

Spotlight

Athens Farmers Market – Nourishing Our Community since 1972

SATURDAYS, 9 AM-NOON, YEAR-ROUND; WEDNESDAYS 9 AM-NOON, APRIL 17 THROUGH NOV 27, ATHENS COMMUNITY CENTER CAMPUS PARKING LOT, UNDER THE SOLAR PANELS, 701 E STATE ST, ATHENS, [ATHENSFARMERSMARKET.ORG](https://athensfarmersmarket.org)

What a glorious time of year to visit the Athens County Farmers Market. The abundance of beautiful, fresh and seasonal produce is an excellent way to celebrate the season. Every week you can walk through a colorful rainbow as dedicated food producers get together to bring you the finest, most nutrient-dense food available in Athens County. For those who have attended the Discovery Kitchen workshops, this is an ideal way to continue practicing what you learned.

Come and shop the alphabet, from A to Z and all that is in between; start with A-asparagus and end with Z-zucchini! The Athens Farmers Market offers tremendous variety and high-quality meats, cheeses, vegetables, fruits, pastries, bread, coffee, wine, jams, honey, maple syrup, candies, cut flowers and so much more. Also available are hand-crafted items by local artists and artisans, including jewelry, pottery, paintings and prints, lotions, quilts, clothing, wooden tables, bowls and more.

The Senior Farmers' Market Nutrition Program has been available to our older adults since 1972. For more information on this program visit athensfarmersmarket.org/senior-farmers-market-nutrition. The Athens Farmers Market also offers the Produce Perks Program, SNAP, Market Bucks and more. Visit athensfarmersmarket.org for detailed information on these offerings. We hope to see you soon!



UpBEAT Jeopardy II and Farewell to Megan

THURSDAY, JULY 10, 1-2:30 PM, O'BLENESS HOSPITAL, CONFERENCE ROOM



Come join Megan as she once again channels her inner Alex Trebek for Jeopardy! It was so well-received in February that by request we offer you Jeopardy II. We will test your team's knowledge on a variety of topics with new questions. After, we will celebrate Megan's departure from UpBEAT and COMCorps, as she is moving to attend the University of Michigan and obtain her MSW degree! Snacks and treats will be provided!

What are you doing July 10? The answer: **What is** coming to UpBEAT Jeopardy (and celebrating Megan)!



UpBEAT Discovery Kitchen May 2025 participants surround Megan with well wishes.

A Message from Mary Jane

- + Summer is here! A time to sip lemonade, smell the fresh cut grass and enjoy with our UpBEAT family!
- + We had so much fun celebrating all your birthdays - this is sure to be an annual event. 🎈
- + The UpBEAT picnic is just around the corner; **mark your calendars for September 9, 2025.**
- + I want to take a moment to acknowledge and thank Megan for all the support, dedication, contributions, energy and so much more that she has extended to the UpBEAT program this past year. Megan has been a bright light and joy to all our members, and she has been my right hand 'woman.' I am certainly going to miss Megan but couldn't be happier for her journey to the University of Michigan Graduate School. I can't wait to watch her story as life continues to unfold. Good luck, Megan!
- + Stay tuned as we welcome our new COMCorps member in September!



Mary Jane and Megan celebrate UpBEAT.



UpBEAT members, Nancy and Ellen, share smiles with Alyse and Megan at Senior Day.

History Group *The Age of Steam Roundhouse: A Magnificent History of the Steam Locomotives*

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

Join Dave Norris and Ron Mash of D & R Studio as they present their video on the **Age of Steam Roundhouse**, which is located near Sugarcreek, Ohio. This roundhouse currently houses the largest private collection of steam locomotives in the United States. Their collection includes engine No. 33 that once ran on the Hocking Valley Scenic Railroad. Dave and Ron will present their findings of this amazing Roundhouse. And they are happy to say, this video has been extremely well-received with over 14,000 views on YouTube.



July and August Presentations/Events:

+ Pizza with Pizzaz

THURSDAY, JULY 17, 2025, 12-2 PM, GROVER CENTER, 23 OXBOW TRAIL, ATHENS, OH

Parking: there are limited spaces in front of Grover Center, and plenty of spaces behind Grover Center and in front of Walter Hall.

Join Johnny and Rick, our certified pizza connoisseurs, and roll up your sleeves in the Grover Center kitchen!

We'll be cooking up something that's sure to be delicious when we make AND eat our own personal pizzas. Come learn a secret Italian recipe, practice your skills tossing dough like a pro and reap the rewards of picking up a new skill in the kitchen. Bring your friends and be ready for pizza, pals and plenty of fun!

Please send your RSVPs to **Megan.Handle@OhioHealth.com** by July 10. We're serving up an event you *knead* to be at!



+ Discovery Kitchen Workshop

WEDNESDAY, AUGUST 6, 2-4 PM

Registration required, contact Mary Jane.

Join cooking instructor Peg O'Hara and community members 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!



