

THE ATHENS VILLAGE VOICE



State Highway Patrolman will speak at BB



As you grow older, are you more concerned about driving in situations such as the one pictured here? Do you believe that a police officer arriving at the scene of an accident is more likely to assign blame to the driver with gray hair?

These and other issues of senior drivers will be discussed at the Nov. 9 Brown Bag lunch at the ACVNA conference room. Bring your brown-bag lunch and a guest or two, if you can. We start eating at 12 noon, the speaker begins at 12:30, and the program is over at 1:30. Questions are welcome, and no one can answer them like a person who spends his or her life out on the road observing drivers.

Patrol managers do not pick our speaker until the day of this appearance, so we cannot share his or her name now. But this topic was the subject of our very first Brown Bag with an outside speaker two years ago. Trooper Ira J. Walker turned out to be not only very informative, but very humorous as well. In fact, he was a regular stand-up comic while getting his very serious points across. For instance, he said one of the common mistakes of older drivers is leaving the directional signal on too long. He had followed one woman who had been doing just that, and he had asked, "Ma'am, where were you going?" "I have no idea," she had replied. Come and find what is happening.

Calendar

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

Every Tuesday, 10:30 a.m., Yoga, ACVNA. (See p. 3 note.)

Tu, Nov. 8, 3 p.m., Membership Committee.

We, Nov. 9, 11:30 a.m., PIT meeting, ACVNA

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

Mo, Nov. 14, 10 a.m., Carolyn Murphree & Pat Light, armchair talk on Russia, ACVNA.

Sa, Jan. 14, 2:30 p.m. Annual business meeting, Community Center. *Save this date.*



Welcome!

John Howell and Evelyn Geiger are our newest members. Give each a hearty welcome when you see him or her. Renewals from established members are also rolling in nicely.

Board sets annual biz meeting for Jan. 14

Jan. 14 has been set for The Athens Village's annual business meeting, which is required by our bylaws. It will be held in Rooms B and C of the Community Center, 701 E. State St. Please mark your calendar with this date now so you will be able to be there and participate in the governance of the organization.

An invitation has been extended to two Village-to-Village speakers whom Patty Mercer and George Weckman had heard earlier this year at a regional convention, and they have assured us that one of them will be here for our meeting.

Some of the points to be discussed at the meeting include:

- An opinion survey that should give a picture of what members want from The Athens Village.
- The membership's reaction to a proposed increase in the number of Board members (now 7).
- Services that members would like to be able to access. (See story on p. 2.)

Last year we had very good attendance at the annual meeting, and we hope for even better this year. Come and enjoy.



THE ATHENS VILLAGE VOICE

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. 6 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

Christmas card creation?

Interested in creating your own Christmas cards? Prof. Diana Schwerha has offered to teach how to do it on the computer. Call Patty Mercer (see info above) so she can see how many are interested and set a time in early December convenient to all.

Group discusses members' needs for services

Coffee hour attendees met on October 27th to talk about what services members would like to see The Athens Village provide. They did not go into how these services could be organized and delivered, but a list of the suggestions was worked out. If you have an interest in helping to plan or carry out some of these services, let Patty Mercer know.

Here are the major suggestions:

1. More vigorous advocacy for reliable and affordable transportation, both for the disabled and for those who are able to drive but would like to use public transportation whenever possible.
2. An exchange among members of where to go for help for problems such as consistent pain, aching feet, problematic hearing aids, and other problems interfering with comfortable living.
3. Compare drug costs between U.S. companies and U.S. & Canada.
4. Best places to which to take decluttering items to help others, or conservation efforts while minimizing ecological damage.
5. Alternatives to driving — bicycling, walking, sharing rides, etc.
6. Exploring alternative living arrangements, such as co-housing ("Golden Girls" style), hiring live-in or daily help, etc. This could take many forms and save people significant expenses.

Help is at hand for Medicare Open Enrollment

All of us have been inundated with mailed pieces, print and broadcast ads, urgent e-mail messages, etc., concerning Medicare's Open Enrollment period, which was moved up this year to Oct. 15-Dec. 7. It's all very confusing, but decisions about it have to be made within a month.

Enter Joyce Lewis, community services director of the United Seniors office in the Community Center, 701 E. State Street. You may call her at 594-3535 to make an appointment for help. She prefers to work by appointment because returning phone calls during this busy season is difficult. She is well versed on all types of health insurance and will be glad to help you at no charge.

Lane Hoisington to attend home modification event

Our home maintenance coordinator, Lane Hoisington, will attend a Home Modification conference in Columbus on Nov. 17 on our behalf. This meeting will bring practitioners up to date on the latest methods of modifying houses of people who have had an accident, a stroke, or other event that makes it harder for them to get around their own homes. Because the major goal of The Athens Village is to make it possible for members to age safely and well in their homes, the Board voted at its Nov. 1 meeting to send Lane for this training.



Sara Gilfert & Ed Baum volunteer in art and public interest groups

Third in a series

Sara Gilfert retired as instructor in fibers in the Art Department of Ohio U’s College of Fine arts in 1985, during which time she was involved with Athens Tapestry Works, a nonprofit fiber art organization that installed public artwork in a number of buildings in Ohio. When the teaching job was closed out, she pursued her work as a studio artist for five years, after which she and her husband Jim set up and worked with Athens Tech Services for 11 years.

