

# THE ATHENS VILLAGE VOICE



## Julie Suhr to speak on maximizing brain



Did you ever wonder how to keep your brain sharp and active as you grow older?

Wonder no more. At our July 14 Brown Bag lunch, Dr. Julie Suhr will talk about how cognitive abilities change as we age. She will review the methods and techniques that research suggests are the most effective ways in which people can maximize their cognition as they age.

Dr. Suhr earned her Ph.D. in clinical psychology from the University of Iowa in 1994, after which she completed a year of internship in clinical psychology at Brown University and three years of postdoctoral residency in clinical neuropsychology at the University of Iowa College of Medicine. She joined the OU faculty in 1997 and is now a professor of psychology. Her research focuses on various brain disorders and how they affect cognitive skills, including changes associated with the normal aging process and with dementia. Her laboratory offers free memory screening several times a year.

## Calendar

**Every Tuesday, 1 p.m.** Informal gathering of members and guests at Bob Evans Restaurant.

**Tu, July 13, 10 a.m.** PRAC work group, ACVNA Conference Room.

**We, July 14, 11 a.m.** Public Info Team, ACVNA Conference Room.

**12 noon.** Brown Bag lunch with Julie Suhr. (See p. 1 story.)

**Tu, July 20, 10:30 a.m.** Coffee Hour on food made easy. ACVNA Conf. Room. (See p. 4 story.)

**Tu, July 27, 10 a.m.** Board meeting, ACVNA Conference Room.

**Th, July 29, 10:30-11:30 a.m.** Transportation coffee hour, ACVNA Conference Room.

**Tu, Aug. 3, 10:30 a.m.-noon.** Book swap. ACVNA.

## Letters being sent for renewals and new memberships

The Public Information Team has devised two forms of letters to be sent during July in celebration of the Village's ninth month and in anticipation of its first anniversary in September.

Current members (whether their personal renewal dates are in September or later) are to receive a letter about the Village's accomplishments and future plans. They are thanked for their support of this new movement and encouraged to renew on or slightly before their anniversary dates.

Other letters are going to persons who have inquired but have not yet joined the Village, as well as to others whose names have been suggested by senior citizen centers and other sources around the county. They explain the Village and invite visits and/or membership.

All letters are accompanied by our brochure to use or to share.



## Mark calendars for September 12

On Sunday, Sept. 12, beginning at 3 p.m., we will gather to celebrate the Athens Village's first anniversary.

Jeff Chaddock and his Ameriprise Office will be our hosts at the OU Inn for the occasion.

An Anniversary Committee is working hard to make this a very memorable event. It is made up of George Weckman, chair; Jean Drevenstedt, and Ann Braxton.



*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

**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 an operator for assistance.) e-mail: 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
- George Weckman

*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.*

**Buddy System is being set up for the Athens Village**



A Buddy System is being set up this month for all Athens Villagers who would like to participate in the program. The principle behind a Buddy System is that each person who wishes to be included will be paired up with someone else who is interested, and the two parties (each "party" could be either an individual or a couple) would check periodically on each other.

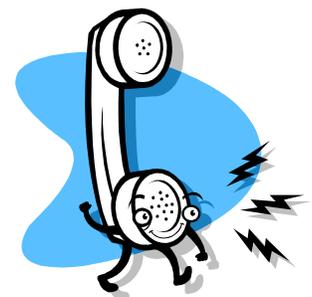
Members who sign up for this may either choose their own partners or work from a list provided by the committee in order to find a match. Each team of buddies will set its own schedule — when to call, how often to call, whom to contact in case a scheduled call is not answered, how to get into each other's houses if necessary, etc.

For instance, Party A and Party B sign up for the program. They agree between themselves on daily contact except for Sundays, when both parties feel their churches would miss them and would get in contact if they did not appear there. Party A is to call B at 8 a.m. on MWF, and Party B is to call A at noon on TuThS. They agree that if the opposite party doesn't answer the call after a couple of tries at the agreed-upon times, the caller will notify Patty Mercer, Village director, who will then take the necessary action to ascertain that the nonresponding partner is okay or whether anything is needed. (Other couplings may choose different calling patterns.)

Naturally, people who pair up in the Buddy System would let their partners know if they are going away or if any other factors would influence the agreed-upon calling schedule. They would also agree upon what to do in case of a power outage. It would be safest if they could exchange cell phone as well as land-line phone numbers, as well as e-mail addresses. The system is very flexible, and its main purpose is to keep every member in his or her own home safely.

Buddy System matches are not necessarily "forever." Changes can be made at the behest of either party. Mercer will keep a list of people interested in this, and she could suggest a new partner to either party leaving an existing relationship.

The Buddy System committee includes Betty Larson, Carolyn Murphree, Natsu Taylor, and Art Woolley. Peg Cohn is the liaison from the Board. The committee is in the process of calling members to see if they want to participate. If you want to take the initiative to sign up for this on your own, call director Patty Mercer at 594-8226, ext. 406.





**Being careful about scams**

Senior citizens are often the targets for dishonest scams — sales pitches promising things that the promiser has no intention of delivering, at least not at full value.

