

THE ATHENS VILLAGE



Food safety to be BB subject July 13

Joyce Shriner, a certified family life educator with the Ohio State University Extension Service, will be our speaker at the monthly Brown Bag lunch on Wednesday, July 13.

An OSU graduate with a master's from Ohio University, Shriner is with the OSU Extension agency for Hocking and Athens counties.



Shriner's special interest is food safety. During her time with us, participants will consider use of convenience foods and planned leftovers, explore ideas to ease meal preparation, think about ways to make mealtime more enjoyable, and consider safety issues when handling food.

Shriner identifies the session as being participatory in nature but not including food preparation. This means that our experiences — both joys and concerns — are fodder for the discussion. Please let Patty Mercer know by July 12 if you are attending so the correct number of handouts can be made.

This would be an excellent time to bring a guest along to the luncheon. Everyone needs to know about food safety.

Patty Mercer to speak at Village-to-Village regional convention

Another recognition of The Athens Village's status as an outstanding organization in the nationwide village movement occurs on July 14, when our director, Patty Mercer, will speak by invitation before the Midwest regional symposium of Village-to-Village, a consortium of groups that keep in touch with one another to share both problems and solutions.

Board member George Weckman will be in Michigan about a hour away from the Lansing site of the convention. Symposium organizers have invited him to attend in order to expand on Mercer's remarks about our experiences.

Mercer will take part in all three of the symposium's general sessions, dealing with getting a group going; membership, services, programs; and lessons learned while going forward. Also on these panels will be speakers from Chicago's Lincoln Park Village and Boston's Beacon Hill Village, one of the first villages formed.

Calendar

Every Tuesday, 1:15 p.m., Informal lunch gathering of members & guests at Bob Evans Restaurant

We, July 13, 11:30 a.m. PIT meeting.

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

Fr, July 15, 10:30 a.m., Grants Committee, Cohns' house

Tu, July 19, 10 a.m., Board meeting, ACVNA.

We, July 20, 10:30 a.m. "Train Your Brain" in a one-hour session. (See p. 3 story.)

Fr, July 29, 10:15 a.m. Gather at Community Center for GoBus trip to Logan. (See p. 3 story.)



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 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. 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

Want to help grow TAV?

Want to help The Athens Village grow? Contact Ellsworth Holden, president and membership chair, at ellsworth_holden@hotmail.com, or 593-8545. Everyone can help with this.

Village makes disability transportation major issue for seniors' independence

If you have an injury, stroke, or other situation that may limit your mobility, how are you going to get to the places you still need to frequent — offices of professionals (doctors, dentists, lawyers, etc.); plays, concerts, museums — anywhere you need to go and no one else can go for you?

The Grants Committee, headed by Norm Cohn, who is assisted by Sue Foster, is intent on making this issue a major one for The Athens Village.

When the subject arose in the June Board meeting, George Weckman pointed out that The Athens Village cannot have the major goal of “keeping people in their own homes rather than in assisted living” if these people cannot get around the community to seek services, conduct business, and have some social life outside their own homes.

The major handicapped transportation services funded by government agencies and covered largely by our health insurance plans are limited to gurney- and wheelchair-dependent people and can take them only to hospitals or emergency medical services. They cannot take them to offices of doctors or other professionals or any other destinations.

The Grants Committee will meet at the Cohns' home, 33 Graham Dr., at 10:30 a.m. July 15 to decide on a program of action. Its other members include Max Evans, Lyle McGeogh, Milena Miller, and Mike Turner. For this work, Lantz Repp will represent the Athens Mobility Office on the committee. The group will determine strategies to solve this problem, which is being talked about all over the country, according to Norm Cohn. Its next step will be to determine how to bring these strategies to fruition. If you would like to help with this work, let Norm Cohn or Patty Mercer know.

Your ideas are vital to the good health of The Athens Village. Let them be known loud and clear.

Members continue to assist in office over summer

Ten members took turns tending the Village office on Mondays and Thursdays in June while Patty Mercer worked from home. The system will continue in July, with the following assignments: 7—Alvi McWilliams; 11—Carolyn Murphree, Gladys Bailin Stern; 13—Dru Riley Evarts, Jo Prisley; 14—Sue Foster, McWilliams; 18—Murphree, Stern; 21—Prisley, Susan Kanashige; 25—Evarts, Kathy Evans; 28—Foster, Kanashige.



Committee appointed with membership focus

Our president, Ellsworth Holden, is very interested in membership — both taking in new members and serving the needs of those we have or will be recruiting. This passion caused him to take on the chairmanship of the Membership Committee, which he announced at the June Board meeting.

Other members of the committee are Pat Light, Ann McClanahan, Carolyn Murphree, and Mary Lee Powell. Another committee member will be appointed soon from the Advisory Council.

The committee, which met for the first time on June 28, set as its goals: 1) retaining members, 2) increasing membership, and 3) reaching out to the entire community.

