

# THE ATHENS VILLAGE VOICE



## *New Board gets acquainted, begins learning about Board operations*



**New Village Board With Director:** At their first meeting to begin The Athens Village's fourth year, the newly expanded Board of Directors posed for a picture with Director Patty Mercer (second from left in back row). Board members are: Front row — *Dru Riley Evarts*, *Alvi McWilliams\**, *Norm Cohn\**, *Margo Marazon\**, *Treasurer Cherie Gall*; Back row — *President Ellsworth Holden*, Director Mercer, *Sara Green\**, *Secretary Sue Foster*, *George Weckman*, *Ed Baum\** (*New Board members are marked with an asterisk.*) Continuing Board member Don Cooley was unable to be present for the photo.

Members will recall that The Athens Village held a special meeting on May 14 to vote on enlarging our Board of Directors from seven to 11.

After approval, a Nominating Committee headed by Carolyn Murphree worked hard to find members capable of filling and available to fill these new slots as well as the slot left open by Peg Cohn, whose three-year term on the original Board was to end Oct. 30. At the Oct. 6 Annual Meeting, the

five new Board members were duly elected, and here is the full Board. Their backgrounds can be read in the October *Voice* issue. The new Board's members got better acquainted and began viewing the first of a series of lessons from the Nonprofit Board Governance Resource Guide from the Regional Nonprofit Alliance of the Voinovich School of Leadership and Public Affairs. Suggestions from Village members to those on the Board are always welcome. If you would like to make a suggestion to a Board member, use your membership directory to locate his or her phone number and e-mail address.

### Calendar

**November=National Family Caregiving Month**

**Every Tuesday, 12:30 p.m.**, Informal lunch gathering of members & guests at Bob Evans Restaurant. Lane Hoisington will be sitting in for Ellsworth Holden. Come, ask any questions you like.

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

**Th, Nov. 22, Thanksgiving Day.** Office closed.

**Fr, Nov. 30, 12 noon**, Brown Bag Lunch (See p. 2 story.)

**Fr, Dec. 7**, Last day to get Medicare changes in care options for next year.

**Th, Dec. 11, 10 a.m.**, Board meeting, ACVNA.

**See stories inside for dates of trips, talks, etc.**



Now that we  
are in our  
**4th year,**  
the term  
"senior"  
has a double  
meaning.

## **We are saving BIG with care at home**

The average cost of in-home health care is \$12,600 a year or \$34.50 a day, whereas the care in a nursing facility would be \$35,000 a year, or \$153 a day, according to a Nov. 1 newsletter of the Area Agency on Aging.

We are fortunate to have The Athens Village as we age and to have ACVNA to provide home health care at a reasonable price as we need it.



*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](mailto: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](mailto: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
- Dru Riley Evarts
- Sara Green
- Margo Marazon
- Alvi McWilliams
- George Weckman

**In touch with others**

We continue to keep in touch with other villages. Patty Mercer went to a national convention and gleaned many good ideas. Peg Cohn and her Research Committee are gathering Village-to-Village ideas from the national website.

**Two speakers will tell how AAA8 works for us**



Staff members from the Buckeye Hills Area Agency on Aging (AAA8) will present Village members and guests with information about programs and services available to seniors and their caregivers when we meet for our Brown Bag Lunch at 12 noon on Friday, Nov. 30.

Kim Flanigan (left above), AAA8 Long-term Care Ombudsman Program director, will share details about the Ombudsman Program and selection assistance. The Ombudsman Program addresses concerns such as the quality of long-term care and negotiates for the solutions of problems that may arise between providers and consumers of this care.

Gerri Van Noy (right above) an SWA,CIRS-A certified information and assistance specialist, will provide details about AAA8 and its programs that support independence, choice, and dignity. These include long-term care consultations, PASSPORT & CHOICES waiver programs, senior housing, caregiver advocacy, and Project Lifesaver.

Included in their program will be an explanation of the Southeast Ohio Aging & Disability Resource Network (ADNR). It provides the elderly and disabled with a network and website to keep them informed about services throughout the eight-county AAA8 area.

**Friends of Museum trip:** The Friends of the Kennedy Museum are going to the Julia-Ann Square Historic District in Parkersburg for the 13th annual Victorian Tour and Tea on Saturday, Dec. 1. Leave Athens at 11:15 a.m., return at 5 p.m. Call 593-7972 to respond.

**UTI symptom sufferers can get help**

UTIs (urinary tract infections) are particularly troublesome for older men and women. If you have a fever with nausea, lower pelvic pain, and general feeling of discomfort, it could be due to urinary tract infection. These can become very serious if the infection spreads to the kidneys. For further information on how to recognize symptoms and when to contact your physician, see the following web pages.

[http://www.medicinenet.com/urinary\\_tract\\_infection\\_uti\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/urinary_tract_infection_uti_pictures_slideshow/article.htm)

OR

<http://www.mayoclinic.com/health/urinary-tract-infection/DS00286/DSECTION=symptoms>



## Short Notes

**Worried about climate change?** Pat Murphy will be talking about it at the Dairy Barn, 7 p.m. Thursday, Nov. 15. He will discuss specific recommendations that can be taken by individuals and will focus on low-energy living and self-reliant communities. Interactive discussion will follow. Murphy is with the Yellow Springs Arthur Morgan Institute for Community Solutions. You can learn more at <http://communitysolutions.org/index.html>. Come early and you can see the Tapestry Exhibit free of charge.



