

THE ATHENS VILLAGE VOICE



Lunch Topic: Reducing Energy Costs



Ron Young, facilities manager of Alden Library, will speak on "Reducing Home Energy Costs" when we meet at noon on Wednesday, June 9, for our monthly Brown Bag. Lunch will begin at 12 noon, and Ron will begin his talk and power-point presentation at 12:30.

Ron will cover everything from air sealing and insulation to ways to reduce energy when cooking and doing laundry.

A certified home energy rater and thermographer through the Residential Energy Network (RESNET), Ron has worked in the construction and facilities field for more than 28 years. In addition to managing the facilities of all Ohio University libraries, he has his own energy auditing/rating service, Positive Energy Solutions LLC. He will be glad to answer your questions after his talk.



-member mark is reached , goal reset higher yet

Remember when the initial Athens Village goal was 75 members? Counting September as our first month in terms of formal activities, we reached that goal in May (eight months).

Our newest members are **Chuck Carlson, Israel Uriela, and Nili Urieli.**

Our new goal is 85 between renewals and new members.

Calendar

Every Tuesday, 1 p.m. Informal gathering of members and guests at Bob Evans Restaurant to meet, greet, eat.

Wed, June 2, 10 a.m. Meeting of the Public Information Team. Evarts house.

Tu, June 8, 10 a.m. PRAC work group, ACVNA Conference Room.

We, June 9, 12 noon. Brown Bag lunch with Ron Young. (See p.1 story.)

Tu, June 15, 10 a.m. Board meeting, ACVNA Conference Room.

Tu, June 22, 10:30-11:30 a.m. Accessing Services coffee hour, ACVNA Conference Room

Tu, June 29, 10:30-11:30 a.m. Transportation coffee hour, ACVNA Conference Room.

SUMMER HOURS

Our director, Patty Mercer, will be in her office three days a week rather than five during the summer. You will get an e-mail or letter about exact hours and how to get help.

This will not change your ability to secure information or services. Just dial the same ACVNA number, 594-8226, then press "0" to get the switchboard. The person there will have her complete schedule and will be able to help you.

Patty will also be checking her phone messages and e-mail from home. Everything is secure.



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
Kathleen Riestenberg
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.

Sharpening your BRAIN

Does it take you longer to learn things? Do you ever misplace your glasses or car keys? Do you miss appointments because you forgot?



Forgetfulness is a normal part of the aging process.

While troublesome, these normal memory changes should not interfere with your ability to do the job at hand, take care of your household, or enjoy everyday activities.

It has been shown that merely taking steps to organize your life can help with forgetfulness. Listed below are some steps you can take to organize your mind and your life.

- ◆ **Write things down.** Put a notepad and pen in the car, near the phone, in the kitchen, and by the bed. Make a list of grocery items, errands, and appointments. For a special dinner, make a list of the menu to be sure you serve everything you had planned. 
- ◆ **Keep a calendar.** Record upcoming events, birthdays to remember, etc., so you are not disappointed by missing something. 
- ◆ **Tape notes around.** A note you see as you leave the kitchen might ask, "Burners off?" One in the bathroom might list what you need to be sure to take if you leave home for a few days. And so on. Be inventive on this.
- ◆ **Establish homes for things.** Decide where you will put keys, glasses, wallet, remote control, etc., and always put them there. 
- ◆ **Use visual reminders in obvious places.** Put the dry cleaning slip on the car seat or dashboard so you remember to pick up anything you left there. Place the watering can in the middle of the floor to remind you to water your plants. Put things you want to take with you by the front door. Be creative with this.
- ◆ **Leave a voicemail message for yourself.** Do this on your house phone or your cell phone, or both to remind you of dates to keep.
- ◆ **Relax and give yourself time.** This will clear your head so you can remember and have that *Aha!* experience. 

These memory tips are courtesy of *The Commonwealth Compass*, a publication of Virginia's Commonwealth Health Program. If you have more memory tips to share, send them to evarts@ohio.edu for inclusion in our newsletter. For instance, how about the old ribbon-around-the-finger trick? Does that work for you?



Long-term care insurance changes

by Ted Foster

If you have Aetna long-term health insurance, you have probably heard that Aetna is getting out of the long-term aspect of the business.

Aetna has set up a trust fund to service the claims of all who presently have their long-term care contracts. But people with Atena contracts can choose to switch to Prudential instead.

This choice was discussed at the last meeting of OCHER (Ohio Council of Higher Education Retirees). Of course, each plan should be studied carefully by people who presently have Aetna long-term care insurance.

The wisdom of the OCHER group was that older retirees should probably stick with the Aetna trust fund, whereas retirees in the early to mid-60s or younger should consider the Prudential plan.

