

THE ATHENS VILLAGE VOICE

2-1-1 service is subject of January Brown Bag lunch

2-1-1

get help, give help

The 2-1-1 Informational and Referral Program, which is managed all over the country by United Ways and other nonprofit organizations, is new to Athens County, where it is associated with United Appeal. With the motto "Get Help, Give Help," it brings together those in need and those who wish to offer services or donations to others. Originally found mainly in urban and suburban areas, it is now expanding into rural areas, of which Athens County is an example. Anyone wishing either to get or to give help may call the 2-1-1 number 24/7 to talk with an agent.

2-1-1 serves 80% of the U.S. population (241 million Americans) and covers all or part of 47 states plus Washington, DC, and Puerto Rico. More than 34 states plus the District of Columbia have more than 90% 2-1-1 coverage.

Tufail earned both her bachelor's and master's degrees in sociology at Ohio University. She is the first person to manage the resources in this new service. Among other aspects she will explain are 2-1-1's complete referral service in case of disaster and the extensive data base maintained by the organization. She will welcome questions after her presentation.

Aisha Tufail, Athens County 2-1-1 resource specialist for United Appeal, will be the featured speaker at the next Brown Bag on Wednesday, Jan. 13. The lunch will begin at 12 noon, with the speaker making her presentation and answering questions from 12:30 to 1:30 p.m. She will explain 2-1-1 basics, such as what the service does and how it benefits the community.

Earn and learn in research project

Village members and other area residents age 50+ may have an interesting experience, contribute to research, and earn \$50 each by participating in a study of the usability of the Area Agency on Aging's Web site.

Participants must use a computer and the Internet. The experiment is in two sessions — one 20 minutes (a survey) and the other 90 minutes (completing 15 tasks at the computer and evaluating the ease of doing the tasks). Participants will be paid \$20 after the first session and \$30 after the second.

If interested, contact Diana Schwerha at 593-1577 or Kyle Lynch at 614-403-0270. They can also be reached at schwerha@ohio.edu or LW212005@ohio.edu.

Want ads, anyone?

Have something you would like to locate or anything you would like to sell or give away? Send the information to evarts@ohio.edu, and it will be in the next *Voice* as a member service.

2-1-1

get help, give help

Opera discussion group to begin

An interest group involving discussion of opera, will meet on Wednesday, Jan. 20, at the home of Norm and Peg Cohn, 33 Graham Drive, Athens.

Anyone interested in opera is welcome. For more information, call Norm at 592-4074 or e-mail him at norm4075@gmail.com.

Calendar

We, Jan. 6, 10:30 a.m. Ad hoc committee on vetting providers, ACVNA Conf. Room

We, Jan. 7, 2 p.m., Coffee hour on decluttering, ACVNA Conf. Room

We, Jan. 13, 12 noon Members' Brown Bag, ACVNA Conf. Room

Tu, Jan. 19, 10 a.m. Board meeting, ACVNA Conf. Room

We, Jan. 20, 2:30 p.m. Opera discussion. 33 Graham Dr., Athens

(Calendar items should go to Patty Mercer.)

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 Everts, editor. 592-1231, evarts@ohio.edu

For assistance, call

Patty Mercer, director, at ACVNA, 30 Herrold St., Athens, OH 45701, 594-8226, ext. 406. (If no answer there, dial 0 and speak with operator for assistance.) e-mail: pmercera@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.

Board of Directors

- Ellsworth Holden
- Ted Foster
- Sue Foster
- Margaret (Peg) Cohn
- Gerald Mollica
- Mark Snider
- Kathleen Riestenberg

Vial of Life packets to be distributed at January lunch

The **Vial of Life** or **Vial of L.I.F.E.** (Lifesaving Information For Emergencies) is a program that allows individuals to provide medical information in advance that can be used by emergency personnel in case it is needed. Vial of Life programs are usually sponsored and promoted by senior citizens' organizations, local fire departments, or hospitals, although they may be utilized by anyone. The materials required are usually available for free and some may be downloaded and produced by the individual.

The program consists of a vial (empty pill bottle or other container), labeled with a Vial of Life sticker, inside which is placed a medical form that explains the health status of the individual and current medications being taken. The vial is placed in the refrigerator, usually recommended to be on the top shelf of the door, because it has been shown that the refrigerator's contents are preserved in the event of a fire. Stickers are placed in the front window of the home so that responding emergency personnel will know to look for the vial.

Locally, this service is provided by O'Bleness Memorial Hospital and managed by Susan Kozak, volunteer coordinator. Her volunteers create the packages for distribution to community groups and health-care events. Kozak also is in communication with the first responders to make certain that they are aware of the program. She and her team have provided about 30 of these vials for members of The Athens Village to be distributed at the January Brown Bag lunch.

- Source: Wikipedia and Patty Mercer

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

Melting ice: If you have concrete sidewalks or driveway, avoid using anything that has salt in it. Over time, salt can cause concrete to crumble/deteriorate. Read the bag carefully. It should say "ice melt." If you're prepared to sweep often or take your shoes off at the door, kitty litter can be a good substitute.

