

THE ATHENS VILLAGE



Service-safety Q & A at BB lunch Oct. 12



What projects does the City of Athens have planned for this year and next? When will my street be re-paved? Why does yard-waste pickup take special arrangements and cost extra?

These and other questions we have will be answered by Service-Safety Director Paula Horan Moseley when she joins us for our Brown Bag lunch next Wednesday.

Moseley is in charge of managing and controlling refuse and recycling collection, treatment and disposal of sewage, the water supply and distribution system, parks and recreation activities, and safety forces, including police, fire, and code enforcement. Bring along your questions about any of these.

Moseley earned a B.A. at Ohio University, with a major in English literature. Her experience before becoming city safety-service director included being a housing specialist for the Athens Metropolitan Housing Authority, director of the Vinton County Housing Authority, and administrative assistant to the Athens County planner.

Bring a friend. It's a good chance for anyone to get essential info.

Village's 3rd year calls for planning

With our second birthday celebration behind us and the annual business meeting coming up in January, The Athens Village Board of Trustees is formulating a plan that will carry us through the next year and into the future. This meeting is open to guests, so bring one if you can.

The business meeting will be scheduled for a Saturday in January, probably the 14th or 21st, depending on when the Village to Village co-director, Rita Kostiuk, can be with us. That will be announced as soon as possible.

Some of the matters to be discussed include: 1) reduction of dues when membership reaches 110; 2) transportation, 3) usefulness of the vetted vendors and service providers list; 4) suggestions of new meeting times for the monthly Brown Bag lunch and various coffees on special subjects; 5) usefulness of the Village to Village network; 6) progress on grant writing; 7) advice from our Advisory Council during its quarterly meetings; 8) Village relationship with ACVNA; 9) review of how to use 911, 211, and the services of AAA8, as well as anything members have on their minds at the time of the meeting.

Calendar

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

Every Tuesday, 10:30 a.m., Yoga, ACVNA. (See last p. 4 note.)

Th, Oct. 6, 11 a.m., Qigong with France Gander, ACVNA

Tu, Oct. 11, 3 p.m., Membership Committee, ACVNA

We, Oct. 12, 11:30 a.m., PIT meeting, ACVNA

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

We, Oct. 19, noon-1 p.m., Webinar on reducing risks of falls, ACVNA,

Th, Oct. 20, 2 p.m., Senior Beat 15th anniversary celebration, O'Bleness

Th, Oct. 17, 11 a.m., Accessing member services, Q & A, ACVNA

Tu, Nov. 1, 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. 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

Shots will protect you

Both flu and shingles vaccinations are now available at your doctors' offices or the drug stores (prescription needed for shingles shot). Get both to protect yourself if you have not already done so.

Photos of 2nd birthday party happenings



50 members and guests attended the birthday talk on long-term care.



The Gilferts look over the handouts and pick up their new membership list. People also could leave their transportation surveys or fill one out on the spot.



Good friends stopped for photos. Left: Anne Cooper Chen, Dru Riley Evarts, and Jo Prisley. Right: Ellsworth Holden and Mike Turner.



Left: Birthday party chair/ M.C. George Weckman with Sue Foster. Right: Speakers Peg & Norm Cohn, Dr. Jen-Tzer Gau, Mark Snider.



THE ATHENS VILLAGE VOICE

Mary Ann Swardson & Carol Beale Volunteer in Church & Community

Second in a series

Two more of our Athens Village members who are volunteering for the public good are Mary Ann Swardson and Carol Beale.

Until she retired as associate professor of mathematics, Mary Ann had little time for outside activity, although she served on the Vestry of the Church of the Good Shepherd. Now she assists at the free lunch program of that church and also works with the Family Selection Committee of Habitat for Humanity.

Carol Beale, a retired high school science teacher, worked with her husband William in getting the Unitarian Fellowship building designed and built. In retirement, she is a very successful gardener who shares both successes and "Oops!" results with others. She recently gave a Village program at which she showed progressive photos of growth in the Beales' gardens. Her favorite volunteer work now is two hours a week at the Athens Public Library, mostly shelving books. She says it's a great way to find gems to read. She is publicity chair of Calliope and sings with that group regularly. She also is active in The Friends' congregation.

Letters, brochures being sent out to people in helping professions

The Public Information Team (PIT) and the Membership Committee are combining to send letters and brochures to doctors, ministers, lawyers, financial advisers, city and county officials, heads of senior citizen organizations in Athens County, etc., to give them information they could pass on when people ask their advice on what to do and where to go for help as they grow older.

