

THE ATHENS VILLAGE VOICE



Preparedness is theme of December BB



Nicholas Polsinelli, information officer of the Red Cross unit that covers Athens, Gallia, Meigs, and Vinton counties, will be with us at our Dec. 19 Brown Bag lunch.

Born in Cleveland, Nicholas came to Athens in 2004, then earned a creative writing degree at Ohio University. He

stayed on to work, finally going into his first career for a nonprofit organization when he joined the Red Cross. His primary function is to support the communities covered by this Red Cross chapter, especially emphasizing emergency safety, preparedness, and awareness.

The disastrous situation in New York City after Hurricane Sandy hit caused Nicholas to be there for Red Cross work from Oct. 11 to Nov. 13. He assisted in a shelter sleeping 150 at night and providing meals, warmth, counseling, and comfort to at least 200 every day. He will be glad to share this experience with us and to tell us also about how he has worked on Community Preparedness in our own area, with both school and adult groups.

Feel free to bring friends to this meeting to share these tips.

Patty Mercer outlines Village considerations

Viewing a power point on the operations of nonprofit boards and discussing that issue had taken much of the time at the first meeting (November) of the newly expanded Village Board of Directors. Getting better acquainted with one another also was high on the agenda.

Director Patty Mercer used much of the December meeting to outline the issues and opportunities that the expanded Board will be considering as the Village gets comfortably into its fourth year. Here is a sampling of her points:

Projects: The Board should become acquainted with all aspects of projects and interests that have been suggested by members in order to evaluate which of these we can pursue and how that can be done. Among these are wellness projects such as a pain management group, a sign language class, a hearing loss support group, fall prevention instruction, and caregiver relief, among those that have been suggested by members so far.

Brown Bag Lunches: Increasing attendance at these lunches, having the programs follow interests of members, whether to have definite times or to vary the times in order to avoid conflicts for more people, and publicizing these as being open to the public were among the topics discussed.

(Continued on p. 2)

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.

Tu, Dec. 11, 10 a.m., Board meeting, ACVNA.

3:30 p.m., Membership meeting.

Fr, Dec. 14, 8 a.m.-2 p.m., ACVNA Holiday Open House. Drop in as you can. Breakfast 8-11 a.m., lunch 11 a.m., White Elephant exchange at 2, excitement all day. ACVNA wants Villagers to be there.

We, Dec. 19, 12 noon, Brown Bag Lunch (See story above.)



20,000

people
across the
nation

belong to
Villages



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. 406** 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
- Sue Foster, secretary
- Cherie Gall, treasurer
- Ed Baum
- Norm Cohn
- Don Cooley
- Jean Drevenstedt
- Dru Riley Evarts
- Sara Green
- Margo Marazon
- George Weckman

Jean Drevenstedt joins Athens Village Board



Jean Drevenstedt, who has been a member of The Athens Village since its beginning, has taken the Board position of Alvi McWilliams, who has found that she will be unable to serve. Jean's nomination came from the Nominating Committee, headed by Carolyn Murphree, and was approved by the Board at its December meeting.

A professor emerita of psychology after a 30-year career at OU, Jean's subspecialty had been geropsychology (psychology of aging)

in the department's clinical psychology program. She had also served as director of the clinical psychology doctoral program.

Jean is rejoining the United Seniors of Athens County Board in 2013. During her previous service on that Board, she was president in 2004 when the Athens Senior Center was accredited by the National Council on Aging.

Jean had served on the former Highpointe Committee, which had attempted to bring a retirement community to Athens. She also has served for several years as a fundraiser for ACVNA and its Hospice and Health Services.

She serves as a deacon in the First Presbyterian Church after having served in several other positions over the preceding years. She is on the revived Emeriti Park Committee after having also served on the original committee, which developed the park on the campus. Her major service for The Village has been to help with the rewriting of the Code of Regulations earlier this year.

Patty Mercer outlines Village considerations

(Continued from p. 1)

Relationship with ACVNA: Inasmuch as O'Bleness Memorial Hospital is experiencing management changes as a result of its association with Ohio Health and ACVNA is under the O'Bleness umbrella, Patty discussed briefly what effect this might have on our relationship with ACVNA. She reported that a "get-acquainted" meeting with part of O'Bleness' management already had been held (with Board members Sue Foster and Cherie Gall representing us), and they found no changes had been planned as yet.

If you have thoughts or opinions about what our Board of Directors, our Director Patty Mercer, our home maintenance coordinator, or any of our committees should be doing, or ideas to suggest to them, get in touch with Patty either by telephone or e-mail. She will be glad to hear from you and will share your input with the Board.

If you either need a ride or are willing to give a ride to our meetings or elsewhere, let Patty know so she could match up pairs.

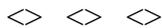


Short Notes

Maintain, Don't Gain: The average person gains one to three pounds between Thanksgiving and New Year's, and weight gained like that in six weeks of careless eating can take as much as six months to get off, says O'Bleness's Healthy Ohio and Well Works. They say to eat as wisely as you can over the holidays so you won't gain it in the first place. In other words, maintain; don't gain. They suggest that you keep a log to track your activity, nutrition, hydration, and recovery to help you maintain and not gain.