In 2001, Sara founded a nonprofit paper art studio and gallery in Nelsonville. It became the Paper Circle, a studio for artists, classes, and the Circle Round the Square, a four- or five-week summer intensive art program for children and youth. Several media are included, and local artists are employed to teach. One of the classes involves a media class in which the students write, cast, costume, act, and make music for 3-minute videos that they present to parents and friends at the end, along with the final art show. They raise enough money from organizations, individuals, and businesses to make these classes free. The gallery is 39 W. Columbus St. in Nelsonville, just off Nelsonville’s historic square. Six shows a year are mounted, showing guest artists from near and far. The gallery is open four days a week, including Final Fridays, and it is open on Saturdays when a workshop is scheduled. The gallery has a director, a papermaker, and volunteers that help with producing paper, lessons, and shows.

Retirement from his position as professor of political science has allowed **Ed Baum** to expand his volunteer activities. Before retirement, he was mainly involved in the Athens Civitan Club and its projects, including the local Senior Olympics. Since retiring he has taken on several volunteer activities, including serving as volunteer coordinator for Athens County Habitat for Humanity, chairing the city’s Comprehensive Plan Review Advisory Committee, becoming a member of the advisory board of SeniorBEAT, being an instructor for the Arthritis Exercise Program, directing the annual Southeast Ohio Chair Volleyball Tournament, serving three years as president of the O.U. Emeriti Association (and continuing on its present executive board as past president), serving on the executive committee of the Near Eastside Neighborhood Association. He also took on more responsibilities in Civitan, rising to the post of International President in 2005-2006.

Looonnnng version of short notes:

If you or other members you know are the in hospital or rehab, or are limited to staying at home for any reason, let Patty Mercer know and specify what you would like others to know about the member’s needs — visits? calls? transportation? food? anything else? She could send an immediate call for help by e-mail, and the notice also could be in the next *Village Voice*.

November 14-18, is Ohio’s Winter Safety Awareness week.

Six women have joined the yoga group led by Sylvia Marrs and are meeting at ACVNA at 10:30 a.m. on Tuesdays. The work is done mainly while seated on chairs, but some movements that can be done on the floor or platform are being demonstrated or done in class as well. The first time is free for each person; sessions after that are \$5 apiece.

A student is being assigned to update our website and to make it more user-friendly.

A webinar on “The Village Movement and Transportation Services” will be shown from 2 to 4 p.m. on Nov. 9 at the ACVNA conference room. The first 100 persons to register could also get it at home. If you are interested in that, call or e-mail Patty Mercer. (The address is too long to run in one line here.) She could send it to you by e-mail, and you could just paste in your address space.



**Health Fair is open to all
Nov. 7, Community Center**

Alpha Phi Omega, the coed service fraternity at Ohio University, invites everyone to a free Health Fair at the Athens Community Center, 701 E. State St., 4-8 p.m. on Monday, Nov. 7.

This fair is open to everyone in the community. Numerous booths will give tests and information to educate people of all ages about proper nutrition, exercise, and how to lead a healthy lifestyle. Tickets to various O.U. athletic events will serve as door prizes. Athletes will be on hand, accompanied by Rufus, the O.U. mascot.

More information can be found at serviceweek.aphiodeltagamma@gmail.com (use no spaces), or by calling Lauren McCullough at 740-593-9508.

High Society Jazz Nov. 27

High Society Jazz will play on Sunday, Nov. 27, at Abrio's Brick Oven, 839 E. State St. The session is 3:30-6. You may come when you can and go when you must. Members \$3, others \$5.

!VOTE!

Last day to vote at Board of Elections is Friday, Nov. 4, or vote at your polling place on Tuesday, Nov. 8. Important issues are on the ballot, especially the renewal levy (not a new tax) to finance senior citizen services in this area.

Senior driving course — for veterans & all of us

In honor of veterans, the AARP driving safety course is being offered free this month to any veteran or dependent with appropriate ID, either a discharge form or veterans' organization membership.

The class, which will be 12 noon to 5 p.m. on Nov. 8, is held in Room 10 on the lower level of O'Bleness Memorial Hospital. It's \$12 for AARP members or \$14 for others, except for veterans and dependents, who are free. Call 740-707-2063 for more info on veterans or dependents, or 740-592-6658 to register.

A note from our Fall intern: My time with The Athens Village has been enriching and exciting. I have completed interviews with nine members and hope for more. I've gained much insight from members and have realized how special and unique the organization is. Each member I have met has left a lasting impression on me. I am thankful for this opportunity. — *Claire Pietrykowski*

Lane's Corner: a monthly list of helpful tips

The temperature is starting to fall, and winter is almost upon us, so you need to double-check garden hoses and disconnect them from the water spigot. Also, if you have opened any crawl-space vent for the summer or fall, make sure that these are closed.



Don't forget your storm windows. whether they are self-storing or some you have to change. If they are self-storing, it's usually a simple matter of sliding the glass part down over the screen you have enjoyed using during warmer weather. If your storm windows are stored in the garage or elsewhere, check them over, wash them up, take down your screens, and put those heat-saving storm windows in place. Put your screens in your storage space.

Frost and snow are on the way, usually by the end of November or sometime in December, although we could be surprised by earlier events, as some were last weekend on the upper East Coast (as much as 12" in some places). This is a good time to get as prepared as you can to avoid falls in slippery weather. Get any type of kitty litter and/or sidewalk/driveway salt now. If you wait until snow or ice comes before you get it, you often find the stores run out before you get there. Be prepared ahead of time to avoid falls.

Time change is overnight on Nov. 5-6, so you will gain an hour of sleep. But this change should remind you to put fresh batteries in your smoke detectors throughout the house. By the way, Lowe's will take both used batteries and used light bulbs to dispose of properly. Don't put them in the trash. Take them to Lowe's.