

THE ATHENS VILLAGE VOICE



Geriatric case manager is BB speaker

Our next Brown Bag lunch will give us the opportunity to consult with an experienced geriatric case manager. Mary Anne Kieliszewski, administrator at the Lindley Inn Assisted Living Community and a professional geriatric care manager, will talk about common concerns of senior citizens and will answer the questions many of us have about when to make changes in our lives and the steps needed to do so.

Mary Anne was born and reared in East Lansing, Mich., and graduated from Michigan State University with a BA in advertising in 2002.



Subsequently she worked for Allstate Management, a property management firm (1999 to 2004) initially as a leasing agent and then as a property manager. Next she was administrative service manager for a national steel company in Denver from 2004 to 2006. She then moved to Athens to attend Ohio University's professional MBA program and graduated in 2008.

During the MBA program Mary Anne worked full time as a marketing director for Wallick Properties Midwest before accepting the position of administrator of The Lindley Inn in 2008. She earned her geriatric case manager certification while administering Lindley.

Village invites area vendors to work with Village

By Georgann Penson

The Athens Village members are teaming up with area businesses for the mutual benefit of service providers and senior citizens.

Interested area businesses can look forward to expanding their market area and customer base through the growing Athens Village membership.

Service providers are encouraged to join with The Athens Village in its effort to compile a listing of area businesses and contractors that Village members could contact for services. Having such a list available will make it easier for members to identify and hire a service provider who can render the specific assistance needed.

"Being a contractor for members of The Athens Village is a way to give back to the community while enhancing a company's reputation and marketability," said

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Calendar

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

Mo, May 9, 3:30 p.m., Vetting Team (See p. 1, 2 story.)

We, May 11, 11:30 a.m., Public Info Team, ACVNA.

We, May 11, 12 noon, Brown Bag lunch, ACVNA (See p. 1 story.)

We, May 18, 12:30 p.m., Ad Hoc Dues Committee. (See p. 4 story.)

Su, May 22, 3:30-6 p.m., High Society Jazz at Abrio's.

Tu, May 24, 10 a.m., Board meeting, ACVNA.



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

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. Word of mouth is effective.

Gifford Doxsee in Hall of Fame



May 26 will be a red-letter day for Gifford Doxsee. That's when he will be inducted into the Ohio Senior Citizen Hall of Fame in recognition of his

great career and many volunteer services in which he has contributed to the welfare of others.

Nominated by Christie Truly, volunteer coordinator of the ACVNA Hospice Program, Gifford will be escorted to the Columbus ceremony by her. She says that others may attend the ceremony at Columbus' Riffe Center also if they call a reservation in to her by May 13. (594-8226, x 475). Congratulations to Gifford!

Inviting Vendors

(continued from p. 1)

Ellsworth Holden, president of The Athens Village Board.

"Participating providers will be recognized as allies of the aging-in-place community," explained Ed Penson, chair of the Village Vetting Team.

"Service providers will develop an understanding of needs of this particular market segment, which is a growing population in our region of Southeastern Ohio."

Other members of the committee are John Kotowski, Art Woolley, Gene Willoughby, Gifford Doxsee, and Stephen Kropf. Patty Mercer and Lane Hoisington meet with the committee also.

Driving safety course May 11

O'Bleness Memorial Hospital is offering the AARP senior driving course from 9:45 a.m. to 3:30 p.m. on Wednesday, May 11, in O'Bleness Rm. 10.

The fee for this course is \$12 for AARP members and \$14 for others.

John Keener, course instructor, says that Village members could do the course and make it to our May 11 Brown Bag (during the course's lunch break) because of the proximity.

Surveying Providers

The Vetting Committee, headed by Ed Penson, has been working for weeks on a survey form to send area businesses. Now ready for mailing, it will be sent to businesses soon.

You can help by personally taking a questionnaire to a business you use or by encouraging other business people you know to fill out the forms and become part of The Athens Village's cadre of providers. If you wonder whether a business you know was mailed a form, check with Patty Mercer.

More about this after returns come in.



Openings still exist for two programs featured last month

Did you miss getting in on the Computer Training Class or the Healthy U program? Both were featured in last month's *Village Voice*. Here are the contact details. Find out more in your April *Voice* or call Patty Mercer (see masthead) to have appropriate schedules sent to you.

Computer Education Class: This very interesting program will help you fill in those "gaps" of knowledge in using your computer for e-mail, searching the Web, composing and editing documents, handling photographs, and using social media. Dr. Diana Schwerha has organized it especially for older students. It is free and meets Thursdays 1-2 p.m. It has met twice already, but the grad students tutoring us could catch you up during the next three meetings, the first of which is May 5 in Stocker 292. The handouts you get alone are worth your time.

