

THE ATHENS VILLAGE VOICE



Brooke Hollowell to speak on respite

What is the Respite Volunteer Program? Brooke Hollowell will tell us about it and how we can become involved when she speaks at our Brown Bag lunch on May 12 in the ACVNA Conference Room. Lunch will begin at 12 noon and the speaker will begin her presentation at 12:30. There will be time afterwards for questions.

As associate professor and director of OU's School of Hearing, Speech & Language Sciences, Dr. Hollowell has extensive experience in adult neurogenic communication disorders, including aphasia, dementia, and other communication issues that can arise with aging. She is concerned also with caregivers in these situations and finding relief for them.

Dr. Hollowell is active in research and advocacy related to the development of technology to aid persons with disabilities, technology transfer, and research mentorship. She is a fellow member of the American Speech-Language-Hearing Association and is president-elect of the Council of Academic Programs in Communication Sciences and Disorders.



Sharing FAQs helps everyone

Do you have an FAQ (short speak for Frequently Asked Question)? Nearly everyone does in a new organization such as The Athens Village — something you wonder about for the good of all.

Sue Foster has been working on a set of these and their answers. She would like to add your questions and find those answers, too.

Send your questions to her at fosterm@ohio.edu or call her at 593-5258. The FAQs and their answers will be published on our website.

Calendar

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

May Wednesdays, 3:30-5 p.m. Caregiver Series. Athens Public Library. (See p. 3 story.)

Tu, May 11, 10 a.m. PRAC work group, ACVNA Conference Room.

We, May 12, 12 noon. Brown Bag lunch with Brooke Hollowell. (See p. 1 story.)

Tu, May 18, 10 a.m. Board meeting, O'Bleness Hospital community meeting room.

Su, May 23, 3:30-6 p.m. High Society Jazz Guest Day. (See Short Notes on p. 3.)

George Weckman joins Village Board

George Weckman, associate professor emeritus of classics and world religions, has joined the Athens Village Board of Directors after a unanimous vote by other board members. He will replace Kevin Dotson, of Nelsonville, who realized after accepting board membership last month, that he could not devote the necessary time.

Weckman, well-known as an organist/pianist and prominent supporter of community musical interests, is already serving on the Village's Planning and Advisory Council (PRAC). He also will be president of the OU Emeriti Association next year. Other Board members are listed on the *Voice's* masthead.

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.

Board and PRAC continue work in strategic initiatives

The initiatives determined at the Strategic Planning Retreat on Feb. 28 continue to be the main issues of the joint meetings of the Village Board of Directors and its Planning and Resource Advisory Council (PRAC).

Progress has been made on both Initiative 1 (Member Recruitment and Retention) and Initiative 2 (Listing and Vetting of Service Providers).

The major step related to Initiative 1 during the last month was the publication of the Village's first brochure. It is already in circulation to interested people and groups, and available for members to give to friends who they think might be interested. The website is also being upgraded to make it easier to use, and the newsletter is always open for suggestions and material.

Initiatives 3 and 4 (Formation of an Advisory Board and Advocacy for Seniors, respectively) are on the drawing board and part of the discussion at the PRAC/Board meeting. Sue Foster is seeking additional names to make up an Advisory Board that would represent people in every section of the county. These people do not have to be members, but simply interested in how older people around them are faring. Ideas of all Village members are welcome as to how we could best advocate for seniors.

E-mail ideas to pmercer@acvna.com.

Advanced Directives studied by Villagers

How can people be sure that they will be treated as they wish toward the ends of their lives, or that wishes they have expressed about this will be followed, even after their deaths?

By filing advanced directives!

These are legal papers properly drawn up and witnessed, then filed with the appropriate people or agencies. These documents were studied by a group of Athens Villagers on April 27.

Led by ACVNA social worker Kate Oches, six Villagers made out living wills and powers of attorney for health care, and received Area Agency on Aging info cards. Information on them will be available at Brown Bags.

The group suggested that these matters be discussed and help filling them out be available on a regular basis.

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

Crawly things: As we go into spring, trees and grass are greening up and some of us have a problem with tent caterpillars or bag worms. You can use household bleach in a spray bottle to kill them and dissolve their nests. Make sure you protect your face and eyes.



Munchy deer: As you plant your flower and vegetable gardens, your friendly deer like to eat as you plant. You can purchase a deer repellent, Liquid Fence, available at White's Mill. It works very well and — an added plus — it's all natural. It is available in a pre-mix or concentrate. The concentrate will require a sprayer to mix, but it will go a lot further. Just be sure to read and follow the instructions on the container.



Transportation experts discuss getting around

Mike Morgan, regional AAA manager, and Judy Hill (Athens branch manager) were joined by Lantz Repp, Athens County mobility coordinator, to discuss transportation needs with Village members on April 23. The group also saw “Getting Around: Alternatives for Seniors Who No Longer Drive.”

The Transportation Group has future plans to find:

senior citizen services provided by Athens Transit;

what topics Village members would like to attack;

senior tours, mature driver training, ride boards, etc.;

taxi schedules and deals for senior citizens.

Stay tuned. In the meantime, let your interests be known.