If you know any of these people personally, you might mention this material is being mailed to help them tell people about The Athens Village when that is appropriate.

Take the AARP driving course to be safer & more confident



We learned at the first Brown Bag lunch of The Athens Village that older people need

to sharpen up their driving skills if they want to remain safe on the roads and to have those around them be safe as well.

O'Bleness Memorial Hospital will host the AARP Safe Drivers Course on Tuesday, Oct. 11. It will run from 9:45 a.m. to 3:30 p.m., with a 45-minute break for lunch. The classroom is Room 10, lower level.

Cars have changed, and so have drivers since most of us got our licenses. Some of the problems to be attacked are blind spots, wintertime driving, left turns, rights-of-way, roundabouts, interstates, and trucks. There are no tests — just self-administered quizzes. Any licensed driver is welcome, and some insurance companies offer discounts for those who have had the course. Cost is \$12 for AARP members (who present cards) and \$14 for non-members. Everyone must show a valid driver's license to be admitted. Call John Keener at 592-6658 to register.

Have you asked anyone lately about joining us in The Athens Village? Get more brochures if you need them.

High Society Jazz is Sunday, Oct. 30

Emily Burhans will be the featured singer at the High Society Jazz gathering 3:30-6 p.m. on Sunday, Oct. 30, at Abrio's Brick Oven, 839 E. State St. Abrio's is handicap accessible. You may order food and/or drinks while listening to the music, or just listen and enjoy.





Advisory Council Meets

The Athens Village Advisory Board had its quarterly meeting earlier this week for a review of what our Village has been doing and an opportunity to make suggestions to us.

Present at the meeting were Katharin Foster, chair; Paula Horan Moseley, Gene Willoughby, John Kotowski, Peggy Irwin, Mike Turner, Village president Ellsworth Holden, secretary Sue Foster, and director Patty Mercer.

The Advisory Board is helping The Village expand farther into the county. Members heard reports from our Board and made suggestions on expansion. They endorsed the mailings to helping professionals and community leaders and other steps we are taking to become better known.

Athens Time Exchange — room for more

Have you ever participated in a time exchange, baby-sitting pool, or anything like that? The whole idea is to trade services with one another, with some person or computer keeping track of how many hours each individual “banks” in order use hours from others later.

You can find exactly how this works by going to the website: athenstimeexchange.blogspot.com. If you want to make an application, go to the e-mail address to fill it out: athenstimeexchange@gmail.com. The cost to join is just \$5 a year, which goes to help pay for the software to keep track of everyone in the group (hours put in, hours taken out, etc.). You will have a face-to-face interview with one of the four coordinators. If you would like to talk to one of them on the phone with your questions, call Autumn Congrove at 664-6401.

Lane’s Corner: a monthly list of helpful tips

Welcome to Fall. Now is a good time to get furnaces and heating systems ready for winter. Make sure your filters are clean and vents and ducts are free of debris and clutter. Your furnace should be checked by a qualified heating and cooling technician.



If you have a fireplace, check it, too. If you have not had the chimney swept lately, you might look into that (again, with a qualified professional). Clean out the ash pit and be ready to use the fireplace, either for pleasure or as substitute heat in case of a power outage.

Falling leaves make another important Fall job. Most of us should not be going up ladders to do this, so have a younger person with adequate equipment check your gutters and drains to make sure both flow well. The gutters may clog up again during the leaf-falling season, so check them periodically and clear any that are damming up drainage.

Remember that wet leaves on the sidewalk or driveway are very slippery. Keep them clear to increase safety.

Check your smoke detectors to find the size of batteries they use and have them on hand so you can put new batteries in each detector when you move your clocks back an hour on the first Sunday in November.

Short Notes

Physical therapy broadcast:

Norm Cohn will appear with Milena Miller and Tom Campbell on a program saluting National Physical Therapy month. It will air at 12 noon on Sunday, Oct. 9, and 9 a.m. on Monday, Oct. 10, on WOUB-AM, 1340 on the AM dial.



Homecoming Parade anyone?

Would you like to walk with ACVNA in the Homecoming Parade Oct. 15? If so, let Milena Miller know, 594-8226, ext. 405.



Interested in a yoga class?

Sylvia Marrs will teach it every Tuesday at 10:30 a.m. at ACVNA. Fee is \$5/session.