Aging and Health Services, serves 5,000+ older Southeast Ohioans annually.

**THURSDAY, MARCH 20 FROM 1-2 PM; O'BLENESS HOSPITAL, LOWER LEVEL, MED-ED CONFERENCE ROOM**



Join Jennifer Westfall, MPH, Aging and Health Director for Buckeye Hills Regional Council (BHRC), to learn how BHRC

links older adults and caregivers in Southeast Ohio with resources that promote independence, health, and quality of life. As southeast Ohio's Area Agency on Aging, they connect individuals with in-home care, caregiver support, long-term care options, counseling, health programs, home modifications, nutrition services, transportation, and more. Discover how they can assist you or an older loved one.

### A Message from Mary Jane

+ **Welcome to Spring!** The official date is March 20, 2025. Let's spread some sunshine to each other and follow along with a little **SPRING** below.



Judith and Kathy join Mary Jane and prepare for Springtime.

- Smile daily, it's a good mood booster and stretches the face muscles.
- Please bring a friend and enjoy the UpBEAT activities.
- Raise a glass (of water) and celebrate yourself every day.
- Inside this newsletter is information you surely want to read.
- Now today is yours to indulge in.
- Go outside, enjoy the fresh air and soak up some Vitamin D.

- + Reminder, please share address changes, both mail and electronic. And **please** share an email address with us if you have one. This is an efficient way to communicate for UpBEAT program changes.
- + We welcome and thank our new OU Dietetic Interns, Lexi and Alyse. You will see their smiling faces at our programs through June. We are delighted to have them as part of UpBEAT and they are excited to meet you.
- + Stay tuned to your weekly email for upcoming Lunch Bunch dates.

### History Group Friends of The Plains Mounds

**THURSDAY, MARCH 6 FROM 1-2 PM; PLAINS LIBRARY, 14 S PLAINS RD, PLAINS, OH**

Join Alex Armstrong and learn about the discoveries of hundreds of ancient earthworks and burial mounds built by the ancient Adena and Hopewell Native American cultures. In Marietta, pioneer settlers buried their own deceased loved ones in a cemetery built around one of these ancient mounds, and almost a hundred mound cemeteries were established throughout the Ohio Valley. This presentation will examine the "who, when, where and why" of these historic mound cemeteries, with photographs from around the region.

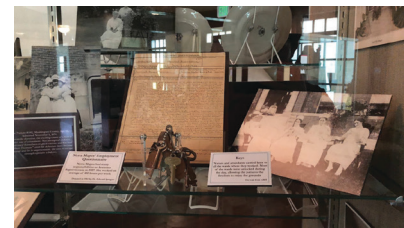


## April Presentations:

### + Tour of the Athens History Center with Tom O’Grady

**THURSDAY, APRIL 10, 1-2 PM, ATHENS HISTORY CENTER, 24 W STATE ST, ATHENS, OH 45701**

*Parking lot on Congress Street behind History Center.*



#### You won’t want to miss this!

Join Tom O’Grady as he leads us through a tour of the Athens History Center. Learn their mission of collecting, preserving and sharing

Southeast Ohio’s unique cultural and natural heritage. The Center seeks to use history as a powerful tool to help Southeast Ohioans celebrate their identities, develop critical thinking skills and become inspired to lead and leave a legacy for their families and communities.

### + Food for Thought – Technology as We Age

**THURSDAY, APRIL 17, 1-2 PM, ATHENS PUBLIC LIBRARY, 30 HOME ST, ATHENS, OH 45701**



Join Megan Weber at the Athens Public Library and discover the resources available to navigate technology. Megan will give us a tour on ‘how to’ and ‘where to’ locate these sources.



### + Community Events of Interest

#### + Women of Appalachia Project Fine Art Exhibition at the Dairy Barn Arts Center, 8000 Dairy Ln, Athens

- Cost is Free.
- For this 2025 biennial event, a panel of esteemed jurors will select pieces across diverse artistic mediums, creating a collection that highlights the creativity and perspectives of Appalachian women. This celebrated exhibition will run through March 16, 2025.

#### + Look for the Wildflower Walk in April, sponsored by the Athens Conservancy

- Date and time to be announced soon.



