

# THE ATHENS VILLAGE VOICE

## Great News! Founders win Ohio honor



The Athens Village has had an outstanding victory after nominating four of our founders (two couples) for a statewide award, "Joined Hearts in Giving."

Peg and Norm Cohn and Sue Foster (representing Ted Foster also) will be honored at the Governor's Mansion in Columbus on Feb. 10. Both persons in both of these couples have had outstanding records of public service for many years. But their crowning achievement was establishing The Athens Village.

They were not the only founding people. Ellsworth Holden, Max Evans, and Lyle McGeogh joined these four shortly thereafter to form the Steering Committee. Their spouses and other friends gave their support and, when the time came, joined in paying their first dues. But when the invitation came from the state Department on Aging to nominate couples for outstanding service done both individually and together, the Cohns and Fosters came immediately to mind.

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## A family lunch next Wednesday

We're trying something new next Wednesday (Feb. 9) and hoping everyone will come and enjoy. Bring your brown-bag lunch as usual and be ready to share great conversations with your fellow Villagers.



This change in plans came about because our scheduled speaker (Mark Margolies of the Ohio Treasurer's Office) phoned to say he could not appear after all. (Perhaps the new administration is saving money in this way.)

Bob Borchard has consented to moderate our conversation. Come full of questions, suggestions, needs you see, offers of help, advocacy ideas for The Village to implement — whatever you want to talk about.

If you don't want lunch but would be happy with a snack, help yourself to the popcorn on hand. **Be sure to come.**



### Calendar

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

**We, Feb. 9, 11:30 a.m.**, Public Info Team, ACVNA.

**We, Feb. 9, 12 noon**, Brown Bag lunch, ACVNA (See p. 1 story.)

**Tu, Feb. 15, 10 a.m.**, Board meeting, ACVNA.

**Th, Mar. 3, all day**, Trager sessions, ACVNA. Call Kathy White, 594-8226, x408 to schedule.

### Newest member

B. Deahl is our newest member, courtesy of a gift from her children. Remember to mention gift memberships as a possibility for others. Now we number 88 members.



**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. 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.*

**Village-to-Village network proves useful**

Our investment in the Village-to-Village network is proving fruitful at the cost of \$315 a year. Patty Mercer has been educating herself through the network's webinars. These enable her to participate in lectures and discussions with others in the 119 groups across the country that have subscribed. Village-to-Village also has records-management software of which we can take advantage.

Mercer has found that our individual members can go on line and learn how to get the most out of Village membership. On the Internet, just go to <http://www.vtvnetwork.org/> and follow the directions to see what others do.

**Y'all come**

Get in the mood for Mardi Gras at the High Society Jazz session, 3:30-6 p.m., Feb. 20, at Abrio's which is barrier-free. Cost is \$5 for non-members, \$3 for members. Everyone is welcome to hear favorite New Orleans-flavored tunes.

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

What is the best thing to do on the long winter days? Take advantage of the cold.



While the weather is so cold, you can use the outside (porch, breezeway, backyard with a container so animals can't break in) to store the contents of your freezer while you do a thorough job of cleaning the one inside your house. The same for your refrigerator contents, as long as you put them where they do not actually freeze during your cleaning marathon. Perhaps refrigerator contents could go into a box in the garage, where the temp is not as cold as it is outside.

Give both the fridge and the freezer a thorough interior cleaning and defrosting. Even the self-defrosters can use a little help in getting all of the frost out so your cleaning can be thorough.

While you are at this chore, check for expiration dates on your fridge and freezer contents and dispose of out-of-date food. If defrosting a freezer, speed up the process with a small heater directed at the open door. Pans of hot water can speed the defrosting if a heater is not possible to use.

I don't want to sound like a broken record, but do all you can to prevent falls. Install and use hand rails on even small sets of stairs, outside and in. (Even a step or two presents a danger.) Carry your cell phone so you can get help quickly if you fall. Leave a pair of boots with a good tread by the door to use outside and a pair of slippers to slip into when you come back in.



**Disaster preparedness materials available** *Short Notes*

Anyone who did not make it to last month's Brown Bag lunch missed a very interesting and important talk by Peggy Pruitt. She not only talked about emergency preparedness, but she gave each of us a bright red shoulder bag full of things to help us survive an emergency situation.



Peggy is packing up more of these bags for Village members to pick up at the Red Cross building at the end of S. May Ave. They are not really for sale, but a donation certainly would be a good idea.

The emergency bag has:

- \* 6 compact nutrition bars
- \* a hooded poncho
- \* antiseptic towelettes
- \* band-aids
- \* 2 weekly medicine boxes
- \* bag of toiletries — washcloth, comb, razor, shaving cream, toothbrush and paste, tissues, deodorant, soap, shampoo
- \* a whistle with neck cord

All this was accompanied by a booklet, "Disaster Preparedness," for seniors by seniors. It gives advice and many more suggestions, such as how much water to have on hand, etc.

