

# THE ATHENS VILLAGE VOICE



## Trager Approach to be demonstrated at lunch



Robert Lockheed, a certified Trager practitioner (see photo at left) will talk about and demonstrate the Trager Approach at the members' Brown Bag lunch on Wednesday, April 14. Lunch will begin at 12 noon, and the presentation at 12:30 p.m.

The Trager Approach facilitates the relief of deep-seated pain connected with a wide range of conditions. It involves communication between the nervous system and muscles, says the com-

pany's brochure, which will be available to all at the meeting.

Linda Cochran, one of Lockheed's clients in real life, will act as the "demonstration body" so he will be able to show the Trager technique. Lockheed says that this will be more demonstrating than talking. He will answer questions and stay afterward to give anyone an abbreviated treatment. No special clothing is needed for this. Anyone at the meeting may try it.

## Calendar

**Tu, Apr. 6,** 10 a.m. Exec. Committee, ACVNA

**We, Apr. 7,** 10 a.m. Coffee hour on transportation, ACVNA Conf. Rm. (See p. 3 story.)

**Tu, Apr. 13,** 10 a.m. PRAC follow-up meeting, ACVNA (See p. 4 story.)

**We, Apr. 14,** 12 noon. Brown Bag Lunch, Robert Lockheed on Trager Approach (See p. 1 story.)

**Tu, Apr. 20,** 10 a.m. Board Meeting, ACVNA  
1:30 p.m. Coffee hour on decluttering, ACVNA

**Su, Apr. 25,** 3:30-6 p.m. High Society Jazz Band, Abrio's, 859 E. State St., (See p. 4 story.)  
8 p.m. Chelsea Chen organ recital, Christ Lutheran Church (See p. 3 story.)

## Athens Village attains 501(c)(3) Status for group

One of the best pieces of news this month is that our Athens Village has received 501(c)(3) status from the Internal Revenue Service.

In announcing this benefit at the March Board meeting, President Ellsworth Holden expressed appreciation to Don Cooley of Cotner, Cooley, Clark & Sharp, LLC for his role in expediting the application process.

The main benefit of having 501(c)(3) status is that donations of money or other items of significant monetary value are tax-deductible for the donor because the Village is officially classified as a nonprofit charitable organization.

Anyone considering a donation to the Athens Village should be made aware of the new 501(c)(3) status. It can have an effect on his or her taxes.

## 3 more make 72

Three new members make a total of 72 for the Athens Village. Welcome to the new members: John Ray, Patricia Black, and Dick Brackin,

Regrettably, we have lost Lennie Conover and Pat Brooks. (See the p. 3 story about their friendship.)



## The Athens Village Voice

is sent to you every month to catch you up on the who, what, when, where, why, and how of our Village. Your feedback is very welcome.

Dru Riley Evarts, editor. 592-1231, [evarts@ohio.edu](mailto:evarts@ohio.edu)

### For assistance, call

Patty Mercer, director, at ACVNA, 30 Herrold., Athens, OH 45701, 594-8226, ext. 406. (If no answer there, dial 0 and speak with an operator for assistance.) e-mail: [pmercer@acvna.org](mailto:pmercer@acvna.org). After hours (4:30 p.m. to 8 a.m.), call the answering service at 594-6259 or (if away from Athens) 1-800-837-1112. Web site: <http://theathensvillage.org> (use no spaces.)

### Board of Directors

Ellsworth Holden  
Ted Foster  
Sue Foster  
Margaret (Peg) Cohn  
Gerald Mollica  
Kathleen Riestenberg  
Kevin Dotson

*Do you have friends or neighbors who may be helped by having Athens Village membership? Bring them in as guests to get an idea of what we're about.*

## Meg Hummon invites bicyclers to ride with her



Meg Hummon, pictured at left, loves to ride bikes. And she's good at it. She invites you to join her in some rides right around here now that the weather is favoring such adventures.

This picture of Meg was taken at the conclusion of a week-long bike tour of national parks in Southwest Utah in June 2009. She is holding the photo of the mascot of Team Tortoise, of which she is a founding member.

According to Meg, we have a world-class bike path here, and there are coffee shops and lunch places along the way. Spring wildflowers will soon make the ride all the more pleasant.

You may contact Meg at [meghummon@verizon.net](mailto:meghummon@verizon.net). If you are one of those bikers who would be passed up by brazen tortoises, join in anyway. Her first question will be, "Do you have a helmet?"

Meg rides almost daily. She will organize a group or just go along with you for a ride.

### P.R. Team Established

The Board of Trustees has named a Public Relations Team to handle getting information to both members and the public. It includes Anne Braxton, Dru Riley Evarts, Georgann Penson, and Jo Prisley. If you have suggestions, contact one of them.

## Lane's Corner (a monthly list of our handyman's tips)

**Batteries in alarms:** When you changed your clocks and watches to Daylight Saving Time, did you also change the batteries in your fire, smoke, and carbon monoxide alarms? If not, do it now and make a habit of doing it every time you adjust your timepieces to Daylight Saving or Standard Time. The batteries may still have some life, but use them in something else.



**Air conditioners:** Check your air conditioner now and have it serviced. Be sure the outside unit is clear of debris from the winter. Debris will affect the efficiency of your air conditioning unit.



**It's OVST time again**

Spring has sprung, and that means we must think summer. Summer theater, that is — Ohio Valley Summer Theater specifically.

This summer's opening play is *My Three Angels*, and the large-cast musical is *Into the Woods*. There will be a third play in December for schoolchildren during the day and the public on weekends.

You will be getting a brochure on this with more details and explanations. Watch for it and join in.