Healthy U: This program has not started yet, so you are still able to get in on the ground floor. It will run for six weeks, starting with June 6, from 9 a.m. to 12 noon. Healthy snacks are included.

Healthy U is for people with chronic conditions (overweight, diabetes, nagging pain, Alzheimer's, etc.) and/or their caregivers. It is also a training ground for those who would like to train future groups in healthy lifestyles. See p. 1 of the April *Voice* for more details, or call Patty Mercer to have them sent. You will be richer for it.

Can you fill the tank and save money?

Your car may be more modern than the little number pictured here, and it needs a whole lot more gas. But here are some ways to save money while giving the beast a drink. This is more Web wisdom to combat rising prices: the author works at a California pipeline and knows gas characteristics well.



- Fill up in the early morning when the ground temperature is still cold. The colder the ground, the more dense the gas is in the underground storage tanks.
- Gas-pump triggers have three modes: low, medium, and high. Do not squeeze the trigger to go to high to save a few seconds. Use low instead to save money. Less vapor will escape into the outside air if you stay on low.
- Fill your tank before it drops down below half-full. Gas evaporates more quickly than you can believe, so minimize the gas-sucking air in the tank by keeping it full of gas. This tip is so important that the major distributors of gas have movable ceilings in their huge underground tanks so they can lower them as the gas supply drops.
- **Another tip:** If you stop at a station to fill up and see a tanker delivering gas there at the same time, do not fill up then. Go to another station or wait a few hours for this one. The force of the gas being poured into the underground tanks can stir particles up and you could pick up some dirt or other foreign matter and pump it into your car's gas tank, and this could cause you trouble and expense later.

Caregiver series remains open to all

The Caregiver Series described in the April *Voice* issue began on May 3 and is still open for other interested people. It is for those with medical or other problems and those caring for them. It meets at the Athens Public Library from 6 to 7:30 p.m. on Thursdays (May 10-31).

Remaining sessions are on disruptive behavior, staying active and well, complication prevention, and palliative care. Time is allowed for questions, exchange of ideas, and refreshments. See the April *Voice*, p. 4, for more details.



Short Notes



The Master Gardeners will have annuals and perennials for sale at the shelter-house near the city swimming pool from 9 a.m. to 1 p.m. on Saturday, May 14. All plants are dug from local gardens.



The High Society Jazz Association's infamous annual guest day is set for Sunday, May 22, 3:30-6:p.m. at (barrier-free) Abrio's Restaurant 859 E. State St. Members! Here's your chance to bring family and friends free of charge. The band will be playing Dixieland favorites. Maybe you'll win a prize playing "Stump the Band" or "Name That Tune."



Lorraine Myers had the first of two hip surgeries this week. It went well; she may be home by Friday. The second will be in about six weeks. If you would like to be helpful, call Frank Myers at home or Patty Mercer at the office (see masthead). The Myers' home number is 592-2860; Frank's cell is 590-5772.



Peg Cohn was transferred to Kimes Rehab last week after having surgery at O'Bleness for a fractured femur. Her cell phone is 707-5720. Her e-mail is moderthree@gmail.com.



Bonnie Savage has graduated from cast to brace for her broken wrist, which resulted from a fall a few weeks ago. Her phone is 797-0171.

Survey on dues sent out; return by May 13

The Ad Hoc Committee on Dues has finished its preliminary work and is sending out an opinion survey to the entire Athens Village membership. It should arrive in the same envelope with this newsletter or in a separate envelope for those getting their newsletter by e-mail.

The important point is to read the letter sent with the survey form and **return the form by May 13**. In that way, the committee can meet later this month and act upon their previous findings and the opinions of the entire group.

Max Evans chairs the Ad Hoc Dues Committee. Other members are Pat Light, Warren Reininga, Mike Thomas (Advisory Board member), and George Weckman (Board representative). Sue Foster has also been assisting as a Board consultant, and Patty Mercer as director.

Lane's Corner: A monthly list of helpful tips

Airing out: For those of you who do not have a basement but do have a crawlspace, your foundation can now be opened to let the moisture and the damp air dry out from under your house. Let fresh air in to keep moisture from building up. Especially in the hot summer, when the humidity gets high, this spring "airing out" will pay big dividends.

A word of caution: Be sure an area you want to open up to air out has a screen or guard so varmints won't get in.

Spouting: With all the rain we have had, it is a good time to check your downspouts to see they are not blocked or smashed by lawnmowers and actually are emptying into your drains to keep the water away from your foundation.

Keep drains and drainage grates open. Spot-check gutters to be sure they are free of late-winter debris (twigs, leaves, etc.).



What should you do this week? 1) Answer and return the dues survey. 2) Encourage or help vendors you know to fill out surveys sent to them. 3) Help one another or call for help if you need it. 4) Make plans to attend next Wednesday's Brown-Bag lunch. Bring a friend.