

THE ATHENS VILLAGE VOICE



Molly Blair to tell about ReStore at BB Lunch



ReStore's Molly Blair, who is completing her first year as manager this month, will be with us for our March 22 Brown Bag Lunch.

Molly will be talking about Habitat for Humanity's hiring her last year to organize, staff, stock, and open ReStore. She had had 15 years' experience in retail, having been an assistant manager of a Sears Hardware Store in Columbus. Her talk will include information on the opportunities to donate (mainly of materials people have around the house but no

longer need) and on the need for volunteer help. Lunch will be 12-12:30 p.m., followed by the talk and questions, lasting until 1:30 p.m.

In addition to Molly, ReStore employs one part-time associate. Much of Molly's responsibility is staffing the store with volunteer help. She has had previous experience organizing volunteers for the Columbus Firefighters and the Voice Corps radio reading services.

Feel free to bring a guest to this luncheon. The work of ReStore benefits the entire community. We can help spread the word.

Calendar

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

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

Th, Mar. 8, 10 a.m., Transportation Focus Group, ACVNA. (See p. 2 story.)

Fr, Mar. 9, 10-12 a.m., Last computer problem-solving session with Family Ties & Aging students.

Fr, Mar 9, 1-2 p.m., Facebook instruction, ACVNA. (See p. 3 story.)

Tu, Mar. 13, 10-12 a.m., Board meeting; **3-4 p.m.** Membership Committee; both ACVNA.

Tu, Mar. 20, No yoga session this week.

Th, Mar. 22, 11:30 a.m., PIT meeting.

Th, Mar. 22, 12 noon, Brown Bag Lunch (See story above.)



A gift in memory of Ann Holden has been received by The Athens Village.

This thoughtfulness is very fitting to Ann and very much appreciated.

A new day for BB Lunch

We are trying a new way of choosing a day for our monthly Brown Bag Lunch. Instead of having a day set in concrete (as the second Wednesday has been), we will sometimes select a date most convenient for the speaker of a particular month. This time the date is Thursday, March 22. See the calendar below to put other Village dates on your own calendar. Always consult the calendar when you receive your *Village Voice*.

Mercer and Foster to attend state meet

Patty Mercer and Sue Foster will go by invitation to the Ohio Department of Aging in Columbus for a meeting of various groups contacting the department for information on how to set up a Village.

Our Village nominated Norm & Peg Cohn and Ted & Sue Foster for the Joined Hearts in Giving Award in 2010 for having worked together to initiate this Village and their other volunteer work. When a group of us went to the Governor's Mansion for the awards ceremony, the Department of Aging people asked many questions about how a Village gets under way.

Now the DoA wants to spread the word of seniors joining together to help themselves. This meeting is a helpful step.



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,
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Urgent!

Do you want Columbus TV channels back?

If so, call Columbus Time Warner

at 1-800-517-4311

and let its management know how you feel!

Susan Kanashige Ed Penson
Gladys B. Stern Max Evans

Code of Regulations being revised by committee

Our Code of Regulations is being studied by an ad hoc committee, which will make recommendations for clarifications and revisions. These will be voted on by the membership at a general meeting after all changes are agreed to by this committee and the Board of Trustees.

Committee members are Sue Foster, chair; Ed Baum, Jean Drenstedt, Max Evans, Cherie Gall, Ellsworth Holden. These people have met and are now circulating drafts among themselves and Board members. They are suggesting both deletions and additions to the Code. One major addition will involve enlarging the Board from seven to 11 members.

Advisory Council meets to review Village progress

A general view of our Village's progress and some suggestions from its members were the main points of business when our Advisory Council had its quarterly meeting Feb. 21. Katharin Foster presided. Council members suggested we continue to try to interest people beyond the Athens city area in joining us. Kathy Trace offered Sue Foster help in Trimble, in particular. The Council was generally pleased with progress.

Opera, other special shows come to Athena Grand

Athenians have been driving to Columbus for years to enjoy live broadcasts from the Metropolitan Opera, which they could experience larger than life on a jumbo movie screen in a theater there. Now these same live performances and a good mix of encores and other specials are being made available right here in Athens, at the Athena Grand. Admission varies from \$20 for adults under 65 and \$18 for senior citizens for live opera down to \$11/\$10 for lesser shows. Times also vary, so it is wise to check the website to find those details: athenagrand.com.



Here are the performances between now and the next *Voice*:

- 3/14 — Metropolitan Opera: "Ermani," encore.
- 3/18 — Los Angeles Philharmonic "Gustavo Didamel and Herbie Hancock, Celebrate Gershwin" live.
- 3/20 — Matthew Bourne's "Swan Lake," 3D.
- 3/21 — TCM presents "Casablanca": 70th Anniversary Event.
- 3/26 — "Joseph and the Amazing Technicolor Dreamcoat," a filmed presentation of Donny Osmond's singalong musical play.
- 3/27 — Monumental: "In Search of America's National Treasure," live.
- 4/4 — "Joseph . . .": encore (See 3/26 description.)
- 4/7 — Metropolitan Opera: "Manon," live.



Honor loved ones with memorial bricks



All of us who have gone to the ACVNA office on Village or other business are familiar with memorial bricks. Village members may put bricks in either the Veterans' or the Commemorative Garden at a

special price. Orders should be made by March 30 to be included in the spring dedication. Call Milena Miller at 594-8226, ext. 405, to ask questions or make arrangements. She will be glad to help you with selection and wording.

