

THE ATHENS VILLAGE



Peggy Irwin to speak on SeniorBEAT at Brown Bag



A member of our newly formalized Advisory Council and the co-founder of SeniorBEAT, Peggy Irwin, will speak at our Sept. 8 Brown Bag lunch. Her subject will be "About SeniorBEAT," the last four letters of which are an acronym for Be Educated and Active Together.

As we celebrate our first anniversary, SeniorBEAT is preparing to celebrate its 14th after having been founded in 1996 by Irwin and O'Bleness Memorial Hospital co-worker Alice Hawthorne. At the time, Irwin was director of medical social services for the hospital, a position from which she retired after 13 years. She previously had been director of admissions

and social services for Hickory Creek since its founding and, before that, director of activities at Athens Day Living Center (now United Seniors).

SeniorBEAT now has a mailing list of 800, a monthly newsletter processed at O'Bleness and sent to all, and six interest groups informing and enjoying themselves. Irwin is involved in several interest groups, most notably chair volleyball, for which she is a major at-the-net player, scorekeeper at the Tuesday/Thursday games, and coach when the team enters the Southeast Ohio annual tournament. Lunch starts at 12 noon in ACVNA's large conference room, and the speaker begins talking at 12:30 p.m.

Celebration Perfection!

Wouldn't it be wonderful if all 79 of our members and their guests could gather for our first birthday party? Try it! You'll enjoy it!

3-5 p.m.

Sunday, Sept., 12

Galbreath Room

Ohio University Inn



We will recognize our founders, share stories, learn more about benefits of membership, and have plenty of time just to visit and enjoy Ameriprise's hospitality and Hilda Cross' cake.

Please call 594-8226, ext. 406, by Sept. 7 so we can have an accurate RSVP count. The committee is George Weckman, chair; Anne Braxton, and Jean Drevenstedt. **Come and bring a guest.**

Calendar

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

Mon, Sept 6, Office closed for Labor Day.

We, Sept 8, 11 a.m. Public Info Team, ACVNA.

We, Sept 8, 12 noon. Brown Bag lunch with Peggy Irwin of SeniorBEAT. (See p. 1 story.)

Su, Sept 12, 3 p.m. 1st Birthday Party, Galbreath Room, OU Inn. Everyone welcome. Bring a guest.

Tu, Sept 14, 10 a.m.-12 noon, PRAC work group, ACVNA Conference Room.

Tu, Sept 21, 10 a.m. Board meeting, ACVNA.

Th, Sept 23, 1:30 p.m. Coffee hour about access to services, especially for new members or those who have not previously used them.

4 new members are welcomed

The Athens Village is proud to welcome four new members:

Al Clapp

Steven Grimes

Alice Kozma

Roberta Thibault

This makes our present membership 79 before the end of our first year!



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
- 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.

Villagers enjoy 'try-out' ride on city bus

Eleven Village members enjoyed a "get acquainted" ride on the Athens Transit System on Aug. 18, when Mary Dailey, administrative assistant for the system, explained how it serves the public. Here are some of the things they found:

The bus system has three main routes: East State Street, Richland Avenue, and West Side of Town/The Plains. All buses converge alongside the city parking garage at the top of the hour and depart from there at 5 minutes after the hour. Buses can deviate from their routes for as much as three-quarters of a mile round trip to pick up a resident who calls in advance. For instance, the Richland Avenue bus could deviate from its main course to go to the Ridges, Kimes Lane, or Mulligan Road (up to Canterbury) to pick up a passenger. All buses are handicapped equipped. A 90-day pass (unlimited rides) for senior citizens can be purchased at the mayor's office for \$30. Individual fares are 75 cents for those 65 or older or \$1.50 for those under 65. Transfers are free.

Times of operation for East State Street and Richland Avenue are 7 a.m. to 7 p.m. Monday through Friday and 9 a.m. to 5 p.m. on Saturday. For West Side of Town/The Plains, they are 10 a.m. to 4 p.m. Monday through Friday. The buses do not run on Sundays or holidays. Schedules are available on buses, on the website, and at city offices.

Dailey clarified some details during her talk: "The passenger assistance issue is a gray area. With 'hands-on' assisting, there is risk of perhaps unintentionally hurting/harming a passenger. We discourage the drivers from taking hold of someone. Instead they are told to offer an arm or take baggage or packages in order to help."

Sue Foster, one of the members on the ride, said, "Probably the most important things I learned were the nature of the bus route — a 'hail system' rather than a typical bus-stop system. I also learned that the bus does not turn left across traffic except in very few circumstances.

"With the hail system the bus can be flagged down anywhere along the route rather than stopping to wait at particular points. Because it doesn't turn left off the route, anyone wishing to ride the shortest possible time needs to obtain a map and plan the pick-up point carefully or expect a relatively long ride.

"It was also interesting to note that for those who would like a 'long ride,' transfers are free and anyone can ride around Athens and The Plains to familiarize himself or herself with the routes for one fare. The trip was enlightening and enjoyable."

Dailey encourages people with questions or comments to call 740-592-2727. The same number can be used for special requests. She is glad to answer any questions or help you plan a bus trip.



Member survey results are shared

Remember the survey Margaret Manoogian’s Human and Consumer Sciences group did for us last January and February? In the end, 58 of the 75 Villagers (77 %) participated. This was considered a very good response. Some preliminary results are:

Transportation — 25 members will take others on trips around this area, 14 will take them on longer trips, 18 will take them to area cultural events in this area, and 22 will take others to the grocery store and back.

Computers — 20 of our members are PC users and 24 are Mac users; 9 offered help on specific software.

Pets — 21 will help with short-term pet care, mainly in their own neighborhoods.

