

THE ATHENS VILLAGE VOICE



Medicare will be August meeting subject

You can hardly read a paper or turn on the news without finding new potential threats to Medicare. So what is the true story?

We are fortunate this month to have Kendra Thompson, public information officer of the Ohio Department of Insurance, to come from Columbus for a 1 p.m. discussion on Friday, Aug. 17, on "Your Future in Medicare." Kendra's information will be of special interest to us because of her association with the Ohio Senior Health Insurance Information Program (OSHIIP).



Kendra conducts Medicare training seminars for a network of volunteer counselors and manages educational events for Medicare beneficiaries, their families, and their caregivers. She speaks on a variety of topics, including Original Medicare, Medicare Advantage Plans, long-term care, and Medicaid and managed care. We are welcome to ask her about any of these areas.

A graduate of Ohio University, Kendra earned a BS in Communication Studies with minors in Journalism and Political Communication. In her senior Political Communication seminar, she was a student of Dru Riley Evarts when Dru had directed that program.

Four Director nominees named to expand Board from 7 to 11 members.

Norm Cohn, Sarah Green, Margo Marazon, and Alvi McWilliams are the four nominees the Nominating Committee has chosen to run for Board of Directors membership to expand our Board from 7 to 11.

A decision to expand the Board in order to add talent and spread the work was approved at a special membership meeting on May 14, where other changes of our Code of Regulations were also approved. (See May 2012 *Village Voice*.)

Following that vote, a Nominating Committee, chaired by Carolyn Murphree, went to work not only to find the four new people, but also to ascertain whether those already on the Board would choose to run again when their terms are up. Other members of the Nominating Committee are Anne Braxton, Norm Cohn, Ed Penson, and Jo Anne Prisley.

Board members are elected to serve staggered three-year terms in order to ensure continuity. The total number of Board members to be elected at the Oct. 6 annual membership meeting will include these four in new positions for staggered terms as well as those whose previously specified terms call for re-election this year.

These include: Norm Cohn and

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Calendar

Every Tuesday, 12:30 p.m., Informal lunch gathering of members & guests at Bob Evans Restaurant.

Every Tuesday, 10:30 a.m., Yoga, ACVNA.

Every Wednesday, Sept. 12 - Oct. 31, 1-3 p.m., "A Matter of Balance" class, ACVNA.

Fr, Aug. 17, 1 p.m., "Your Future in Medicare," ACVNA. (See story above.) Please invite friends and neighbors to hear this very important discussion.

Tu, Aug. 28, 3 p.m., Discussion about downsizing and possible shared living, ACVNA.

Th, Sept. 6, 12 noon, "Energizing Ohio homes," ACVNA. (See p. 3 Short Notes.)

Sa, Oct. 6, 2:30 p.m., Annual membership meeting,



**Welcome to
Dorothy
Edwards
We are now**

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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 needed.

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.)

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**.

E-mail: pmercer@acvna.org.

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
- Dru Riley Evarts
- George Weckman

Check your record

Have you had any changes in name, address, house phone, cell phone, or e-mail addresses? Be sure to report any such changes to Patty Mercer so the revised directory of members will be accurate when we pass it out at the annual business meeting on Oct. 6.

Downsizing meeting is set for Aug. 28

Have you thought about downsizing as you grow older? Perhaps even sharing living quarters with someone else? If you have questions about or interest in such an idea or know someone who would do well to give up running a house by himself or herself, put 3 p.m. on Tuesday, Aug. 28, on your calendar. At that time, a meeting on downsizing and possible shared housing will be held in the ACVNA conference room.

This focus will be centered on alternative living arrangements as part of downsizing, creating more ease and/or safety with living options. Those who have already agreed to participate include Alvi McWilliams, Rick Abel, Carol Schloss, Natalie Pope, and Robin Smith. Anyone who has questions or suggestions, or just wants to hear what others are thinking about on this issue, is welcome to attend the meeting. The general guidance of Village members will be appreciated. Please let Patty know if you wish to attend or e-mail questions or ideas to her if you cannot be there in person. (See masthead.)

A message from William Beale: Keep your eyes open for an announcement of a visit and talk by **Pat Murphy** and **Faith Morgan** of **Community Solutions** in Yellow Springs. They have done great work on community, transport, and sustainable living, which you can read about on their website, <http://www.communitysolution.org>. We expect to have them in Athens soon (tentatively Oct. 4) and would like to have as many as possible aware of this opportunity.

Four persons nominated to expand Board

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Margo Marazon for one year; Alvi McWilliams and Sue Foster for two years; and Ed Baum (who will be new to the Board to replace Peg Cohn — a founding Board member who had decided not to run for a second term). Present Board members Dru Riley Evarts and Ellsworth Holden are up for re-election to new three-year terms. The remaining members of the Board (those not up for election or re-election this year) are Don Cooley, Cherie Gall, and George Weckman.

Nominations from the floor may be made at the Oct. 6 meeting as long as the intention to nominate and the name of the potential nominee are sent in writing to Carolyn Murphree by Oct. 3. Her address is 7 N. Shannon St., Athens, OH 45701.

The Board of Directors meets formally once a month, with officers meeting with Director Patty Mercer more often as needed. Various members of the Board also head standing committees or special committees. All serve three-year staggered terms without compensation.



Short Notes

A Pink Tea luncheon, with the theme “Tickled Pink,” will be held on Sept. 30 at Baker Center Ballroom to benefit O’Bleness Memorial Hospital. The time is 12 noon to 3 p.m., with light refreshments served at noon and lunch at 1. Tickets are \$25 apiece or \$200 to reserve a table for eight. The theme of “Women of Inspiration” will continue, and women who have inspired others will be recognized.