At this meeting, the committee also brainstormed ideas for action, coming up with 11 of them. After much discussion, members chose four of these for earliest action:

1. Invite each member to recruit a new member.
2. Issue a news release on the future reduction of dues.
3. Send our news to newsletters of other senior citizen groups in this area.
4. Send our newsletter to elected officials, churches, community groups, etc.

Introduction to Brain Training offered members

A one-hour demonstration on how the brain works will be given in the ACVNA Conference Room at 10:30 a.m. on July 20. Roger A. Wilkens, director of the Dogwood Center for Self-Development, will welcome people interested in learning how to know more about their own brains through biofeedback. He can help calm over-stressed brains, support mental centering, provide a foundation for meditation, lessen vulnerability to headaches and stress, strengthen concentration and memory, and support personal growth. Please RSVP to Patty Mercer.

We had top-notch showing for FreeGeek project



The FreeGeek people in Columbus were very complimentary of our turning up with 800-plus pounds of used monitors, towers, printers and other computer gear to be recycled safely. Steven Lefevre is shown here with Patty Mercer after arranging part of our gear in the Geeks' receiving area. We will do this again and pick up heavy stuff.

GoBus will go Athens-Logan-Athens on July 29

Here's a potential GoBus trip: A bunch of us could go to Logan and back on July 29. We will gather at the Community Center for the 10:30 a.m. departure on the bus headed for Columbus. The Olde Dutch Restaurant serves a buffet luncheon, and we have three hours for shopping, miniature golf, canoeing, arts and crafts, etc. The bus will pick us up at 3:40 to come back to Athens. Let Patty Mercer know if you are interested in this trip.

Interested in Walk & Talk?

Chuck Carlson has suggested that The Athens Village have a Walk & Talk group that could meet regularly for walking and conversation.

If you are interested in this, let Chuck (593-3628) or Patty Mercer (594-8226, ext. 406) know. Your ideas are welcome.

Elizabeth Dakin dies

One of our early members, Elizabeth Dakin, died at Kimes Nursing and Rehab Center on June 15.

Moving to Athens in 1967 with her husband Bob, Elizabeth became active in a number of civic groups.

A memorial service will be announced at a later date.



Short Notes

Peg Cohn is continuing her physical therapy at home and is anticipating permission to put weight on her left leg. If you want to offer any assistance or chat, use her house phone — 592-4074. She enjoys messages on her iPad, too. Her e-mail is moederthree@gmail.com



Lorraine Myers has come through both of her hip surgeries with flying colors and has been sighted baking and doing the laundry. What a victory!



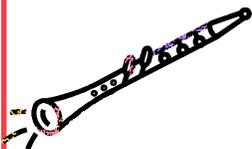
Warren Reininga is home and appreciates visits at 5 McGuffey Lane. Call 593-8465 first.



Joe Agranoff continues his recovery at home, 591-4649. He welcomes calls but do not leave a message if he doesn't answer, because he does not listen for messages. Just try again if you don't get him the first time.



The High Society Jazz group has no performance in July, but will have an exceptional offering on Aug. 7, followed by the annual Riverboat cruise on Sept. 25. Watch for both of these!



If you would like to join one of the committees or groups giving The Athens Village its special character, let Ellsworth Holden or Patty Mercer know about that.

Know anyone who needs protection from a tendency to wander off from safe places?

The Area Agency on Aging (AAA8 for this part of Ohio) has a program to help protect people (adults with Alzheimer's or dementia and children and adults with autism or Down syndrome). AAA8's territory includes Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry, and Washington counties.

Project Lifesaver, as the program is known, provides each at-risk potential wanderer with a personalized bracelet that is registered with AAA8 for speedy location of anyone who may have wandered from where he or she was supposed to be. The agency reports that in 1,500 searches since the program was instituted, average recovery time has been less than 30 minutes and there have been no injuries or deaths reported for those with the bracelet.

If you would like to find out more about this program, you may reach AAA8 at 1-800-331-2644 or go online to www.areaagency8.org. This inquiry does not have to be for you or anyone in your own family. It could be in the interest of anyone you think could be a wandering victim. It's a good way to get information to others.

If you would like to suggest someone for Village membership, call Ellsworth Holden, 593-8545.

Lane's Corner: a monthly list of helpful tips



With all the rainy and damp weather we have had this summer, I have found several problems with doors and windows that need readjustment. You should double-check all your doors and windows to make sure they are latching properly. And make sure that they can be unlocked quickly so you have both secure locking and speedy escape.

Some may just need lubrication, such as silicone spray or other lubricant. Even an old used bar of soap can be rubbed along doors' or windows' tracks to help them slide. Make sure everything is moving properly so you can open doors and windows quickly in case of emergency or close and latch them with dispatch in case you need to do that in a hurry.