Office help — 14 members volunteered to help in our office for special projects.

Medical ally — 23 are willing to train to become a medical ally (accompany during doctor’s appointment, help with medication, etc.).

Learning from Lane — 12 said they would take a home maintenance course if one is offered by Lane Hoisington.

If you have a need that could be fulfilled by one of these members, or if you have another suggestion, let Patty Mercer know. (See masthead for contact info.) **More on this will appear next month.**

Advisory Council chosen, ready to go

Treasurer and membership chair Sue Foster has worked with a committee all year to identify the best set of people to act as an Advisory Council to our Village, guiding the Board to achieve a countywide structure and membership.

Out of 75 nominees from various sources, an Advisory Council of 25 with a wide range of expertise has agreed to help. These people are not members, but friends who want to see the Athens Village succeed and grow. They will meet three times a year to give advice, and the Board may call on individuals at other times if specific questions are suited to their areas of expertise. They are from widespread areas of the county — Athens, Nelsonville, Albany, Amesville, Coolville, and Glouster.

The committee assisting Sue in her quest for a well-balanced and knowledgeable Advisory Council was made up of Sandy Shirey, Margo Marazon, Carole Kuhre, and Roxanne Groff. They helped gather names, interview possible members, and sift the group down to the final 25. They also assisted Sue in meeting with the nominees on two August dates (nominees could choose which meeting to attend) in order to be sure everyone fully understood the charge.

Advisory Council members are: Mary Abel, Robert Antle, Kelli Bell, Pete Clark, Polly Creech, Katherine Foster, Jen-Tzer Gau, Peggy Irwin, Ellen Jones, John Kotowski, Paula Horan Moseley, Deb Murphy, Barb Pfeiffer, Susan Roth, Deb Schmeiding, David Stroh, Joan Stroh, Shawna Stump, Mark Sutton, Georgeanne Thomas, Mike Thomas, Kathy Trace, Mike Turner, Gene Willoughby, Lisa Yehi, and Marty Zinn.

Columbus Dispatch features our Village

The *Columbus Dispatch* featured our Village Aug. 30 after reporter Caitlin McGlade traveled to Athens to interview our director, board members and other members.

The *Dispatch* became interested after the staff learned that this is the only independent Village organization in Ohio. Our Public Information Team assisted with arranging the interview.

How is PRAC doing?

Once a month, the faithful PRAC (Planning and Resource Advisory Council) meets with the Board to check whether we are on track with achieving the four goals determined as being most important of all emerging from the every-member retreat held in February.

Ed Penson, who has guided the retreat and PRAC’s follow-up, applauds the actions taken over the past six months. Look for a complete PRAC report in the October newsletter.



Opportunities

Here are some opportunities for which senior citizens could lend a volunteer hand:

COSI: "Launch Into Space" is a program that COSI is bringing to the Market on State on Saturday, Oct. 9, for area schoolchildren. Volunteers are needed from 8:30 a.m. to 12:30 p.m. Call Gretchen Stevens, mall manager at 592-3674.

★★★

Memory research: Brooke Hallowell welcomes participants for memory research. Takes about 2 hours and pays \$20. 593-9836 or hallowel@ohio.edu. (See August Voice.)

★★★

COAD & RSVP: These groups cooperate in recruiting and training Senior Companions and Foster Grandparents. Call 594-8499 to inquire about either.

★★★

Cognition: Julie Suhr welcomes volunteers for testing of mental cognition. This interesting exercise takes about two hours, after which she renders an immediate oral report to you. Call 593-1091.

MEMO: Things to do in September

The first thing the experts always say as we wonder why we are forgetting things is "**Make a list.**" Presto: Here is a list:

- 1) If you joined the Village with the initial group last September, it's time to pay your annual dues of \$400 for the next year or make arrangements to go on the \$35-a-month plan. People who joined later, of course, have until their anniversary month to do this. Contact Sue Foster (592-5258 or fosterm@ohio.edu) with questions.
- 2) Make a reservation for the High Society Jazz Band's "Riverboat Shuffle" on the Valley Gem, which sails from Marietta at 3:30 p.m. on Sunday, Sept. 26. Call Pat Light at 592-1317.
- 3) Get your questions about financial issues facing seniors to Patty Mercer (see masthead) so she can relay them to our October Brown Bag lunch speaker, Don Cooley, partner in Cotner, Cooley, Clark & Sharp LLC. He has asked for questions in advance.
- 4) Consider attending the "Smart Money Choices" meeting at the OU Inn, 8:30 - 11:45 a.m. and 1-4:45 p.m. on Sept. 17. More info from Ohio Treasurer Kevin L. Boyce, toll free 800-228-1102.

Lane's Corner: A monthly list of handy tips

As I go from home to home of Village members for their annual free inspections, and as I visit other places, I often see problems with handrails along sets of steps and grab bars in bathrooms.



Handrails: All staircases inside your house, as well as smaller sets of steps leading to the basement, from yard to sidewalk, or elsewhere on your property should have sturdy, dependable handrails. **And you should use them.** Where you have a handrail on just one side of a set of stairs, you might also consider putting one on the other side.

Grab bars: All bathtubs should have strong, solid grab bars. Do not use the suction-type ones, no matter how appealing they seem from the advertising on them. They are easy to install, but will they hold if you slip and really need them? Don't worry about ruining your tub-area tile. I or another experienced installer can drill through the tile and insulation without damage and anchor grab bars firmly where you want them, with anchor bolts to hold them tight. You also have the option of getting a chromed bar to clamp on the side of your tub. These are about 18 inches high and enable you to have a firm grasp when you are getting in or out of the tub. They are available at stores or through ACVNA. Call Patty Mercer (see masthead) if you would like to order one.