+ Food for Thought – Puzzles, Pals and Plenty of Fun

THURSDAY, AUGUST 21, 1-2 PM, ATHENS COUNTY PUBLIC LIBRARY, MEETING ROOM LEFT OF THE ENTRANCE LOBBY



Join your UpBEAT friends as we work together to solve the (300-piece) puzzles, while we enjoy snacks, laughter and fellowship. "Teamwork makes the Dream work!"

BEAT Board

From our Members

- + From Martha: We had such a fun time May 7 on our Walk for Wieners that we forgot to take a photo. Hopefully more can join us next time for a similar activity of fun and conversation. Yes, we *did*, Martha - it was a wonderful day!

Snapshots

Megan welcomes our summer intern, Tallyn, to the UpBEAT team.



A wonderful learning session from Megan Wilson at the Athens Library was enjoyed by Kathy, Jane, Rich, Ellen, Megan, Lexi and Mary Jane.



Dietetic Intern Lexi presented on the importance of protein.



Contact Mary Jane!

OhioHealth.com/UpBEAT | membership is free. Contact Mary Jane Timmons, Program Coordinator, 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

HYDRATION DURING WARMER MONTHS

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

Proper Hydration During Warmer Months Can Be Tricky. There are a lot of factors that play into proper hydration during warmer months. This may include excessive sweating, outdoor activities, medical conditions and medications. It is very easy to become dehydrated during this time, especially as we age.

- + For healthy older adults, hydration recommendations vary by individual. However, it is recommended that women drink about 9 cups of fluid and men drink about 13 cups of fluid per day for ages 51 and over.
- + **Do I need electrolyte/sports drinks?** The answer is no, but they may help replace electrolytes lost through sweat and balance the electrolytes in your body. Sports drinks such as Gatorade, Powerade and some electrolyte powders can help prevent dehydration when outside for long periods of time or participating in exercise and sweating.

DIETITIAN TIP: Adding a pinch of salt to your glass of water or eating salty foods such as nuts, bananas and pretzels are just as beneficial as electrolyte drinks! Check out this recipe on "Nature's Gatorade" that can be made at home!

"Nature's" Gatorade: Homemade Recipe

- + 2 oz any "100% fruit juice" (orange juice, cherry, cranberry, etc.)
- + 1 cup coconut water
- + 1 tsp salt
- + 1 tsp honey
- + 1/2 a squeezed lemon or lime



Health and Wellness

JULY IS SOCIAL WELLNESS MONTH!

This is a time to celebrate and increase the national awareness around the long-term benefits of social interaction. Social wellness means nurturing your mind, body and relationships. Developing positive social habits can help you stay healthier – mentally, emotionally and physically. Several studies have found that people with strong social networks live longer lives, cope better with stress and maintain good health.



UpBEAT offers many opportunities to be social and better your social wellness! Exercise and chair volleyball groups get moving and have great conversations and laughs. Our Jeopardy and Pizza class are going to be a perfect place for using our brains while having lots of fun and building connections within our UpBEAT community.

Use this summer full of exciting activities to make the most of building social connections. Not only is it enjoyable, but it can influence our biology and well-being to protect our health!

Exercise

EXERCISE TIP: Regular exercise means more energy.

Though it seems counterintuitive, being inactive makes you tired and **being active gives you more energy**. Any amount of exercise promotes the release of endorphins, which counteract pain and give a sense of well-being. Endorphins also combat stress hormones, promote healthy sleep and make you feel **more lively and energetic** overall.

MORE EXERCISE MEANS MORE INDEPENDENCE FOR OLDER ADULTS

Seniors that exercise regularly are less likely to depend on others. According to **Harvard Medical School**, regular exercise promotes an older adult's ability to walk, bathe, cook, eat, dress and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.



Enjoy exercise with a friend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1 10 AM Exercise Class*	2	3 NEW TIME 10 AM Chair Volleyball* 11:30 AM Tai Chi* <i>Independence Day!</i>	4	5
6	7	8 10 AM Exercise Class*	9	10 11:30 AM Tai Chi* 1 PM UpBEAT Jeopardy II and Farewell Megan Party	11	12
13	14	15 10 AM Exercise Class*	16	17 NEW TIME 10 AM Chair Volleyball* 11:30 AM Tai Chi* 12 PM Pizza with Pizzaz* at Grover Center, 23 Oxbow Trail, Athens	18	19
20	21	22 10 AM Exercise Class*	23	24 11:30 AM Tai Chi*	25	26
27	28	29 10 AM Exercise Class*	30	31 11:30 AM Tai Chi*	For questions, please contact Mary Jane Timmons at (740) 566-4680.	

* = All programs are 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 St, Athens, contact Megan.Handle@OhioHealth.com

Programs are subject to change.

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17	18	19 10 AM Exercise Class*	20	21 11:30 AM Tai Chi* 1 PM FOOD FOR THOUGHT Puzzles, Pals and Plenty of Fun* Athens County Public Library, 30 Home St, Athens, OH	22	23
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