

THE ATHENS VILLAGE VOICE



Driving while aging: An important issue



Our meeting at 3 p.m. on June 11 will have a good friend as speaker — Dr. Julie Suhr, who spoke on a different subject early in our existence. She also has invited our members to have their memories tested in her lab at any time by appointment. She has openings now in a new experimental study for which volunteers use a driving simulator and are paid for their time. (See separate story at bottom of p. 4.)

At the June 11 meeting, she will be talking about how aging can affect driving skills, what kinds of abilities are related to changes in driving as we age, and evaluating and possibly ameliorating changes to increase safety.

Dr. Suhr earned her Ph.D. in clinical psychology from the University of Iowa in 1994, after which she completed a year of internship in clinical psychology at Brown University and three years of postdoctoral residency in clinical neuropsychology at the University of Iowa College of Medicine. She joined the OU faculty in 1997 and is now a professor of psychology. Her research focuses on various brain disorders and how they affect cognitive skills, including changes associated with the normal aging process and with dementia.

Board member number is raised from 7 to 11

Nominators Appointed

The major change in our Code of Regulations, the revision of which was approved in a special all-member meeting on May 15, was to raise the number of Board members from 7 to 11. That passed, as did other code changes (see the May *Village Voice* for a complete list.)

President Ellsworth Holden has appointed the Nominating Committee (Anne Braxton, Norm Cohn, Carolyn Murphree, Ed Penson, and Joanne Prisley) to find nominees for the four new Board positions. The slate will appear in a *Village Voice* before the scheduled annual meeting. (See story below.)

Oct. 6 set for annual business meeting

For the first years of The Athens Village's existence, the annual meeting was held in January, a month of mysterious, and possibly disastrous, weather.

The revised Code of Regulations, approved at the special all-member meeting on May 14, calls for the annual meeting to be in October. The Board has chosen 2:30 p.m. on Saturday, Oct. 6, at the Athens Community Center.

Please save this date for TAV.

Calendar

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

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

Mo, June 11, 3 p.m. Driving While Aging talk with Dr. Julie Suhr, ACVNA. (See story above.)

Tu, June 12, 3:30 p.m. Membership Committee, ACVNA.

We, June 13, 1:30 p.m. "How to Get Up From a Fall," video presentation, Philips Lifeline, ACVNA.

Tu, June 19, 10 a.m., Board meeting, ACVNA.

We, June 20, 1:30 p.m., "Getting the Most out of Your Membership," a Q & A session to review services available and review how to access them.

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



Keep telling friends about the Athens Village.



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 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

Reaching Out

Our Membership Committee continues to reach out to community professionals and groups to inform them about The Athens Village and invite their senior contacts to join. The newest of these are the neighborhood associations and veterans' groups.

Special all-member meeting well attended

A good feeling resulted from the special May 14 all-member meeting to gain membership approval of a revised Code of Regulations, which would enlarge the Board, reset the regular annual meeting date, and accomplish a few other goals. (See May newsletter for complete list.)

Attendance was more than adequate: 30% of members were required in person or by signed proxy to do the business as outlined. Attending in person were 35 and those persons held signed proxies of 16 that could have been used if necessary. John Howell won the door prize of 100 "forever" stamps donated by Board members.

Survey on mobility issues

The Athens Village has agreed to send its members a countywide mobility survey from the county mobility coordinator. You will receive it soon and are encouraged to respond if you choose to do so.

Used glasses still needed

Donated eyeglasses are still needed by The Plains Lions Club. Please bring them to the ACVNA conference room or have someone else pick them up and bring them for you.

Lane's Corner: a monthly list of helpful hints

This month, we will deal with two subjects — summer health of cars and independent living for people.

Cars: The hot weather is just as hard on your car as winter is. You should take your car to a qualified garage or your favorite mechanic and have it checked for the following: battery (for proper water level and corroded cables), belts, hoses, coolant level, and tires (for proper air pressure). Low tire inflation can make the tire very hot. If your air conditioner isn't what it should be, the solution could be as simple as having Freon added to the AC unit.



People: On May 9 I attended a presentation, "Independence by Design." It was about the latest technology and design options available to support independent living for people of all ages and abilities. Several vendors were in attendance to demonstrate their new products, which included many new assistive devices. If you are interested in reviewing the literature that was provided about these products, please ask Patty for a copy.



Short Notes

Hepatitis C: The U.S. Centers for Disease Control and Prevention now recommend that older people should be tested for Hepatitis C. You might want to check with your own doctor to see if he or she recommends it for you in particular.



High Society Jazz: Pat Light's High Society Jazz group will *not* have a performance in June. They will appear once this summer at their usual venue, Abrio's. The date will be announced in the next *Village Voice*.



Hip or Knee Replacement: If you are facing the possibility of a hip or knee replacement, you might benefit by knowing that there are Village members who will be glad to share their experiences with these surgeries and recoveries. Both Lorraine Myers and Suzanne Howell have had very successful hip procedures and Dru Riley Evarts says new knees changed her life completely. Their phone numbers and e-mail addresses are in your membership directory.