Membership Committee, PIT work to make community aware of TAV

Our Membership Committee, headed by President Ellsworth Holden, is busy contacting the Neighborhood Association groups in Athens County to distribute brochures and other information to them to pass on to their members.

Pat Light is continuing her work of congratulatory cards to people celebrating 40th or higher anniversaries or other occasions that would indicate ages of people who may be interested in us.

Anne McClanahan and Carolyn Murphree continue to place brochures in places where senior citizens would be likely to pick them up (libraries, community center, doctors' offices, etc.).

The Public Information Team is cooperating with the Membership Committee in sending letters to helping professionals (doctors, lawyers, etc.), who could use our brochure information when counseling seniors about future plans. PIT is made up of Dru Riley Evarts, chair; Anne Braxton, Georgann Penson, and Joanne Priskey.

If you have other suggestions of steps either of these groups could take to inform more people about the Village, please make them known to either a Membership or PIT member.

Transportation Committee helper is organizing driver/passenger info



Coordinating the information that members came up with during our transportation survey is

the task that has been taken on by student volunteer Lia Lococo. She wants to help members who need rides to know about those who have offered to drive others various places.

Liz says the best way to do this is to build Facebook pages to give information to people signed onto our Transportation Facebook. She will give participants instructions at a March 9 session, 1 to 2 p.m., in the ACVNA large conference room. Whether you are interested in transportation or not, this session will benefit you by helping you get on Facebook for other purposes.

Liz can teach you to:

- create your own Facebook page, for transportation or any other purpose, or she can create it for you;
- show you how to log in and use your own page and the Transportation Group page;
- set privacy information on your page.

By having this page, you will be able to update information both for your helping others or for getting help for yourself. Liz says this is easier than it sounds, so come and find out.

High Society Jazz is on March 25

Pat Light and her High Society Jazz group will be doing their regular jazz session 3:30-6 p.m. on Sunday, March 25, at Abrio's Brick Oven, 859 E. State St.

The group will be featured in Marietta's Lafayette Hotel's Grand Ballroom on March 9 at a concert to benefit the Campus Martius and Riverside museums there. The High Society Jazz goes on at 8 p.m. Everyone is welcome to attend.





Community Center has free senior programs

Exercise, exercise, exercise are the watchwords of the Athens Community Center's United Seniors. Mike Turner passed out schedules during his talk with us last month. Here are reminders of these things, free and open to help you with exercise.

Line Dancing — MWF 10:15-11:30 a.m. for intermediate, and Tu&Th same times for beginners.

Walking Around the World — M-F 8-10 a.m. and 1-2 p.m.

Chair Volleyball — W&F 1-2 p.m.

Tai Chi, etc. — M 10-11 a.m.

PACE (arthritis) — W 12:30-1:30

Health Release Forms are required.

A Matter of Balance

A new class about avoiding falls will be offered by our Village this spring or summer. It will run two hours a week for eight weeks and will help reduce the fear of falling.

Statistics show that one in four seniors experience a fall each year and that more seniors die as a result of falls than as a result of automobile accidents.

The Ohio Department of Aging is emphasizing the importance of education to help prevent falls. It endorses the teaching of best practices to reduce falling dangers.

Let Patty Mercer know that you would like to participate in the class being planned for us. Class size is limited to 15, so get your reservation in as soon as possible. You will be glad you did.

TAV asked for Village creation advice again

Ever since The Athens Village founders got us rolling, people who heard about us have inquired from other places to ask how we did it and how they could get a Village going. *The Athens Messenger* published a photo and cutline on March 3 about a meeting with a our most recent inquirer.

Paul Sobel came from Cleveland suburb Beachwood to inquire about our organization. He is interested in establishing a Village in his area, which could include neighboring suburbs of Lyndhurst and Pepper Pike. He is also interested in locating a Village for his mother-in-law, who lives in New England, the birthplace of the Village movement. Our director, Patty Mercer, was recommended to Sobel by the Village-to-Village network. He also met with Ellsworth Holden, Norm and Peg Cohn, Sue Foster, Lyle McGeogh, and Dru Riley Evarts. We have had inquiries or visits from six other groups seeking advice on Villages.

Lane's Corner: a monthly list of helpful hints

This is a good time to check your smoke detectors and carbon monoxide detectors. Each one has a small button you can press to be sure it is in working order and you can hear it.

As we age, we may not hear as well as we once did. There are some sounds and frequencies that are harder for many of us. One of our members actually experienced this. The tone on his carbon monoxide detector was at a pitch that he could not hear well. So he replaced it with another brand that he could hear much more easily.



When you test either detector, be sure you can hear it if you are close, but also go into a room as far from the detector as you can get, and see if you can still hear it. If you can't, have it adjusted professionally or get a new one. Your life could depend upon its working.

By the way, if you did not change the batteries in your detectors last fall, be sure to change them at time-change time this spring, and make a habit of that at least once a year.

As you are in checking mood, check your fire extinguisher(s), too. Whether you have a small or a big fire extinguisher, get it or them out from behind anything and have it (them) in places where they are easy to grab. If it or they haven't been tested in a year, take it (them) to Pallini at the end of Mill Street to get the testing done. You may never have to use your extinguisher(s), but that would be a good thing.