

THE ATHENS VILLAGE VOICE

Peggy Pruitt: Emergency Preparedness

How can we be prepared for emergencies that may occur? Most of us know someone or at least know OF someone who has had an unforeseen emergency — from the recent tornado/straight-line wind or snow emergencies or flooding.

Peggy Pruitt, disaster coordinator of the Athens County chapter of the American Red Cross, will be speaking on emergency preparedness at our Jan. 12 Brown Bag lunch. She retired from OU in 2001 as senior associate director of athletics. The university's field hockey facility is named Pruitt Field in her honor. She volunteered as Red Cross disaster coordinator after Hurricane Katrina in 2004 but was not able to go there personally. She led the Red Cross assistance effort for the Athens-area ice storm of 2008 and this year's tornado/straight-line wind damage.



Before Pruitt's talk, Joan Stroh will explain AAA-8's new class, "Healthy U," available for Village members as needed.

Calendar

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

Tu, Jan. 11, 10 a.m., Board meeting, ACVNA.

Tu, Jan. 11, 12 noon, Advisory Council.

We, Jan. 12, 11 a.m., Public Info Team, ACVNA.

We, Jan. 12, 12 noon, Brown Bag lunch with Peggy Pruitt, disaster coordinator of the Athens County Red Cross. (See p. 1 story.)

Th, Jan. 13, all day, Trager sessions, ACVNA. Call Kathy White, 594-8226, x408 to schedule. Cost is \$20 per 30-minute session.

Fr, Jan. 28, noon at ACVNA, Hospice Brown Bag, with Diana Schwerha talking about safe ergonomic principles for caregivers.

New

members

Betty Reese and Sara Green are our two newest members. They make 87 in all.

Want to help design the signage directing people to The Athens Village? Let Patty Mercer know you are interested.

Making certain everyone is safe

A major goal of The Athens Village is making certain that every member feels safe and secure in his or her own house, and actually is.

After the high winds of last fall and the snow-storm of Dec. 15, we are reminded that a reliable system of keeping in contact with members is needed in order to find who needs help, if anyone. Here are some of the things in place or being considered:

Buddy System: We started organizing this in July and August so that every member would have someone contact him or her on a regular basis to make sure everything is okay. If you did not get in on this at that time, let Patty Mercer know (see masthead for contact info).

Calling Tree: If we need to contact members quickly to change plans, it would be good to have volunteers willing to call 4 or 5 members each. If you are willing to be a caller, let Patty know that.

Robocalling: Some groups use a Robocalling system by which a message is entered and the equipment calls everyone at once. Trouble is — the robocaller leaves

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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 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: pmercerc@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
 Sue Foster, treasurer
 Margaret (Peg) Cohn, secretary
 Don Cooley
 Cherie Gall
 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.



Short Notes



Village-to-Village: The 50 or so villages across the country have joined together to create a Village-to-Village Network, in order to share ideas, develop a data management system, exchange newsletters, and cooperate in other ways. Our Board has decided to join this group. The cost is \$315 a year.

Minding a Village Table: The Market on State is having a special day on Wednesday, Jan. 26, when our Village will have a table. Features include a display by the Athens Photo Project, a senior nutrition talk by Joyce Shriner, refreshments, etc. Let Patty Mercer know if you can "sit" our table. She will schedule people.

Joe Agranoff: Joe is making slow, steady progress from his fall and surgery. He would welcome cards, calls, or visits at Kimes.

New Intern: Emily Edgar is our new intern from Ohio U. She may be calling you about questions, information to gather, etc.

Laptops, anyone? If you have a laptop that you or someone else could use in a demonstration on navigating our website, let Patty Mercer know.

Lane's Corner: A monthly list of helpful tips

Even though the holidays are over, lots of folks are still traveling, so it is well to be aware of safety tips, whether you are the departing person getting your house ready to be left on its own or the actual traveler departing for points elsewhere.

If the former, put timers on a couple of your lamps so they will turn on and off at varying times in order to help the house look occupied. Arrange for someone to check your house while you are gone (for frozen pipes, running toilets, thirsty plants, etc.), and leave a key with that person or in a hidden place outside that that person knows about. Arrange for newspapers and mail to be stopped or picked up by your house sitter. Be sure that person can reach you quickly at any time.

If you are traveling by car, pack enough emergency equipment for everyone in it. Include blankets so each person has one, a fully charged cell phone (and a car charge cord for longer trips), a first-aid kit, water and snacks, a good flashlight (preferably one that also has a flashing emergency light), candles in a metal container with a tight-fitting lid and some way to light them. (Many cars no longer have a cigarette lighter built in.) One or two candles burning in a car can keep people from freezing. Keep as much of your emergency kit as possible in the car, not the trunk, for quicker, more direct access.





Howard Beebe Dies

Howard Louis Beebe, 79, professor emeritus of music, died Dec. 30 after an extended battle with cancer. He had been a Village member since February.



Born in Buffalo, N.Y., he studied violin in both Kansas and Wisconsin as his family moved during his grade and high school years. He later studied with Ivan Galamian and Dorothy DeLuy at Julliard.

Peg Cohn is injured

On a mid-December Sunday, Peg Cohn was taking her recyclables into their attached garage when she tripped over a box. As she fell, she hit her head on the wall in such a way that her neck vertebrae imposed on her spinal cord to the extent that she could not move her limbs. After surgery at Grant Hospital she finally was transferred to OSU's Dodd Hall for rehab, which will take at least two months.

