



# UpBEAT

Be Educated and Active Together  
For those 55 years and older

[OhioHealth.com/UpBEAT](http://OhioHealth.com/UpBEAT)

May/June 2026

## Food for Thought

Teatime, is a simple ritual for relaxing the body while feeding the soul

**MONDAY, MAY 18, 1-2 PM, 8070 STATE ROUTE 56, ATHENS**

*Carpool is available; contact Mary Jane for details.*



Join Cindy Parker as she takes us on a journey of teatime. The principles that form the foundation of this ancient ritual may be adapted to our current lifestyle while instilling tranquility and respect for tradition and nature. Cindy has been a long-time



teacher of herbs and tea; she loves sharing her knowledge and experiences both in the United States and Japan.

Please bring a favorite teacup if you'd like and learn interesting facts about:

- + The tea plant, *Camellia sinensis*, and how it is processed.
- + Proper techniques and tools for brewing regular tea and herbal teas.
- + Foods commonly served at an afternoon tea party.
- + Basic principles of the Japanese Tea Ceremony

*Remember, the tea kettle is up to its neck in hot water and still sings!*



## A Message from Mary Jane

- + Let's celebrate the warmer weather together! The calendar is bursting with new activities.
- + Check out the UpBEAT website with a refresh of new photos: [OhioHealth.com/UpBEAT](http://OhioHealth.com/UpBEAT)
- + **Discovery Kitchen Workshops** are back for the 2026 season! Join us as we explore Simple, Fresh and Nutritious recipes. See page 2 for more information.
- + **Happy Birthday to You!** Join us on June 23 and celebrate your birthday!
- + Mark your calendar for May 15; Senior Resource Day at the Athens Community Center. Contact the United Seniors of Athens County for more information.
- + The Music Program is going strong! Join Mike Kellogg on Mondays; sing and enjoy the melodies. **NEW start time: 12:15 PM**
- + **Walk with a Doc** is now in Athens! Join OhioHealth's Jill Porter, DO every third Saturday at 9 AM, starting at O'Bleness Hospital at the OhioHealth Wellness on Wheels mobile (near the Emergency Department entrance).



*UpBEAT members join Mary Jane in anticipation of the UpBEAT Birthday Party on June 23.*

## History Group A Tour of the Armory

**THURSDAY, MAY 7, 1-2 PM, THE ATHENS ARMORY, 1 ARMORY ST, ATHENS**

Join Deputy Service-Safety Director Andrew Chiki to tour the Athens Armory and learn about its history. Since its construction in 1915, this building has housed artillery, trainings and meetings for the Ohio National Guard and now serves as a community meeting space. With its castle-like appearance and rich past, the Armory continues to uphold its name as the iconic crown of Court Street!



# Additional Presentations:

## + Discovery Kitchen Workshops

**WEDNESDAY, MAY 6 AND WEDNESDAY, JUNE 17, 2-4 PM**

Contact Mary Jane for location and to register.



Join cooking instructor Peg O'Hara, Community Food Initiatives, and UpBEAT friends as we learn and explore **Nutritious, Fresh and Seasonal Recipes**. 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!

## + Did You Know? Helpful Hints with Coffee and Conversation

**THURSDAY, JUNE 4, 1-2 PM, CLUBHOUSE AT THE RESERVE AT THE FALLS, 29 UNIVERSITY ESTATES BLVD, ATHENS**

Join fellow UpBEAT members for a cozy gathering, where we will share practical tips that are helpful for all to know. From where to take your unused medications to how to discontinue your cell phone account. Bring two helpful hints to share while we enjoy coffee, treats, smiles and so much more!



## + The Glacial History of Southeast Ohio

**THURSDAY, JUNE 18, 1-2 PM, O'BLENESS HOSPITAL LOWER-LEVEL CONFERENCE ROOM, 55 HOSPITAL DR, ATHENS**



Join Ohio Geological Survey geologist Andy Nash for a presentation that will describe how Ohio's glacial history shaped the present landscape of southeast Ohio. Even though glaciers never reached this portion of the state, they still made significant impacts to the geology of this region. In addition to an explanation of the geology, this presentation will also focus on telling the stories of the pioneering geologists who first studied this region.