**Help with iPad and apps:** Kim Hale, CCC-SLP, a speech-language pathologist, will give people with special needs and their caregivers help with their iPads and apps 6-8 p.m. on Thursday, Nov. 8, at Community Connections of Athens County, 88 Columbus Circle. This program is for people dealing with autism, stroke, dementia, or various disabilities. Call 740-249-4353 to learn more about this.



**Need help with Medicare D choices?** Joyce Lewis at United Seniors is taking individual appointments to help people with this. An annual review of one's coverage is important. Call 594-3535 for an appointment. The deadline for making changes is Dec. 7.



**Pumpkin Roll and Stroll:** The Live Healthy Appalachia organization is sponsoring a "Walk, Run, or Ride for Pie" on Saturday, Nov. 17, at the Athens Community Center. Registration starts at 10 a.m. A "Gear Up for Winter" exercise expo will be going on while people are registering. Registration is \$15 for those who do not want a t-shirt to commemorate the occasion and \$25 for those who do want one. At 11, a 36-mile bike ride will start, and at 12 noon the 5k walk/run will start. The reward at the end of these is a piece of pumpkin pie. All proceeds benefit Live Healthy Appalachia. You can pre-register at 740-856-6100 or [LiveHealthyAppalachia.org](http://LiveHealthyAppalachia.org).

## *On-demand van service to start operating Nov. 8*

After years of working to provide on-demand transportation for disabled people and senior citizens, it is getting in gear by Nov. 8, according to Lantz Repp, Athens mobility director. This is a pilot program, with a vision of becoming a full-time service.

This is how the Athens On-demand Transit will work for now:

1. Its initial purpose is to provide disabled persons in Athens County with dependable transportation.
2. While the service is running with that initial priority, it will also serve the elderly and low-income residents to transport them to medical and social service appointments *as space permits*.
3. Prior registration is necessary for anyone wishing to use this service. To register or get questions answered, call 740-767-4500. The number for scheduling rides is 740-597-2404. The HAPCAP Transportation Group has moved to a new office at 10015 E. State St., Athens.

Cliff Warren has been hired as Transit supervisor, and he will have five drivers. This system has been established by the Hocking-Athens-Perry Community Action Program (HAPCAP), with grants from the Developmental Disabilities Council of Ohio and the Osteopathic Heritage Foundation. Local support came from the Athens County Board of Developmental Disabilities and Havar, Inc.

### **2 free hearing test days are left**

Friday, Nov. 30, and Thursday, Dec. 6, are the only two days left for free hearing days at the Hearing & Speech Clinic in Grover Hall 174. No appointment is needed. Just drop in between 1 and 3 p.m. on either day. No obligation. Just information about your hearing.



## SB 271 moves to House

Ohio Senate Bill 271 would allow telecommunications companies to abandon landlines in areas where cell phone service is “available.” But cell phone service can be irregular or poor in quality. It also can cost much more unless a person makes very few calls, even if one has only a track phone with no contract.



If you object to SB 271, which has already passed the Senate, contact Representative Debbie Phillips about your concerns as this bill reaches the House. Her office phone is 614-466-2158, and e-mail is [disrict92@ohr.state.oh.us](mailto:disrict92@ohr.state.oh.us).

### ‘Festival of Lights’ bus trip has 10 openings, so you can go

If you have never been to Wheeling’s Festival of the Lights, you owe it to yourself to go. If you have been there, consider going again. This entire light show is both beautiful and amazing.

Bill Coffey, who manages these senior trips for the Credit Union and Emeriti, says his 50-seat bus has 10 open seats remaining. He will fill it on a first come-first served basis. The thousands of lights and their arrangements are unbelievable.

The bus leaves the Credit Union parking lot on E. State Street at 1 p.m. on Sunday, Dec.16. After a rest stop along the way, the group will arrive in Wheeling at 4 p.m. Shopping, a guided tour, and dinner will follow. The \$75 fee for each person covers the bus, the driver, and dinner. Shopping is at one’s own expense. The bus will return to Athens by 11:30 p.m.

If you have questions or would like to register for this, call Bill at 597-2845.

## Advisory Council meets to discuss Village

The Athens Village Advisory Council had its quarterly meeting on Oct. 6 to discuss the progress of our Village. Members seemed generally pleased with the state of the Village.

The purpose of an Advisory Council, the members of which come from throughout the county, is to keep the Village Board of Directors informed about communities all around us and to let the word about the Village’s existence and work go out to these communities through people they know.

Katharin Foster is president of the Advisory Council. Other members attending this meeting were Mike Turner, Matt Sutton, Marty Zinn, Margo Marazon, and Paula Horan Moseley. The Village Board was represented by Ellsworth Holden, Sue Foster, and Dru Riley Everts.

### High Society Jazz and Jitterbugging



The High Society Jazz Band will have the OU Jitterbug Club as its performance guests when they play at Abrio’s, 859 E. State St., 3:30-6 p.m. on Sunday, Nov. 18. Those attending this performance will be invited to join the jitterbuggers if they wish to do so, but they’re just as welcome to simply sit and watch. Either will stir up great memories of the past.

### Donations very useful, two up for adoption

Margo Marazon has donated a grab bar and Patty Mercer a nutri-steamer. Let Patty know if you would like to adopt either of these. Thanks to Stacia Davis Moore, who donated a long-handled stapler and various supplies for office use.

### Lane’s Corner: a monthly list of helpful hints

As we get our homes ready for winter, don’t forget your car. You should have it checked by a certified person. Make sure he or she checks the antifreeze, belts, hoses, battery, battery cables, washer fluid, and tires.



Put together an emergency kit that will be kept in your car. You should at least have a blanket, a charger for your cell phone, candles, matches, water, snacks, flashlight, and a first-aid kit.