It is not time for visitors or phone calls yet. Patty Mercer will send out e-mail info and make calls when it's time for those. The best thing now is letters and cards to:

Peg Cohn, patient
Dodd Hall, OSU Hospitals
480 Medical Center Drive
Columbus, OH 43210

RSVP offers new name, opportunity

Sandy Shirey, senior programs assistant, RSVP

RSVP, like YMCA, is one of those organizations so well known by their initials that people have forgotten the original names. But the initials are so prominent as a brand that the organization chooses not to give them up. The YMCA is not just for young men and its members need not be Christian. The same with RSVP, which originally stood for Retired Senior Volunteer Program. People need not be retired nor seniors (55 is old enough), but the volunteer element is still important, and some expenses of that volunteering are reimbursable.

RSVP is now a nationwide corps of people 55+, whether employed or retired, who use their skills and experience to offer *time* as volunteers in the community. In this area, the RSVP program is sponsored by COAD (the Corporation for Ohio Appalachian Development), based in Athens.

Volunteers are recruited for all sorts of nonprofits, government offices, and health care organizations. Our local RSVP program extends to Hocking, Athens, Vinton, Jackson and Gallia counties, and has just added three more counties.

Organizations served include visiting nurses and hospice, libraries, senior centers, schools, neighborhood watch groups, welcome centers, hospitals, senior residences, food banks and pantries, Red Cross, and many others. The impact of the thousands of hours of volunteer work is tremendous! The familiar RSVP could now stand for Respond Soon, Volunteer Please.

Best of all, RSVP will make the contact on behalf of a volunteer. Once the volunteer finds satisfying work, direct RSVP benefits begin, including supplemental accident and liability insurance, a modest amount for mileage if needed, educational presentations, newsletters, and social get-togethers.

RSVP compiles a list of current volunteers and will soon be able to send out a message on a critical need – disaster response, a special need of one of the nonprofit partners, or a one-time event. Via e-mail, mail, and phone, the corps of volunteers will be notified and anyone who has the needed resource, time, or interest may respond.

The benefits to the volunteer are clear: a volunteer placement where one's experience and skills are deeply appreciated, work that helps maintain and build mental capacity, and the feeling of self-worth. Volunteers who have leadership qualities are especially valued.

Any Athens Village member or friend who would like more information is encouraged to call Mary Lewis or Sandy Shirey at COAD RSVP, 594-8499.



Assuring safety

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messages but doesn't account for which people are not answering the phone at all. The robocaller can leave a message, but that does not mean that the member was really informed of the danger.

Checking your info: It is your responsibility to check occasionally to make sure your in-case-of-emergency contact number is up to date in the Village office. If you or your family makes a change on that contact, so be sure to let the office know. You can also provide alternative numbers. These people will be called if the Village is unable to contact you after several tries.

Absence: If you are going to be away from your contact number(s) for an extended time (vacation, hospitalization, etc.), let the office know so no one will waste time calling you or worrying about you when you cannot be reached at the contact number(s) you provided.

Expanding your contacts: Have you given the office all the contacts at which you can be reached — landline number, cell number, e-mail, in-case-of-emergency number, etc.? Have you left yourself a note to notify the Village office if any of these change?

Cancellations: We should have a cancellation policy for meetings, lunches, etc. How about in case the sheriff declares a Level 2 or 3 emergency? Let officers know what policy would sound good to you.

Volunteers needed for kitchen-use research

Women participants, age 60+, are needed for a research study on the design parameters of activities of daily living that are performed in one's kitchen. The experiment, under the supervision of Diana Schwerha, assistant professor of industrial and systems engineering, takes about one hour and pays \$20.

Each participant will fill out a survey about personal assessment of difficulty of household tasks. Then she will perform tasks in her own kitchen (getting things out of the stove, microwave, etc.) and will be photographed performing these tasks.

Dr. Schwerha has been helpful to The Village since its formation. We would like to help her, and participants may well find out things helpful to them in the future. If you can participate, contact Dr. Schwerha at 593-1577 or schwerha@ohio.edu.

Fosters & Cohns nominated for statewide award

Ted and Sue Foster and Norm and Peg Cohn were nominated by The Athens Village for the Ohio Agency on Aging's "Joined Hearts in Giving" award. Nominees must have been married at least 40 years and have outstanding records of public service, both individually and collectively. Posthumous awards are allowed. Both of these couples had many public service contributions, the most outstanding of which (in our view) was founding The Athens Village. A decision will be announced in January.

Help spread the word about The Athens Village

When an organization is newish (and this birth process can last quite a while), getting the word of its existence and benefits out to all in the community who may be interested takes time, patience, and perseverance. Your Public Information Team works constantly on this, and it would appreciate your help.

What can you do? Here are a few ideas. If you have more, send them to *The Village Voice* (see masthead) for sharing.

1. Keep up on what is happening so that you can answer questions others may have about how things work in The Village.
2. Make other groups to which you belong aware that The Village can provide a speaker whenever needed for one of their programs. Contact Jo Prisley to find such a speaker.
3. If you see a positive and interesting outcome of some Village service or activity, let that be known in case it might make a good feature for *The Village Voice* or an area newspaper. Let Dru Riley Evarts know. (See masthead.)