## + Happy Birthday to You!

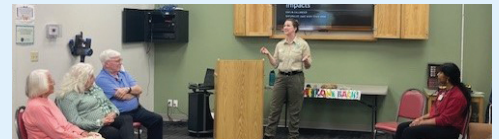
**TUESDAY, JUNE 23, 1-3 PM, THE ATHENS COMMUNITY CENTER, ROOMS A AND B, 701 E STATE ST, ATHENS**



Join us for the UpBEAT Birthday Party! Meet other members that share the same birthday month as you and let us celebrate your special day! Come and enjoy the festivities, and of course, delicious cakes! RSVP by June 16 to **(740) 274-4416**.

# BEAT Board

- + Many thanks to our UpBEAT Ambassadors for planning and organizing the UpBEAT Birthday Party!
- + New activities at the United Seniors of Athens County:
  - **Bingo:** Last Wednesday of every month from 11:30 AM-1 PM
  - **Senior Social Time:** Every Friday from 9:30-11:30 AM
  - **Drum Fit:** Coming in May
- + For those who enjoy our history presentations, would you like to assist us with organizing future events? Please contact Mary Jane for information.



*UpBEAT members enjoy the history presentations in February and March from Kaylin Callendar and Tom O'Grady.*

*An UpBEAT circle of friends!*



*UpBEAT members enjoying St. Patrick's Day!*

## 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

## Decoding Nutrition Labels



*From the OhioHealth Health and Wellness Blog. Tips from registered dietician Deanna Carey, RD, LD.*

People looking to turn over a new wellness leaf often know they need to choose healthier foods at the grocery store. However, some struggle to understand which ingredients will harm their efforts to improve their overall health. Nutrition labels are an excellent resource for those looking to eat cleaner.

### Start at the Top

The first place to start is at the very top of the label. Always look at the serving size and how many servings there are per container. Many people overlook this area and feel like they are eating healthy when they eat a salad and soup for lunch but upon further investigation, they have eaten an entire can of soup which is typically exceeding sodium limits for any daily intake.

### Get Comfortable

Although food labels can be intimidating, the importance of knowing exactly what is in your diet cannot be overstated. Labels can serve as a guide on how many servings of food should be consumed in order to stay within nutritional guidelines and help you decrease intake of potentially harmful items such as sodium or fats. Getting comfortable with these labels is a great way to make changes.

### Know Your Ingredients

Knowing the impact of certain items on your overall health can aid shoppers in making better choices. Choosing foods that are low in fats can protect the body against high cholesterol levels and an increased risk of heart disease. Shoppers can also take comfort in knowing that the U.S. Food and Drug Administration (FDA) has regulations that manufacturers must follow. These regulations are designed to ensure that the labels are as accurate as possible so that people know exactly what they are getting when making decisions at the grocery store.

If shoppers still have questions or are looking for confirmation on the health benefits of specific foods, additional resources are available. The FDA is a great resource to utilize for further understanding food labels, as well as reaching out to your local dietitian.

# Health and Wellness

## May 31 is National Smile Day!

This is a day to wear your best smile and experience its many benefits. For one, smiling can lift your mood by releasing feel-good hormones like endorphins, dopamine and serotonin, while reducing stress hormones such as cortisol and adrenaline. Smiling also supports your physical health, helping lower blood pressure, ease pain, strengthen the immune system and even contribute to a longer life. Socially, a smile is inviting and contagious.



When you smile around others, it not only makes you more approachable and encourages friendly bonding, but it also inspires others to smile as well. But do smiles have to be genuine to provide these benefits? Not necessarily! Studies show that even artificial smiles engaging the eyes and lips are associated with healthier stress responses and reduced illness over time.

To learn more, watch Ron Gutman's TED Talk, "The Hidden Power of Smiling," available online.