*Dawn, Mary Jane, Sue Ellen and Megan encourage you to join the Wildflower Walk.*

## BEAT Board

### From our Members

- + Thank you for your understanding on our need to cancel the birthday party due to the weather. We need to keep all of you safe. Stay tuned for a rescheduled date. – Mary Jane and Megan
- + Lunch Bunch is happening! Please contact Mary Jane to receive emails for dates and locations.
- + “Sue Ellen’s presentation was so interesting and entertaining, loved it.” – Scott
- + “Thank you for continuing the programs during the winter, it gives us something to look forward to and get out of the house for.” – UpBEAT member

### Snapshots



Members surround Sue Ellen Miller following her amazing presentation.



Judith is all smiles after the Tuesday exercise class.



Member Sue Ellen Miller presents to us in January 2025.



Elizabeth and Martha enjoy learning from our Rural Action presenter.



## Nutrition As We Age

### Nutrition to Prevent Colon Cancer

*Article written by Katie Pratt, Dietetic Intern of the Combined Master of Science and Dietetic Internship at Ohio University*



#### March is National Colorectal Cancer Awareness Month.

Colon cancer is one of the most

common cancers, but making smart dietary choices can lower your risk. A diet rich in fiber, fruits, and vegetables, and limiting red and processed meats, supports colon health. Fiber helps promote regular bowel movements and maintains a healthy gut, which is key in cancer prevention. Whole grains like oats, brown rice, and whole wheat bread, along with legumes, nuts, seeds and vegetables, are great sources of fiber.

- + **For healthy older adults**, fiber recommendations are 21 grams per day for females and 30 grams for males. Increase fiber intake slowly to avoid discomfort. Be sure to drink plenty of water—fiber needs water to move through the digestive system. Aim for 8-10 cups of fluids daily, including water, tea or low-sodium soups.

- + **Limiting red and processed meats** like bacon, sausages and deli meats, which are linked to a higher risk of colon cancer, is essential. Instead, choose lean proteins such as poultry, fish, beans, lentils or tofu. Incorporating healthy fats from sources like avocados and olive oil is also beneficial. Cooking methods like grilling or steaming, instead of frying, support overall health and cancer prevention.

**DIETITIAN TIP:** Gradually increase fiber while staying hydrated. Track your fiber intake using food labels or online tools. If you’re not meeting your goal, add a high-fiber snack like carrots, berries or almonds. These small changes can help reduce your risk of colon cancer!

## Health and Wellness

### SLEEP AWARENESS WEEK

The week of March 9, we celebrate Sleep Awareness Week! The National Sleep Foundation takes this time to highlight the important connection between your sleep and your health and well-being.

To help achieve your best sleep, you can do several things. During the daytime, you should spend time in bright or natural light, eat your meals at consistent times day after day and exercise regularly for a deeper sleep. During the nighttime, you should use a consistent routine with a relaxing wind-down. Additionally, you should avoid heavy meals, caffeine and alcohol, and put your devices away, an hour before bed. Sleeping in a quiet, cool and dark environment is best to ensure you get the 7-9 hours of sleep that most adults need.

By getting the right amount of quality sleep can help you live a better lifestyle, physically and emotionally. For more information, you can visit [thensf.org](https://www.thensf.org)!



## Exercise

**EXERCISE TIP:** Put a ‘spring’ in your step!



Walking is a great way to get out and meet people or socialize with friends. Walking has many benefits for older adults, including improved cardiovascular health, stronger bones, and better balance. It can also help with weight management, mood, and sleep.

Walking outside for fresh air and Vitamin D is preferred, but on days with inclement weather or if you feel safer walking indoors, visit the Market on State Street in Athens; there is plenty of wide-open space, and you may very well find community members on the same ‘track’.

#### A few safety points to remember:

- + **Stay hydrated**
  - Bring a bottle of water or other low-calorie liquid.
- + **Warm up your muscles**
  - Start slowly with a few warm-up exercises and stretches.
- + **When outdoors**
  - Walk on sidewalks when they are available and be aware of uneven surfaces from cracks and tree roots.
  - Cross streets at crosswalks or intersections.
  - Look for cars in all directions, and add an extra pause before entering the crosswalk, to ensure all stopped cars can see you.



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