

# THE ATHENS VILLAGE VOICE



## Red Cross at Lunch

The Red Cross in general and the new CPR procedures in particular will be the subjects of Jane Patton, director of preparedness for the Athens Red Cross chapter, which serves Athens, Gallia, Meigs, and Vinton counties.

CPR procedures have changed over the last few years, so everyone who would like to be able to help someone who needs it will profit from being at this lunch. After an emergency arises in your presence, it is too late to learn what to do. Learn it here and now. There are many other things to learn about the modern Red Cross, especially for an organization as active as the Athens chapter. It has many ways both to serve you and for you to serve others.

Patton joined the Athens County Red Cross in March 2009 as health and safety coordinator and became director of preparedness. A native of Athens County, she moved from the area in 1972 to study and pursue a career in medical transcriptionist work. When she returned the Athens, she engaged in that work again until she resigned in order join the Red Cross. She is one of only two paid staff persons at the Athens County Red Cross office, which relies on volunteers for the bulk of its work.

"It has been wonderful to reconnect with old friends and make new friends in Athens County," she said. "It is invigorating to work with people who come to work because they want to, not because they have to. I love our volunteers."

## Calendar

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

**Tu, April 12, 10 a.m.**, Board meeting, ACVNA.

**We, April 13, 11:30 a.m.** Public Info Team, ACVNA.

**We, April 13, 12 noon**, Brown Bag lunch, ACVNA (See p. 1 story.)

**Mo, April 18, 1:30 p.m.** Coffee on ideas, opinions, needs, for programs and activities in 2011, 1:30 p.m. ACVNA, large conference room

**Tu, April 19, 2 p.m.**, Ad Hoc Dues Committee, ACVNA

## Healthy U program has room for you

You don't have to have heart trouble, diabetes, or any other chronic disease to enroll in the Healthy U program. Any problem that concerns you (overweight, insomnia, nagging pain, etc.) or an interest in remaining vigorous gives you a reason for enrolling.

This is a free six-week program scheduled to run from early June through mid-July. Anyone can benefit from it while working with a buddy, the group and interacting with instructors Joan Stroh and Susan Pitts

To pre-register, call 594-3535; Joan can answer questions at 797-3528 or [jlstroh1@hotmail.com](mailto:jlstroh1@hotmail.com).

## And now we are 89

Frank and Lorraine Myers have joined us this month, thus taking the membership to 89. They knew about The Athens Village and had been thinking about it for months, they said. We say, "Welcome!"



**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. Contact 592-1231 or [evarts@ohio.edu](mailto:evarts@ohio.edu) with ideas or suggestions.

**For assistance, call**

Patty Mercer, director, at ACVNA, 30 Herrold Ave., Athens, OH 45701, 594-8226, ext. 406 or 1-800-837-1112. (If no answer there, dial 0 and speak with an operator for assistance.) E-mail: [pmercer@acvna.org](mailto: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) 1-800-649-8027. Web site: <http://theathensvillage.org> (use no spaces.)

**Board of Directors**

Ellsworth Holden, president  
 Margaret (Peg) Cohn, vice president  
 Sue Foster, secretary  
 Cherie Gall, treasurer  
 Don Cooley  
 Ed Penson  
 George Weckman

**Tell people about The Athens Village**

*Do you have friends or neighbors who may be helped by having Athens Village membership? Give them brochures and bring them in as guests to get an idea of what we're about.*

**Diana Schwerha offers us computer training**

Here is the opportunity of a lifetime for Village members. We are sought after as students of computer skills.

Diana Schwerha and her graduate students are offering us a free course designed to instruct us and help her students gain experience in teaching computer skills to adults. Professor Schwerha will be in the room (Stocker 292) but the students will do the bulk of the teaching after her introductory lecture.

The class runs 1 to 2 p.m. on five Thursdays: April 21, 28, and May 5, 12, and 19. Dr. Schwerha suggests carpooling to minimize parking, and she can arrange parking permits in front of Stocker Hall if needed. You could also park in the lot that serves the patients going into Parks Hall. It's a very short walk to Stocker.



The five lessons in this series will be mainly on these topics:

1. Introduction to the computer and the Internet.
2. Browsing the Web and the Internet.
3. Microsoft Word and its most useful subsections.
4. Images and photographs.
5. Social networking (e-mail, Facebook, etc.)

Call Dr. Schwerha's office (593-1577) if you want to be in this class. She and her students will take questions on other aspects of "computering," even those not on the subject of the day.

Please register for this class as soon as you can and no later than April 14. If you have a friend who also wants to do this, that may be possible after interested members of The Athens Village are accommodated. You need not attend every class, but try to attend most (all for maximum benefit).

This class needs at least five students and can take as many as 10. It would be wise for you to call as soon as you get this newsletter to be sure you have a place. You need no equipment; all of us will be using the desktop computers in the lab in Stocker 292, where all five classes will be held. You need no prior experience — simply an eagerness to learn.