## Exercise **EXERCISE TIP: Move to Music!**

Did you know that adding music to your workout can boost its benefits? A 2025 study shows exactly that! This season, consider these benefits of exercising to your favorite songs:

- + **Reduces risk of falls:** Exercising to music improves balance, motor skills, awareness of posture and lower body strength—key elements for fall prevention.
- + **Helps prolong workouts and maintain pace:** Music provides a distraction and steady rhythm during exercise. This helps you work out for longer without unintentionally slowing down, supporting your cardiopulmonary endurance.
- + **Supports cognitive health:** Exercising to music strengthens creativity and the brain's ability to process sensory information. This may help mitigate age-related cognitive decline.
- + **Fosters social connection:** In group settings, exercising to music encourages social interaction and creates a sense of community.

Learn more at [tinyurl.com/5y985s82](https://tinyurl.com/5y985s82).



O'Bleness Hospital  
55 Hospital Dr  
Athens, OH 45701

## Spotlight

*Happy Birthday to You!*

**TUESDAY, JUNE 23, 1-3 PM, ATHENS  
COMMUNITY CENTER, ROOM B**

- + 12 cakes, one for each birthday month
- + Ice cream sundae bar
- + Games
- + Music and more



**Preferred RSVP to attend, by June 16.**

### **We need bakers and table decorators!**

Get a team of two (or more) to decorate a table and bring a cake for your favorite month. This will add a splash of creativity for all to enjoy! Please sign up your team as soon as possible to assist us with planning.

Contact Eesha Vijayakumar at **(740) 274-4416**  
or [Eesha.Vijayakumar@OhioHealth.com](mailto:Eesha.Vijayakumar@OhioHealth.com).



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Ambassador Members</b> 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		For questions, please contact Mary Jane Timmons at (740) 566-4680.			<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> 12:15 PM  UpBEAT SINGING/MUSIC	<b>5</b> 10 AM Exercise Class	<b>6</b> 2-4 PM DISCOVERY KITCHEN WORKSHOP	<b>7</b> 10 AM Chair Volleyball 11:30 AM Tai Chi 1 PM HISTORY GROUP <i>Tour of the Armory</i>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> 10 AM Exercise Class	<b>13</b>	<b>14</b> 11:30 AM Tai Chi	<b>15</b> 9 AM-1 PM SENIOR RESOURCE DAY at the Athens Community Center	<b>16</b> 9 AM WALK WITH A DOC
<b>17</b>	<b>18</b>  12:15 PM UpBEAT SINGING/MUSIC 1 PM FOOD FOR THOUGHT with Cindy Parker	<b>19</b> 10 AM Exercise Class	<b>20</b>	<b>21</b> 10 AM Chair Volleyball 11:30 AM Tai Chi	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> <i>Memorial Day!</i>	<b>26</b> 10 AM Exercise Class	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> <b>31</b> <i>National Smile Day!</i>

*All programs are in-person only. Programs are subject to change.*

**Exercise Class:** at United Seniors of Athens County (USAC), 701 E State St

**Tai Chi:** at the Athens Community Center, Exercise Studio, 701 E State St

**Singing and Music Program:** at the Athens Community Center, multipurpose room C, 701 E State St

**Chair Volleyball:** at the Market on State St, 1002 E State St, Athens, contact [Eesha.Vijayakumar@OhioHealth.com](mailto:Eesha.Vijayakumar@OhioHealth.com)

**Walk with a Doc:** 55 Hospital Dr, behind O’Bleness Hospital at the WOW mobile

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 12:15 PM UpBEAT  SINGING/MUSIC	<b>2</b> 10 AM Exercise Class	<b>3</b>	<b>4</b> 11:30 AM Tai Chi  1 PM FOOD FOR THOUGHT <i>Did You Know?</i>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> 10 AM Exercise Class	<b>10</b>	<b>11</b> 10 AM Chair Volleyball 11:30 AM Tai Chi	<b>12</b>	<b>13</b>
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<b>21</b>	<b>22</b>	<b>23</b> 10 AM Exercise Class  1 PM Happy Birthday, UpBEAT!	<b>24</b>	<b>25</b> 10 AM Chair Volleyball  11:30 AM Tai Chi	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>  Exercise Class <b>CANCELED</b>	<b>Ambassador Members</b> 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		For questions, please contact Mary Jane Timmons at (740) 566-4680.	

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