Our August Brown Bag will feature an Ohio Attorney General’s Office representative speaking on how seniors can avoid becoming scam victims.

Meg Hummon recently had an experience in which a young man came to her door and said he was from justenergy.com. He had memorized his sales pitch, and he insisted that she sign his form to change her family’s gas service to justenergy.com.

Meg found his literature somewhat confusing, so she went online to check the company. She found that Illinois had filed suit against the company for deceptive practices, and the National Better Business Bureau had given it an F rating. She suggests that others turn representatives of this company away if they come to the door. Then report the incident to the police or sheriff.

Our August speaker will be able to tell us other methods of handling this.

**Member handbook being developed for all**

An Athens Village member handbook is being developed, and there will be a copy for each individual or household after the Board and the Planning and Resource Advisory Council (PRAC) are satisfied that the contents will provide answers for most members and prospective members as they seek information on how things work in the Village and what its services mean to them as individuals.

Preparation of the handbook is under the supervision of our director, Patty Mercer, who is assisted by Ohio University student Kristen Rasmussen. Presentation is on 8.5 x 11 paper and is looseleaf so information can be added or subtracted easily. Topics include services, how to access them, answers to frequently asked questions, how to get help, volunteering and using other volunteers, and many others.

**Transportation Group plans for problem solving**

The Transportation Group is making plans for an event sometime in the fall to center attention on problems of people who no longer drive, prefer not to drive at night, or have other transportation problems (inclement weather, freeways, etc.).



The group has found through an informal survey that 18 Village members are willing to drive other members one to three times a week, 18 are willing to do it occasionally or for emergencies, 5 would like to have assistance for running errands locally, and 20 would like transportation assistance for longer trips and special events.



**Jazz it up!**

Villagers will have two chances to brighten their musical horizons in the weeks ahead thanks to events scheduled by High Society Jazz Association. On Sunday afternoon, Aug. 1, the

High Society Jazz Band and friends will be playing at Abrio’s on East State Street from 3:30 to 6 p.m.

On Sunday, Sept. 26, the association’s ever-popular “Riverboat Shuffle” cruise on the Sternwheeler Valley Gem out of Marietta will once again offer live Dixieland music, a light buffet supper, and a delightful two-hour ride on the Muskingum and Ohio rivers. Information regarding reservations is available from Pat Light at 592-1317.



## Short Notes

**Bike storage:** Free and safe storage for your bicycle near the bike path is available from Athens Real Estate. Call Ed Penson (592-2809) if you are interested.



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**Book swap help:** A Book Swap is being considered for Aug. 3 in the ACVNA conference room. If you would like to help organize and publicize this, call or e-mail Patty Mercer. (See masthead.)



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**Outreach:** If you are interested in being a speaker or interviewee to inform others about our Village, let Dru Riley Everts know that: [evarts@ohio.edu](mailto:evarts@ohio.edu).



### A ringing compliment

Ellsworth Holden reports that he and his wife Ann were talking with Carolyn Murphree and Nancy Adams on July 2. When they got to the subject of Village dues, Carolyn said, "Lane Hoisington is worth the \$400."



## Home Energy Audit Cuts Costs

Columbia Gas of Ohio is offering its natural gas customers a home energy audit for \$50 (\$20 for income-eligible customers).

The cost of the audit is reimbursed when you make any qualified energy efficiency improvements. The comprehensive audit includes a visit from a home energy auditor who will analyze your home to identify ways you can improve its energy efficiency.

These ways may include attic and wall insulation upgrades; sealing cracks, gaps and holes; a programmable thermostat; or an energy-efficient showerhead. The more qualified energy efficiency improvements you make, the more you save with rebates of up to 60 percent off the cost of the work. Call 1-877-644-6674 to schedule an audit.

## 'Food' coffee group wants ideas, answers

The coffee group dealing with food will meet at 10:30 a.m. on Tuesday, July 20, to address areas such as procuring food, preparing it, arranging for pickup or delivery, and other issues in this area.



If you cannot be at the meeting but have information on food vendors who deliver, those who come to your house to prepare food, etc., please contact Patty Mercer (see masthead) so she can include them.

## Lane's Corner: A monthly list of handy tips

It looks like a hot summer. We're going to be using air conditioning and fans a lot. Here are some things you can do to make that easier.



Check the drain on your air conditioning unit. Because of the condensation of water the unit puts out, the hose can get plugged and quit working. If the air conditioner is working properly, water will be running out of the hose. If it is not, the unit will frost up and quit working.

If you are using fans to make yourself more comfortable on hot days, make sure they are

kept clear of obstructions or obstacles, such as furniture. Either can cause restriction of air flow and cause the fan motor to overheat.

Most manufacturers suggest that you not cover your outdoor air conditioning unit in the winter, so remember that when the cooling season is over. You should do all you can, however, to keep its top clear of leaves and twigs. If they sink into the mechanism, they can cause trouble next year. A good way to clear your outdoor unit is to spray it once in a while with a water hose. That should chase most foreign material away.