Jazz Intermission: High Society Jazz group is taking a hiatus in December and January. Look for them to return to Abrio's stage with vigor in February.



Home Canners Needed: Suzanne Pennington, a graduate student studying the sociology of home canning in the Athens area needs some canners to interview. She wants to know why people preserve food in this way and what canning means to them. If you can or know someone who does, contact Suzanne at 707-5227 or spennington@albany.edu.

Committees formed at Board meeting

Committees agreed upon at the December Board meeting included:

Budget: Ellsworth Holden, Ed Baum, Sue Foster.

Caregiver Support: Jean Drevenstedt, Margo Marazon.

Brown Bag Lunches: Margo Marazon.

If you have suggestions in any of these areas, feel free to contact a committee member so that your views could be considered. Suggestions on Brown Bag speakers are especially welcome.

Lane Hoisington is victorious again helping Village member

When Arline McCarthy's downstairs (extra) refrigerator decided to take leave of its senses and become a total freezer, she bought one of those dorm-size fridges to replace it. All she wanted was something that would give her that overflow space so sorely needed when family is visiting. Just a place to store drinks, spread out arranged platters, etc.

Although she managed to get her new fridge out of the box, getting it running was another matter. This fridge had a three-pronged plug and all of her ancient basement outlets had just two. Moreover, the directions said, "Do not plug into an adapter."

Time to call Lane, as so many of us have thought so often. He not only solved the power problems, but he pointed out to Arline that she would not want to bend way down to the floor every time she was looking for something in this little guy. (This goes in the "things you might not have thought of" department.)

Just looking around Arline's basement, Lane found two boxes of the same height to raise the fridge closer to eye level, then a board to connect the boxes, and everything was set.

We are indeed fortunate in our Village to have Patty to keep everything in order and Lane to help us in our houses any time we need his many and varied talents. He is very good at sizing up your situation, getting materials needed, and efficiently doing what needs to be done. And he is just as good at telling you when you DON'T need something, such as a new roof recommended by a roof salesman. (This actually happened to one of our members early in our existence as a Village.)

Membership in our Village is supposed to give a sense of security, as well as *real* security. With Patty and Lane, we have it.

Contact Patty through the information listed in the masthead. Contact Lane through Patty.



AAA8 gives TAV audience many good ideas on resources

About 26 persons attended the Nov. 30 Village Brown Bag lunch at which Gerri Van Noy and Kim Flanagan shared with the audience the many services, books, pamphlets, and other materials the Buckeye Hills Area Agency on Aging (AAA8) has available for the asking. Whether you were there or not, you are welcome to go online at www.areaagency8.org to review what the organization has to offer and either order it from them on line or call 740-373-6400 or 1-800-331-2644 to ask questions or order what you want. And the best news is that every service or item AAA8 has to offer is FREE. The office's sole purpose for existing is to make living easier for us, the senior citizens of the state. How could life be better?



This agency has a book on nearly every situation that a senior citizen can imagine facing. These are on loan just for asking, and you may keep one as long as you need it (bearing in mind, of course, that others may be requesting it also). Find the list on line or call the office (info listed above) and ask for a list.

Our speakers in November were AAA8's information assistance specialist and the director of its long-term care ombudsman program, respectively. They brought along about 10 copies of various handouts that, again, are available online or by phone absolutely free. These are too numerous to be enumerated here in their entirety, but some of the favorites of the group attending the session included:

A small (4" x 5.25") booklet in a plastic sleeve to protect it when it is being carried in pocket or purse. It not only lists all of AAA8's services and contact info, but also has places for each person to list vital statistics that could be needed in case of illness



or accident. There are places for your doctor to list changes in some of your figures (b.p., cholesterol, etc.). Send for one if you did not get it at the meeting.

A 32-page booklet, "Service Planning Packet for Athens County," which was updated in October, will assist you in getting any help you need. It will be sent to you free if you did not already get one, as will the rest of these titles and many others, such as: "10 Things Every Family Should Know About Aging With Dignity and Independence" and "A Consumer Guide To Choosing a Nursing Home," which AAA8 says you should do long before you need one. If you need help in getting any of these, let Patty Mercer assist you.

Lane's Corner: a monthly list of helpful hints



It's time to dig those boxes of lights and decorations out of the closets and attics. If you are bringing boxes out of the attic or from an outside storage building, make sure you check them carefully for our little friends that like to make their home in our boxes.

As you unpack the lights and cords, be sure to check for frayed, broken, or bare wires. Remember not to overload your receptacles and circuits with too many cords. If need be, use a power strip or surge bar to prevent overloading the circuit.

Never leave your lights on overnight or for long periods because they can be a fire hazard. If you are using a real tree, trim the bottom of the trunk before placing it in the tree stand; make sure you keep it watered daily. A dry tree is very flammable.

When a ladder is used, make sure you have a "ladder buddy" to steady the ladder and help prevent falls.

Some decorations require a lighted candle. Candles can be very dangerous and should not be left unattended. Always keep a lighted candle away from wrapping paper and flammable decorations.

