

THE ATHENS VILLAGE VOICE



'Aging & Disability' is BBag subject



"Aging & Disability" will be the subject of Mindy Cayton when she speaks at our monthly Brown Bag lunch Wednesday, Sept. 14, as a representative of the Buckeye Hills Area Agency on Aging (AAA8).

Cayton, who has been with AAA8 for 10 years, is now the planner, overseeing the writing and implementation of the agency's strategic plans concerning aging.

Working with other agencies to address the home healthcare workforce shortage, she initiated the formation of the Home Healthcare Provider Co-op. She was instrumental in bringing the Benefit Bank to Southeast Ohio to better serve homebound individuals enrolled in the AAA8 PASSPORT Program. She is currently overseeing the formation activities leading to the creation of the Southeast Ohio Aging and Disability Resource Network, a collaboration of providers in an effort to reduce duplication, increase efficiency, and better serve this area.

We gather at 12 noon for the Brown Bag lunch, with the speaker beginning her talk at 12:30. There will be time for questions before our dismissal at 1:30 p.m. Bring a friend or two to share this knowledge.



2nd birthday party scheduled for 9-26

An informal gathering from 4 to 6 p.m. on Monday, Sept. 26, when we get together at the Market on State for a wine & cheese reception, will be our second birthday party.

A special feature will be a conversation about "assisted home care," with Mark Snider, Dr. Jen-Tzer Gau, and Norm & Peg Cohn.

We had our first official meeting on Sept. 26, 2009, with 64 members on our roster. By the time of last year's first birthday party, we had 79 members, and at the time of this *Village Voice* printing, we have 96 members.

Feel free to bring guests to this party. It would give them a good opportunity to meet the rest of us and to hear ideas on how to handle the necessity of locating the best solution to the problem of finding competent and affordable help if one needs it in order to remain in his or her own home.

Calendar

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

Th, Sept. 8, 1:30 p.m. Coffee Hour: Services available via United Seniors, includes Tai Chi demo with Susan Pitts, ACVNA

We, Sept. 14, 11:30 a.m. PIT meeting, ACVNA

We, Sept. 14, 12 noon, Brown Bag lunch, ACVNA (See p. 1 story.)

Mo, Sept. 19, 10 a.m., Board meeting, ACVNA

Th, Sept. 22, 11 a.m., Coffee Hour, Shopping from home, guest Greta Hanesworth, ACVNA

Mo, Sept. 26, 2nd Birthday party, refreshments, speakers. (See p. 1 story.)

Fr, Sept. 30, 10:30 a.m., Coffee Hour: Armchair Travelers, visit Russia with Carolyn Murphree, 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.)

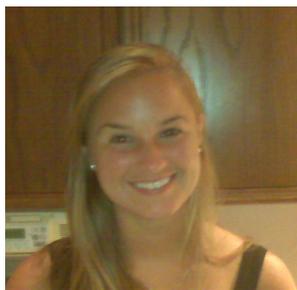
Board of Directors

Ellsworth Holden, president
Margaret (Peg) Cohn, vice president
Sue Foster, secretary
Cherie Gall, treasurer
Don Cooley
Ed Penson
George Weckman

New brochure is out

Three thousand copies of a new Athens Village brochure are available in the Village office. If you need some to distribute or to interest someone in membership, let Patty Mercer know about it.

Student to do practicum with Patty Mercer



Claire Pietrykowski, an OU child and family studies major, will be doing her practicum this fall by assisting Patty Mercer. She is working toward a certificate in gerontology. During her time at The Athens Village office, she will be helping members complete surveys. As part of this work, she may be calling members to arrange visits to their homes. Welcome aboard, Claire!

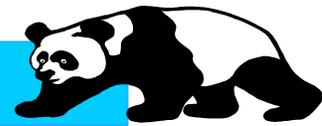
Congrats to William Beale for Sunpower's new digs and great success! More about this in next month's Voice.

Doxsee and Carlson continue to volunteer

In response to an all-member e-mail asking people to let us know about the volunteer work they are doing or have done, the first two to respond were **GIFFORD DOXSEE** and **CHUCK CARLSON**. Both have been and are very busy.

Doxsee's three main interests today are the **Kairos Prison Ministry**, **Athens Community Hospice**, and **Good Works**. He has been most active in the Chillicothe and Nelsonville Kairos facilities since 2003. He visits Hospice clients at least once per week and helps with Hospice office work at ACVNA. At Good Works he serves as host one evening a month. Other groups Doxsee has served over the years and continues to do somewhat include: **The Church of the Good Shepherd** (including a recent trip to Liberia in its interest), several **Veterans' groups** (including high offices) the **Athens Reading Club**, **Athens County Historical Society and Museum**, **Rural Action**, **Planned Parenthood**, and **OU Emeriti Association**, serving as president or board member in most. In May he was inducted into the **Ohio Senior Citizen Hall of Fame** because of his career and volunteer work.

Carlson is current president of the **Athens Reading Club**. He has been an active member of **Rotary International** for 52 years, for which he served as president and in other offices for the Athens group. He served as president of the **OU Emeriti Association** for a record eight years and as historian after that until this year. He was co-founder of the **Ohio Council of Higher Education Retirees** (OCHER), was its third president, and continues now in his 20th year as a delegate from here. He also is a member of the **Symposiarchs of America**, the **Chautauqua Institution Foundation**, the **Peterson Society of the Roger Tory Peterson Institute of Natural History**, the **O'Bleness Foundation**, the **First Methodist Church**, and the **Highpoint Retirement Community**. He has been awarded the **OU Foundation Distinguished Service Award** and has been inducted into the **OCHER Hall of Fame**.