If you would like to nominate a woman to receive the inspiration award, do so by contacting Pat Vogt at 593-5551, ext. 9270, or e-mail her at pvogt@oblness.org.

Comedian Mark Klein will entertain, and prizes totaling \$1,000 will be distributed.



The second annual Live Healthy Appalachia Summit will be free to the public all day Saturday, Sept. 29, with great speakers, free health tests (such as cholesterol, blood sugar, blood pressure, etc.), and handouts, among other features. If you are interested in helping others live healthier lifestyles, you might want to register for the more intense session on the day before (Sept. 28), for which there is a fee. More about this in the next *Voice*. More info at www.livehealthyappalachia.org.



Pat Light’s High Society Jazz Band will play at Abrio’s 3:30-6 p.m. on Sunday, Aug. 19, with guest clarinetist Bill Kenney from Kent State. The band’s Riverboat Shuffle will be Sept. 30. More about that next month. You may either drive or go on the bus from the Credit Union. If you choose the latter, you should e-mail Bill Coffey at wcoffey@oucu.org or call him at 597-2485. Do it soon so you won’t be left out.



Always feel free to ask friends to our informational (non-membership) meetings. We are glad to share the knowledge.

‘Matter of Balance’ class to begin on Sept. 12

The Village’s own A Matter of Balance (AMofB) class is full to the required limit of 13 and is all set to go. The group’s first of eight meetings will be 1-3 p.m. on Wednesday, Sept. 12, and every Wednesday thereafter through Oct. 31. This class is a structured group intervention that utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling and to teach fall prevention strategies.



(See July *Village Voice* for more details.) This class will be led by Tracy Smith and Colleen McCambridge from the Pomeroy Wellness Center.

A major goal of our director, Patty Mercer, is to develop a training program of our own so that experienced members could offer the class several times per year. If you are interested in learning to become a coach or in taking a future class, let Patty know.

Helping members thru disaster

After the rain, very high wind, and blackout of June 29 (the last of which meant as many as 11 days without electricity for some in this area), TAV Board members tried to reach every member to check his or her safety and needs. The experience demonstrated the need for a plan to serve our members in times of such need. A call went out to ask members to send Patty a note expressing their opinions on this.

Only a few members replied, and those results showed little enthusiasm for an automatic robo-call system. A calling tree organized among the members had a little more support. Voluntary calling in (so people could say they were OK and only those not calling would need to be checked on) had some support. Doing nothing was also suggested.

Please comment on these or send new ideas.



Students want to visit, help senior citizens over fall semester

When OU's fall semester starts in late August, students in the Transitions in Development: Middle and Later Life class will be looking for older people to visit and help. A goodly number of us did this last winter when the name of the class was Family Ties and Aging. Reports of members who took on students in the program were quite favorable, and many were very enthusiastic.

Students enrolling in the course this fall must find a person or family to help by Sept. 10. Their service learning will take place during 25 hours spent with their clients at the convenience of both student and client in each pairing. It is recommended that no session be less than two hours, which would mean at least 12 meetings of student and client. Cathy Glenn, interim coordinator of the program, would like to have all meetings concluded by Nov. 26 so students will not be working during the last week of classes or exam week.

What can these students do to help the senior citizens with whom they become associated? Almost anything they can do or can learn to do after the senior citizen shows them. Here are some examples from last year: transferring Arline McCarthy's paper photos into digital photos on her hard drive; teaching Sara Gilfert about more and more complicated tasks she can now perform with her computer; taking Sandra Arnold to the doctor's office, grocery, other errands and actually shopping for her and doing other chores around the house when Sandra did not feel up to it; helping to reorganize Dru Riley Evarts' files and relabeling them with 16-pt. Dymo tape labels.

Testimonials from some of last year's participants in this program can be sent by e-mail if you ask Patty to send them. To volunteer to have a student, contact Patty Mercer before Aug. 31, when she appears before the class. The point of the program is for students to not only help out, but to interact as they work with seniors.

Drugs Thru Best Rx

The Columbus Dispatch reported on July 10 that Ohio's Best Rx, the state's free prescription-drug discount program, is now available to all Ohioans. It was previously only



for seniors 60 or older, low-income families and disabled people. Since the program began in 2004, Best Rx

members have filled 3.5 million prescriptions and saved \$56 million.

About 1.2 million are enrolled in the program, which is administered by Envision Pharmaceutical Services. Bonnie Kantor-Burman, director of the Ohio Department of Aging, said in a recent statement: "Now, all Ohioans have access to savings on drug purchases not covered by insurance" For many, this can mean the difference between getting the care they need and not getting it. Information is available online at www.OhioBestRx.org or by calling 1-866-923-7879.

Lane's Corner: Security at vacation time

Vacation time continues, and we need to be aware of potential break-ins and loss of property when we go on a trip.

Make sure you have a friend or neighbor keep an eye on your home for unusual activity in or unfamiliar vehicles near your home. Secure all windows and doors. If you have a sliding door, it can be better secured by placing a wooden strip, such as a piece of 2 x 4 board in the door track.



By turning off your main water supply into the house, you can prevent any water problems and damage that may occur in your absence. If you have an ice-maker in your refrigerator, you will also need to turn it off. If you have a gas water heater you can turn it to pilot to save gas consumption during your absence.

Before you go, you may want to give a friend or neighbor a key to your house for emergencies, such as our recent power outage, so that person can empty your refrigerator and/or freezer. Also, have your mail and paper stopped or have someone pick them up daily.

Would you feel more secure if Lane were checking your house while you are gone? He can do that, and he can also help you in other ways as you get ready to go. Call Patty to arrange this service.