**New York organist to perform April 25**

Chelsea Chen, a well-known New York organist, will perform at Christ Lutheran Church at 8 p.m. on Sunday, April 25. A friend of Athenian Rod Gorby, she will be coming here after a performance in Akron. Her program will include her own compositions and one of Gorby's. The recital is free and open to all.



**Clothing exchange**

ACVNA has organized an exchange of lightly used clothes and shoes (no other "stuff"). It is in the large Conference Room where we meet for Brown Bags. You may bring items you no longer need and pick out what you like. It will still be available on our lunch date, April 14.

**Two good friends die within three months**

Pat Brooks and Lennie Conover were longtime friends who enjoyed the outdoors, their homes, and going on interesting trips with their husbands and other friends.

Pat and Joe Welling had three kids; Lennie and Jim Conover had two. All the kids went to Putnam Laboratory Grade School until it closed when the youngest were in primary grades.

As the kids got beyond baby-sitter age, Pat and Joe and Lennie and Jim used to do a lot of things together — go on trips, go to each other's houses for an evening, go out to dinner, etc. Pat took her maiden name back when she was no longer married to Joe. When she and Chuck Atkins became an item, the foursome continued.

Either Jim and Lennie would go to Pat and Chuck's house about every other week, or

the scene would reverse to the Conovers' house. Pat especially liked to arrange wildflower walks around her and Chuck's large Fox Lake property. Of all the people who came, Lennie was the most vigorous in walking and finding things to show others.

This went on for many years. The couples did deep-sea fishing together, they did New Year's Eve parties together for friends, they had dinners out or in together. One time they went with Norm and Peg Cohn and Hank and Alice Seibert and rented a Cape Hatteras house together, an adventure resulting in many hilarious stories.

As serious health problems arose for both Pat and Lennie over the past several years, they remained close. Pat died on Dec. 13 at the age of 79 and Lennie on March 24 at 75. All who knew them will miss them very much.

**2 coffee hours planned**

Two coffee hours are scheduled this month, both at ACVNA:



**Transportation** at 10 a.m. Wednesday, April 7, and **Decluttering** at 1:30 p.m. Tuesday, April 20. (Decluttering has evolved to include downsizing and recycling.)

These coffee hours are open to all. Come and let your ideas be known and discussed. Make a difference.

**Respite Volunteerism will be subject of May Brown Bag**

Brooke Hollowell, director of OU's School of Hearing, Speech, and Language Sciences, will be the speaker at the May 12 Brown Bag lunch. She will focus on the Respite Volunteer Program.

Brooke will bring along information regarding other services, as well as opportunities for getting involved in research and possibilities for grant applications.



**Village works on top goals set at retreat**

The Village Board of Directors has met twice with the Planning and Resource Advisory Council (PRAC) since our Feb. 26 retreat. A third meeting will be held on April 13. So what is the progress so far?

The **brochure** is in the final stages of production. (See adjoining story.)

A **P.R. Team** has been appointed. (See p. 2 story.)

**Grant applications** are submitted.

We are closer to creating a county-wide **Advisory Committee**.

A **list of services** has been created to show both what is available and what each service costs.

Ed Penson is the major organizer of the strategic planning process and guide on how to implement it. The PRAC is made up of Anne Braxton, Max Evans, Dru Riley Evarts, Jacki Legg, Warren Reininga, Gladys Bailin Stern, and George Weckman. See the masthead for the Board.

**Athens Village brochure will be available soon**

A full-color brochure describing The Athens Village and bearing its new logo will be available soon for distribution to interested parties. You can help identify recipients by making suggestions to Patty Mercer (see masthead) or by picking brochures up and handing or mailing them to prospective members on your own. They will also be available at the hospital, clinics, doctors' offices, the Community Center, libraries, and other places where seniors are likely to notice and pick them up.

Design of the brochure is by Karen Nulf, photography is by Elise Sanford, and editorial content is by Dru Riley Evarts. The entire board had a great deal of input as to the information included therein.

The brochure includes such information as the goal of the organization — to help members be secure, healthy, in charge, in contact, and independent in their own homes. It lists the benefits of membership and why a person or couple should join early, even before he, she, or they need many of the services. It explains that the Village is not a place, but a concept serving people of 60+ age in their own homes, near friends and family.

The brochure explains five ways of becoming involved in the purpose and goals of the Village.

- ◆ as full-fledged individual or couple members;
- ◆ as a service provider;
- ◆ as a volunteer;
- ◆ as a donor who wants to supplement Village income in order to further its work (for ongoing expenses or toward an endowment).
- ◆ as a sponsor who wants to contribute dues or part of the dues for another person in order to make these benefits possible for him or her.

**Member sponsors friends**

George Weckman has come up with a new idea — sponsoring the memberships of others by paying their dues and encouraging them to use the services of the Village to their fullest.

George suggests that others do this to help out their friends and to add to the strong base of the organization as it gets under way.

After George had already arranged to do this, the news of our 501(c)(3) status came out, so he is glad the donations are tax deductible because they are gifts.

**High Society Jazz to feature Emily Burhans as vocalist**

Song stylist Emily Burhans will be making a return appearance with the High Society Jazz Band on Sunday, April 25, 3:30-6 p.m. at Abrio's Ristorante, 859 E. State St. Her selections will include versions of Bessie Smith's music and other jazz classics.

Everyone is welcome! Abrio's will be serving food and beverages during the program and is easily accessible for handicapped persons. Parking is abundant. Single admissions are \$5 for non-members, \$3 for members, and \$2 for students. For more information, contact Pat Light at 592-1317.