CHIP to begin new classes on 9-13

CHIP (the Cardiac Health Improvement Project) will run two classes this fall, one in the afternoon (3-5 p.m.) and the other in the evening (6-8 p.m.) — both Sept. 13 through Oct. 27. Several Village members were in the first CHIP group last spring (CHIP1) and now attend a CHIP Alumni group.

The 47 graduates of CHIP1 reported varying amounts of weight loss; lower cholesterol, blood sugar, and blood pressure levels; and (for some) lower medication doses. Some reported increased energy levels, better sleep, improved digestion, and less depression,

This program involves a basically plant-based lifestyle and recommends increasing exercise and rest. The cost — \$350 for an individual or \$525 for a couple — covers the books and other materials used in class, as well as physical tests collected at the beginning and end of the class. Scholarships are available. Call Ruth Dudding at the Athens City-County Health Department with questions or reservations, 592-4431, ext. 225.

CHIP was one of the programs featured at Athens' Health Summit held last spring.

Photo Contest to benefit Alzheimer's

September is the month to enter your photos in the competition being sponsored by the Buckeye Hills Area Agency on Aging.

The theme is "Making Memories," and the contest is open to both amateur and professional photographers. Categories are Aging Loved Ones, Across the Generations, Caring for and Supporting Aging Loved Ones, and Aging With Pets. Entries should be mailed to HVRDD-AAA8, P.O. Box 520, Reno, OH 45773, and be postmarked no later than Sept. 30.

More information and registration forms can be had by calling 1-800-331-2644. Our September speaker is from Buckeye Hills, so ask her about this contest.

Membership Committee plans future Village expansion

Getting wide distribution of our new brochure; more attention in the local media; individual notes of congratulations to senior citizens on such occasions as 50th wedding anniversaries, retirements, etc.; and contacting professionals such as ministers, doctors, and lawyers who could tell people about our Village are some of the plans of the Membership Committee.

Ellsworth Holden heads this committee. Working with him are Pat Light, Ann McClanahan, Carolyn Murphree, and Mary Lee Powell. If you want to help with this effort, contact any of these people.

AARP driving course on 10-11

Having your driving checked and road knowledge updated becomes more important as you age. O'Bleness Memorial Hospital will offer a senior driving course 9:45 a.m. to 3:30 p.m. on Oct. 11.

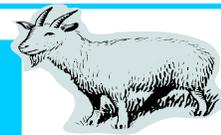
More information about this will be in the October *Voice*. Set aside the time and call the instructor, John Keener, at 592-6658, for more information. Cost is \$12.



Riverboat Shuffle

Sept. 25

The High Society Jazz's Riverboat Shuffle, 5-7 p.m., Sunday, Sept. 25, needs reservations by Sept. 22. The Valley Gem cruise includes a buffet supper. Cost is \$27 for High Society members and \$32 for nonmembers. Call Pat Light, 592-1317, for questions or reservations. The boat departs from 601 Front Street, Marietta.



Short Notes

Transportation Questionnaire

You will soon be getting a questionnaire about your needs in and views of senior transportation in Athens County. Please fill it out and return promptly. The Grants Committee considers the information that could be garnered from this questionnaire as being essential to its mission. If you have questions about this, call Patty Mercer (see masthead) for more information. We need everyone's responses.



Muscle Function Research:

The Aging and Muscle Function research project still needs more volunteers of 60+. There is no top limit on age. For a description of the study, see the *August Village Voice*. You will not only be contributing to scientific knowledge, but you will get \$50 if you participate. Contact Mark Rose at 330-806-3251 or mr124304@ohio.edu



VtV researchers still needed

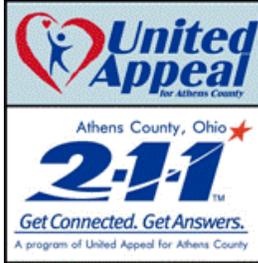
This is work you can do at any hour at home. It involves following, with the help of Peg Cohn, a topic of the Village-to-Village website and reporting to Patty Mercer the good ideas that might work here. See full details in the *August Village Voice*.



Join Calliope Feminist Choir

Would you like to sing with the Calliope Feminist Choir? Go to its open rehearsals at Christ Lutheran Church on Sept. 9 or 12, or both. "Gentle auditions" start at 5:30 and rehearsal is 6 to 8:15. Call Nancy, 662-2022, for info.

Blood pressure, other health checks



United Appeal's 2-1-1 service wants the public to know that such services as blood pressure readings and glucose and/or cholesterol tests are readily available at several locations in Athens County. For instance, O'Bleness Memorial Hospital offers free blood pressure readings and \$5 glucose tests every Wednesday 9 a.m. to 12 noon. An appointment is wise; call 592-9300.

Other Athens city locations on the 2-1-1 list include United Seniors of Athens County and OU Heritage College Clinic. There are also testing centers in Coolville, Nelsonville, Albany, and Glouster. Patty Mercer has the complete list in the office, so call her if you want to find the place and time that suits you best. (See masthead.)

Lane's Corner: a monthly list of helpful tips

We are getting into the season when unexpected storms may happen. You should be asking yourself these questions and looking for the answers:

What do I do in order to be safe?



Do I know how to make the best use of a basement or cellar, a stairwell, or even a bathtub?

Do I stay in my house? If I go elsewhere, then where? To a neighbor's house? To a shelter?

Do I need to turn off my water? Gas? Electricity? How do I do it?

Do I have an emergency kit already packed up? A first-aid kit? Flashlight? Battery-operated radio? Extra batteries? Bottled water? Nonperishable snacks?

Is my cell phone charged? Do I have another way of charging it if the electricity goes off?

These and other emergency questions and answers are part of your free annual house inspection each year. At that time, we should discuss your answers to the questions above, and you can ask some more as well as practice turning off and on utilities while I am there.