**May will be Older Americans Month nationally. The Ohio Department of Aging has many plans for it, which you can see at its web site, [aginginfo@age.state.oh.us](mailto:aginginfo@age.state.oh.us). May 17 is Senior Citizens Day. More about both the month and the day in *The Village Voice's* next issue.**



## How about water?






How much water is recommended for people now? This is a rather fashionable topic, for which 8 glasses a day has been the most popular recommendation in the last few



years. But some people say that is too much.

Here is the definitive word found on the Web

by Norm Cohn:

-  One glass shuts down midnight hunger pangs for almost 100% of participants in a research study.
-  Lack of water is the #1 trigger of daytime fatigue.
-  Preliminary research indicates that 8-10 glasses of water a day can significantly ease back and joint pain for 80% of sufferers.
-  A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.
-  Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

### Credit card safety tip

The truecredit.com folks sent along this tip: *If you buy anything online, log out after you close the transaction, and turn off your computer. This will disable anyone's ability to hack your personal info.*

## Finding the information you can use

Are you looking for information that will answer some of the questions you have about making the most of your senior years? The simplest thing to do is to use a search engine, such as Google, on a computer and put your request in the search box. That is much simpler than trying to find the exact Web address of a specific organization.

For instance, if you put "AARP" on the search line, then select "AARP Research," you will find links to its Research Center, the Public Policy Institute, Surveys and Statistics, Academic Affairs, and Latest Research (which includes info on income tax, the impact of the Great Recession on incomes of seniors, and other information you can use).

If you don't have a computer at home, do this at the library. Roaming around on the Internet can bring you all sorts of info and ideas for programs you might want to suggest to Patty Mercer for Brown Bag lunches or coffees.

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



Welcome to Spring! It's time to get out your lawn equipment and mowers. For those of you who still maintain a lawn, make sure you have the blades on your equipment sharpened and motors serviced so you can get the best performance out of them. They



should provide help, not frustration.



Give smaller pieces of equipment (shears, trimmers, spades, hoes, etc.) a good spring cleanup if you didn't do it last fall, and sharpen where needed. Check them carefully and be sure they are ready for garden or lawn use.

You were advised last fall to disconnect your garden hoses. Reconnect them now and test for leaks or any other problems they may present.



**Here's a special opportunity for you:** I will be giving a talk and demonstration at a Brown Bag or a special coffee hour. This is a hands-on session to help you learn about simple household repairs by yourself. Call Patty Mercer (see masthead) if you would like to suggest particular repair and maintenance subjects to be covered.



**Short Notes**

**Peg Cohn** came home from Heartland Jackson on March 16 and was able to attend her husband Norm’s recital on the Saturday following that. Everyone was so glad to have her back in Athens. She is using her house phone, 592-4074. Some members have asked how and when they could be helpful to Peg and Norm. Patty Mercer is handling that. (See masthead.)



**Interested in an energy audit** of your home before cooling season begins? Columbia Gas will do the audit for a small fee. Call 1-877-644-6674.



**To pep up your fitness and help a good cause**, join the Alzheimers “Memory Walk” at the Athens Community Center, starting at 10 a.m. on Monday, April 9. Have fun — do good.



**Ann Holden** is in Lindley Inn, Room 100, phone number, 797-5100. She appreciates visits and calls.



Want to give, get, sell, or buy something? Send your listing to *The Voice* by April 25.

**Caregiver experts invite you to May presentations**

Every Tuesday evening throughout May, a caregiver series will be given 6-7:30 p.m. at the Athens Public Library. The first and last quarter hours are for refreshments and socializing, the 6:15-7:15 hour is a presentation.

Subjects and speakers include:

May 3 — *Ergonomics & Independent Living*, Diana Schwerha.

May 10 — *Disruptive Behavior*, Jean Stroh.

May 17 — *Staying in Motion, Preventing Falls*, David Russ.

May 24 — *Prevention of Complications*, Maureen Clothier.

May 31 — *Palliative Care: Myths & Benefits*, Tracy Marx

All sessions are free and open to the public. For further info, call Deborah Meyer at 593-2266 or Ellen Peterson at 593-2258.

**Athens High Society Jazz to play April 17**

Emily Burhans will be the featured soloist on Sunday, April 17, when the High Society Jazz plays at Abrio’s, 859 E. State St., 3:30 to 6 p.m.

Abrio’s serves drinks, pizza, light meals, and other food and drink during the jazz session. Director Pat Light is one of our early members.

**Villagers encouraged to speak minds at coffee**

Got ideas of how The Athens Village could be serving us better? Opinions to share? Needs that are not being met now?

Come to a special coffee, beginning at 1:30 p.m. on Monday, April 18, in the ACVNA conference room. Let’s talk and plan.

**Thesis writer, director thank Village for research help**

Kyle Lynch, the industrial and systems engineering graduate student who conducted a website-navigation experiment during the winter of 2010, has written his final report (his thesis, actually). His research involved an evaluation of senior citizens’ abilities to navigate different website configurations designed to get the messages of the Area Agency on Aging across to those who might be using them. Lynch especially thanked participating Athens Village members for their contributions to his research.

Diana Schwerha was his thesis director. This spring she and other graduate students are offering computer instruction to Village members, free of charge. (See story on p. 2.)