Ride board, anyone?

Have you ever used the Ohio University ride board to offer or find a ride? If so, Patty Mercer is interested in hearing your experience with it. Her contact information is on *The Voice's* masthead.

Brochures sent out to read and to share



Within the last fortnight or so, you should have received a letter about our efforts to reach out to others, along with two copies of our brochure.

We asked you to keep one copy to review and to show friends and pass the other on to someone who may be interested in Athens Village membership.

It's important, according to our president, Ellsworth Holden, that we should not only share or pass along brochures, but that we answer questions as well or

tell prospective members where to get those answers. (The best starting point is our director, Patty Mercer, whose contact information is on the masthead.) Prospective members could also be invited to a Brown Bag lunch or to one of the interest groups so they can see firsthand what we are like.

If you would like to have more brochures to distribute to such places as your church, doctor's office, exercise venue, or whatever, please call Patty and arrange to pick them up. If you are willing to monitor one of these spots (leave more brochures when you see the pile is getting low), let her know that.

We are indebted to Karen Nulf for her very attractive design of the brochure and to Elise Sanford for the photography. The entire board and Patty helped with the content.

Margaret Topping congratulates our Village

“... I have just received [your] brochure and information on the Athens Village, and the job you have done is OUTSTANDING!” wrote Margaret Topping in an e-mail message to members of the Village Board and a few other friends.

“You are to be congratulated, as not only is Athens the beneficiary, but you may just be setting an example for small-town America across the nation!” she said.

Margaret and her husband Al left Athens for the Dublin Retirement Village after years of work centered on trying to set up a retirement facility in Athens. She congratulated the founders of our Village for their hard work and perseverance. President Ellsworth Holden replied that she had not only inspired us to try the “village” idea here but she had paved the way for us.



Short Notes

Grade yourself on Activities of Daily Living

A checklist of Activities of Daily Living (ADL) has been developed so you can grade yourself to find whether you are managing on your own or need more help or even assisted living.. You can go to PBS.ORG and print it off the Web, or you can make up your own.

The activities are in 17 rows — bathing, dressing, grooming, oral care, toileting, transferring, walking, climbing stairs, eating, shopping, cooking, managing medications, using the phone, housework, doing laundry, driving, and managing finances.

The rows are where you check your proficiencies: independent, needs help, dependent, or does not do.

ADL was developed by insurance companies as they realized that seniors were better off and insurance companies were saving money if people stayed in their own homes as long as they possibly can.

Third initiative gets under way

The Third Initiative, which grew out of the membership strategic planning meeting in February, was the development of a county-wide Advisory Council for the Athens Village.

Since that time the Board has adopted the proposed description of the Council and its activities, and both were distributed to the membership with a request for nominees.

The Advisory Council Action Team was selected, and it met for the first time on May 18 to begin the development of the Advisory Council. This team is made up of **Roxanne Groff, Carol Kuhre, Margo Marazon, and Sandra Shirey** with **Sue Foster** as Board liaison. Over the summer the development of the Advisory Council will proceed toward a planned September meeting with everyone invited. Your continued help with suggestions and names is invited as we plan.

People serving on the Advisory Council can be any age but should be in touch with the needs and opportunities in their areas of the county.

ACTV23 has video equipment you can use in a project of your design. The first step is to take their orientation course. To find out more, go to www.actv23.com. A person taking this training could document the Athens Village story.



There will be no High Society Jazz performance in June. The series will resume in mid-July.



An AARP-sponsored Drivers Education for Seniors class will be held at O'Bleness Memorial Hospital on June 5. Call 593-6633.

Lane's Corner: A monthly list of handy tips



With mowing season upon us, let's talk about lawn equipment and its uses, care, and upkeep . Here are some tips:

- 1) Make sure your blades are sharp because sharp blades give you a much more beautiful lawn. And here's an added bonus — a mower with sharp blades uses significantly less gas.
- 2) If you have a riding mower or other equipment with a battery, check that battery's water level. During the hot mowing season, the water can evaporate. Keeping it at the manufacturer-suggested level can make the battery more dependable and lengthen its life as well.
- 3) Most lawn equipment is air-cooled, so keep your engine free of grass and debris. Also, have it cleaned, checked and serviced at least once a year.
- 4) Wear goggles to protect your eyes and plugs to protect your ears.
- 5) Think of yourself. Do not put hands or feet anywhere near blades. Drink lots of water. Protect yourself from the sun with a hat and lotion.

See this palm tree to the right? That's where Lane will be basking June 9-16. There will be no home inspections that week, but if you need help, call Patty Mercer (see masthead) for information on service providers who could assist you.