**Peg Cohn moved to Jackson:** Peg Cohn is advancing on her recovery from the bad fall she experienced in December. She left OSU's Dodd Hall on Feb. 1 to go to Heartland of Jackson for more physical therapy. If you would like to send a card, the address is Room C-10, Heartland, 8668 St. Rte. 93, Jackson, OH 45640. To visit, go southwest on Route 32/50, pass Albany and stick to 32 until you see the Jackson sign; then turn left on Rte. 93. It is 8 miles from the 32/93 intersection.

**Joe Agranoff has moved from Kimes Rehab.** He would like to have only calls (591-4649) or cards for now; he is very busy with PT, etc. His address is 29 Meadowlane, Athens.

**Kathy Evans had surgery to set a broken wrist** after a fall in the ice and is now recuperating at home.

**Ann Holden is scheduled to return to her home Friday** after a physical therapy treatment program at Hickory Creek.

**Emily Edgar may be contacting members**

Emily Edgar, our intern for winter quarter, is continuing to contact every member for whom records are incomplete in some way. It is in everyone's best interest to give her an interview so The Village can serve all members best.

**Yoga lessons available for us, too**

Did you think you were too old, too light, too heavy, too awkward, or too anything to do yoga? Did you think you wouldn't be able to get up off the floor once you got down there? Did you even think it had to be done only on the floor?

Linda Cochran is offering a new yoga class for folks just like us. She says anyone can do and can enjoy it. The class will help you experience the benefits of yoga (reduces stress, relieves body aches and joint pain, and improves strength, mood, and flexibility) with safe step-by-step instructions.



You don't even have to sit on the floor if you prefer not to because the class can be done while sitting on a chair! No previous experience is necessary and all equipment is provided. Class time is 5:15-6:15 p.m. on Fridays, Feb. 4-25 in the Entertainment Room of the Community Center. Cost is \$20 for Community Center members and \$25 for non-members.



## Sharpening Your Brain

Does it take you longer to learn new things? Forgetfulness is part of the normal aging process, but it should not interfere with your life unless you let it. Here are a few tips from *Compass*, a wellness magazine.

- 1) **Write things down on paper.** Put a notepad in the kitchen, by the phone, by the bed, and in the car. Use this for shopping or organizing.
- 2) **Keep a calendar** of events, appointments.
- 3) **Tape a note to the door, bathroom mirror, fridge, etc.** to help you remember items to take when leaving the house.
- 4) **Establish a home** for items like keys remote control, glasses, etc.
- 5) **Use visual reminders in obvious places**, such as leaving things at the front door.
- 6) **Leave a voice message to yourself** on your phone about a date or an errand, etc.
- 7) **Relax and give yourself time to remember.** Think of other things that might give you a clue.

## Cohns and Fosters win prestigious award

(continued from p. 1)

The Joined Hearts in Service award was established by the state in 1999 to recognize couples who have been married more than 40 years and have been extraordinary volunteers in their communities. The state is divided into 12 districts, and two couples in each receive the award in a Governor's Mansion ceremony close to Valentine's Day (thus, the Feb. 10 date this year).

In addition to their extensive work in establishing The Village and fostering its good health, each of these winners was outstanding in community service before The Village was established and concurrently with their work for The Village.

Ted Foster, whose award is posthumous inasmuch as he died last September, was vice president of The Village and had high offices in the Ohio Council of Higher Education Retirees, the University Emeriti Association, and the American Association of University Professors. Sue Foster was The Village's first treasurer and is now secretary, in addition to past work in the Consortium for Health Education in Appalachia Ohio, and the League of Women Voters. Ted and Sue served together on the Hocking River Commission.

Norm Cohn is Grants Committee chair and head of the Opera Appreciation Group for The Village. He is active in the Athenian Berean Theater and other arts groups, has worked with the Athens Mediation Service, and has entertained in many fundraisers. Peg Cohn served as The Village's first secretary and is now its vice president. She served on both the Athens City Council and the Planning Commission. She also worked with the Athens Photographic Project.

The district in which Athens falls is geographically the largest in Ohio (covering eight counties). We are proud of The Village for nominating these two couples and proud of them for winning.

### Coming to Brown Bag = Getting helpful handouts

Our Ohio Treasury friend who found himself unable to actually be with us on Feb. 9 is sending a number of helpful booklets on budgeting, tax filing, avoiding scams, etc., for those in attendance to pick up.

Moreover, we have other handouts you may want if you have not already gotten them at one of our meetings or elsewhere. These include information on energy conservation, emergency preparation, winter storms, the Area Agency on Aging, winterizing your car, and funeral arrangements.