Garden hose: Be certain to drain the water from your garden hose and remove it from the tap.



Gutters: Double-check your gutters after a wind storm to make certain that they are still leaf-free. If they are not, snow will lie in the gutters and may melt under the roof, thus causing damage.

Home inspections: Remember that your membership entitles you to a free home inspection by our handyman, Lane Hoisington. If you are ready for yours, contact him through Patty Mercer. (See masthead.)

The 3 tests of stroke add 4th—the tongue

We all know the three tests one may



use to determine if another person is having a stroke: When you add the fourth to the first three, you get:

- 1) Ask the person to smile.
- 2) Ask him/her to talk — to say a simple sentence (coherently).
- 3) Ask him/her to raise both arms.
- 4) Ask the person to stick out his/her tongue.

If the person has trouble with any of the traditional three or if the tongue on the fourth test looks “crooked” or goes to one side or the other, get help immediately. More severe brain damage could occur if treatment is delayed.

Share these tips with family and friends.

Mature drivers have distinctive problems in driving, according to our December brown bag speaker, Ohio Highway Trooper Ira J. Walker. He also gave helpful tips to make us safer while driving, and he answered questions.

The problems he enumerated as being more common among mature drivers than younger ones included: driving the wrong way on a divided highway, vision problems that make street sign and traffic advisory signs harder to read, memory issues, medication effects, sleepiness, and slower response times.

Drivers should evaluate themselves honestly to ascertain whether they should continue to drive, he said. He also advised calling 1-800-934-8517 to get Form 86D on which one can anonymously report a friend or relative who probably should be examined in order to be recerti-

fied to drive. He advised not being shy about doing this.

Some of his other driving tips include:

- Slow down in snowy or icy weather, especially when approaching a bridge or overpass.
- If you start to slide, get your foot off the brake *and* the gas; let the car right itself. Continue to steer carefully.
- Don't brake at a curve in any weather, but especially don't do it in snow.
- Don't sink into driver anger.
- Turn on your directional signal a reasonable distance before you turn; then turn it off after you turn.
- Take a brush-up Mature Driving course. (O'Bleness offers one taught by Wanda Llewellyn.)

ODPS information can be had at 614-455-2081 or by going to www.publicsafety.Ohio.gov to read more tips online.

CPR workshop and legal issues session planned soon

Two programs are in the planning stages now and will be presented in the near future, as soon as arrangements can be made and definite dates can be arranged.

One is a workshop on the new CPR methods that have been

recently developed, and the other is a session on legal issues of elders — wills, power of attorney, etc. Board member Gerald Mollica has offered to do the latter program and would appreciate questions in advance. Those can be given to Patty Mercer. (See masthead.)

Volunteer to be interviewed to help students and gather info for our Village

Students in the College of Human and Consumer Sciences need to complete the community services component of their programs, and the Athens Village would be better able to serve you if it had more complete information about you. This makes for a perfect combination that will benefit Village members.

Associate Professor Margaret Mannogian has agreed to train the students for these face-to-face interviews to identify gifts Vil-

lage members can offer one another as well as gaps in the membership skills (or energy) so volunteers from the community can be solicited. Some of the questions will allow the Village to collect demographic information that could help with grant-writing and project development.

The students should be trained by mid-January. Staff will provide an orientation and make assignments. The goal is to make this as rewarding and informative as possible.

Coffee Hours Ahead

Patty Mercer is in the process of putting together coffee hours on topics suggested by our membership.

Some of the topics suggested so far include:

- Decluttering
- Hearing aids
- Wellness
- Home safety
- Transportation safety
- Avoiding scams



Let her know if you would like to participate or have other ideas for discussion.

Public transportation for around here and around the world is possible with planning

In response to comments at the December Brown Bag lunch, Ted Foster has sorted out public transportation availability both within Athens County and between Athens and "wherever," as he puts it.

Transportation within both the city of Athens and Athens County is completely explained on pages 30 and 31 of the Athens County Plan, which can be accessed on the Web at this address (no hyphens are used here; it's one continuous address): <http://www.seorf.ohiou.edu/~xx181/Documents/Comp%20Plan%20Final/FINAL@copy.pdf>. This site shows all routes and times for various days.

Intercity transportation connecting us to the rest of the world is dependent on the Lakefront bus running between Cleveland and Athens (Route 21). It arrives daily at 12:50 p.m. at the Community Center on East State Street. It departs shortly thereafter to go back north (Route 20). On the way to Cleveland, it stops in Columbus at 2:20 p.m. and from there you can make connections to anywhere else by bus or plane. (The bus lays over there for about two hours, during which you can arrange to be taken to the airport if you wish.) You could make connections to many places also by staying on the bus and going to Cleveland, where it arrives at 8:15 p.m. The Lakefront Web site is www.lakefrontlines.com. Click on "Contact Us" for e-mail and phone instructions, or "Regular Route Service" for instructions about purchasing tickets.

Buses are seated on a "first come first served" basis. They frequently fill up, so it is wise to be there early to get into the seating line. If it fills up before you get a seat, you will get a refund for your ticket.