Walking for Village: Three Villagers (Patty Mercer, Sue Foster, and Dru Riley Evarts) walked in WellWorks' "Walk for Your Cause" event on May 15. They didn't win the prize they had hoped to win for the Village, but Patty won an individual prize of a year's Well-Works membership. The \$225 group prize went to the Athens Dog Shelter.



Staff hours: Patty Mercer will be on vacation June 11 and 12. Try to conduct any business with her on the previous Friday or following Wednesday. If you need help on either day Patty is gone, use her regular number and ask the ACVNA operator to direct your call. Lane Hoisington will be on Grandpa Duty June 5-12. He still will be available to help you, but his response time might be a little slower than usual. Both of them love working for YOU.

Have something you don't need? Want something you don't have?

It would be good to have a column in this newsletter through which TAV members could exchange things. Most people know of stuff they no longer need or things they could use. Here are a couple of items to get started:

Trasher Masher: Sue Foster has one to give to anyone who wants it. Call 593-5258.

Bread-making Machine, complete with directions, free. Arline McCarthy, 593-3831.

Send items you want to give or sell, or things you want to find to evarts@ohio.edu.

Village represented at celebration of GoBus success and distinction

45,000 individuals have been served by GoBus since its inception 18 months ago, far beyond the most fervent hopes of the Community Action Agency that put it together. GoBus has been named an exemplary economic development program among Ohio's community action agencies' projects.



Ellsworth Holden, Ed Baum, and Dru Riley Evarts attended the report and celebration of the first 18 months of the GoBus intercity system that has made travel from Athens to Marietta, Parkersburg, Columbus, and Cincinnati (and points along the way) so much easier and connected Southeast Ohio to points farther away. The Hocking-Athens-Perry Community Action Agency administers this program. The deluxe buses (with equipment to assist people who need help boarding) were purchased through a federal stimulus grant application expedited by the city of Athens. The Ohio Department of Transportation has been a supporter and encourager from the line's beginning. GoBus can be reached by phone at: 888-95-GOBUS or online at www.ridegobus.com.



Marj Stone is into history, Art Woolley into just about everything else

Both **Marj Stone** and **Art Woolley** had been associated with OU's English Department before retirement, **Marj** as the wife of Professor Edward Stone and **Art** as associate professor of English.

Marj's first love is history, and she especially loves the history of Southeast Ohio, most notably Athens County. In fact, she is the co-author (with Elizabeth Beatty) of *Getting to Know Athens County*, published in 1984. Her second book, *As Time Goes By: A Pictorial Journal of Athens, Ohio*, was published in 2001.

Marj was the founder of the Athens County Museum in 1976 and has remained active with it and the Athens County Historical Society since their merger in 1983. She is asked very often to speak about the county's history. She is glad to lead people, including Alumni College groups, around the area and explain the history of various sites to them.

She has written three historical pageants about this area. The most recent one of these was about the Morgan Raiders, produced by the Morgan Raid Committee in Nelsonville. She received an award from the Association of American Historical Societies and Museums for "Dead Men Do Tell Tales," performed by 16 players at 16 headstones at the West State Street Cemetery. Marj has volunteered at the Church of the Good Shepherd Sunday School and Red Cross blood drives and canteen. During her three working years, she was associate director of OU's Study Abroad Program.

Art Woolley has been active in the Christ Lutheran Church both before and after his retirement. He once served on a committee to help allay the damages to two Lutheran hospitals in Liberia during that country's civil war. He continues on the church's Council and is currently serving as financial secretary. While he was still teaching, he served for a couple of years on the United Campus Ministry's Board.

An avid flyer for 20 years, Art served first as president and later as treasurer of the Athens Flying Club, which, when larger, owned two or three planes at a time. Art enjoyed flying these in the '70s and '80s.

Driving simulator study in need of senior subjects

Dr. Julie Suhr, who has spoken at our luncheon and is speaking again on June 11, now needs subjects 60 years old or older to participate in driving simulator research. The appointment lasts 4 hours, for which each subject is paid \$40 and receives feedback about cognitive test performance.

She emphasizes that the driving simulator does NOT constitute a test of basic driving skills or measure your driving skills in a typical car.

Inquiries can be made by calling her at 593-0910 or e-mailing her at suhr@ohio.edu.

After retirement, Art became a guardian ad litem for the Athens County Court of Common Pleas in order to investigate independently and advocate for the best interests of children in the custody of the Athens County Children Services. As the current benefits chair of the OU Emeriti Association, he keeps other emeriti aware of retirement benefits for which they are eligible. This office also involves going to Columbus for meetings of the Ohio Council of Higher Education Retirees (OCHER) in order to keep retirees in Athens up to date on advocacy by the state officers. Art also is among the Emeriti volunteers who take turns greeting people at both the Kennedy Museum and the Dairy Barn. For the Athens Village, he serves on the Research Committee, which keeps track of what other villages are doing, as reported on the Village to Village Network.

Art's most time-consuming service to the community comes from serving many years on the board of the Friends of the Ohio University Libraries. He organizes and runs the Friends' three-day 5,000-volume quarterly book sale that produces \$5,000 yearly for student scholarships and facilities support.