Caregiver Series

A Caregiver Series will meet 3:30-5 every Wednesday in May at the Athens Public Library: Free and open to the public.

May 5 — Keeping your brain working its best, with Julie Shur, PhD.

May 12 — Making transfers easier and safer, with Averell Overby, DPH, PT.

May 19 — Medication and memory, with Wayne Carl-sen, DO.

May 26 — Vitamin D’s vital role in health, with Jen-Tzer Gao, MD, PhD.

Easter Seals offers home safety tips

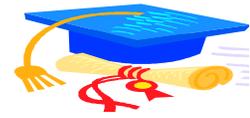
Have you done a safety check on your house lately? Try this one suggested by the Easter Seal organization. Put a check in the box beside the ones on which you would give yourself a passing grade. Attend to the others.

- Are electrical cords in good condition?
- Are they kept from being stretched across heavily traveled areas of your home?
- Are unused electrical outlets covered or locked?
- Are electrical outlets checked regularly for over-loading?
- Do you know how to turn off gas and electricity in case of emergency?
- Are proper fuses or circuit breakers used?
- Are floor surfaces nonskid?
- Are all floor coverings fastened down?
- Are fireplaces screened and protected?
- Are open flames such as candles kept away from curtains and wallpaper, or anything else flammable?
- Have you checked smoke detector batteries lately?
- Is an approved fire extinguisher kept on each floor?
- Do you have emergency phone numbers — police, fire department, doctors, SEOMS, utilities — in a handy place?
- Is a sturdy stepladder on hand for climbing?
- Do the inside doors, such as those on closets and bathrooms, have safety release locks that allow them to be unlocked from either side?
- Are openable windows screened tightly for the safety of small children who may visit your home?
- Is lead-free paint on all objects that may be used by children?
- Are firearms unloaded and locked up?



How did you do? It seems that anyone who has all of this in order should go to the head of the class. If you didn’t do so well on this checklist, work on what you missed and make your pad safer for yourself and visitors.

For help with checking this list, call Patty Mercer (see mast-head) so she can schedule our home maintenance coordinator, Lane Hoisington, to evaluate as he does the free annual household inspection available to you as a Village member.



APhiO invites your call for their help

Alpha Phi Omega, OU's coed service fraternity has volunteered to do service projects for our Village.

Peg Cohn joined representatives of a number of other community organizations in a late April APhiO meeting to describe The Athens Village and to encourage APhiO members to suggest which of our programs would best fit student interest in public service.



APhiO is a national service organization, of which the OU chapter has won top recognition for its public service record. Members are willing to help in any way needed—with computer problems, landscaping, running errands, providing transportation, gardening, or anything else that needs to be done.

If you would like some help, call Patty Mercer (see masthead), and she will arrange for a APhiO volunteer to assist you.

Forgetfulness by Billy Collins
(suggested by Peg Cohn)

The name of the author is the first to go followed obediently by the title, the plot, the heartbreaking conclusion, the entire novel which suddenly becomes one you have never read, never even heard of,

as if, one by one, the memories you used to harbor decided to retire to the southern hemisphere of the brain, to a little fishing village where there are no phones.

Long ago you kissed the names of the nine Muses goodbye and watched the quadratic equation pack its bag, and even now as you memorize the order of the planets,

something else is slipping away, a state flower perhaps, the address of an uncle, the capital of Paraguay.

Whatever it is you are struggling to remember, it is not poised on the tip of your tongue, not even lurking in some obscure corner of your spleen.

It has floated away down a dark mythological river whose name begins with an L as far as you can recall, well on your own way to oblivion where you will join those who have even forgotten how to swim and how to ride a bicycle.

No wonder you rise in the middle of the night to look up the date of a famous battle in a book on war. No wonder the moon in the window seems to have drifted out of a love poem that you used to know by heart.

Watch for Brochures

A letter and two brochures are being mailed to each Village household. Watch for this envelope, which will have a ACVNA return address.

Two brochures are being sent to you so you can keep one for your own reference or to show people and use the other to pass along to a neighbor or friend who may be interested.

You can pick up even more brochures anytime at ACVNA.

Short Notes

Opera Group: The Opera Appreciation Group is taking a hiatus until September, according to Norm Cohn. He also wants to remind everyone that a person need only enjoy opera, not perform, in order to be a member of this group.



High Society Jazz will have Guest Day on May 23. Joining before that time entitles you to bring family and friends free of charge for an afternoon of fun, games, door-prize drawings, and music by the AHJSA house band at Abrio's Restaurant, 859 E. State St., 3:30-6 p.m. For more information, contact Pat Light at 740-592-1317.

Spring Cleaning Help

Being possessed of the Spring Cleaning bug (bugus housecleanus), Ted and Sue Foster called Patty Mercer to find what Village services were offered to help them. Sue e-mailed:

"Ted and I had excellent service from the Village via ACVNA yesterday. We decided to get some help with the house and purchased two hours of time — a great investment since most of the tasks were accomplished in that time, leaving us only the lighter and less consuming tasks for our regular housecleaning. We plan to continue this as a gift to ourselves."