

THE ATHENS VILLAGE VOICE



Annual Meeting is 4 p.m. Oct. 6 at Community Center



Election and re-election of members of the Board of Directors will be the major business to be done at the Annual Meeting scheduled for 4 p.m. on Saturday, Oct. 6, at the Community Center. After a May 14 vote of the membership to expand the Board from seven to 11 directors, these nominees are Norm Cohn, Sara Green, Margo Marazon, and Alvi McWilliams.

Norm Cohn has been involved with The Athens Village since 2009, when it was just an idea he and wife

Peggy started promoting after she had run across a *New York Times* article about “villages,” which began in the eastern seaboard states and were beginning to move across the country among senior citizens who wanted to age well in their own homes. Norm has worked on the Grants Groups and organized the Opera Appreciation Group for the Village. Now an OU professor emeritus of environmental and plant biology, he had served as dean of the Graduate College for part of his career.

Sara Green, who worked in OU’s Office of Registration for 30 years before retiring, has served on the Board of the Athens County Historical Society for 10 years, during which time she filled the offices of treasurer and interim director. As a long-time member of the Theta Sigma Phi sorority, she served in various offices, including those of president and vice president.

Margo Marazon, a nurse by profession, was a member of the founding group of Athens Area Hospice (now part of ACVNA). She was director of the Consortium for Health Education in Appalachian Ohio (CHEAO), a member of the Children Services Community Advisory Board, and a participant in such services as the Community Health Project and the Immunization Van. She also arranged service learning for medical students and worked in community health for area schools.

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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.

Th, Oct. 4, 12 noon, Advisory Board, ACVNA.

Sa, Oct. 6, 4 p.m., Annual membership meeting, Athens Community Center. (See p. 1 story.)

Su, Oct. 7, 10am, Memorial Service for Catherine Brown, Baker Center, Room 242, followed by a field hockey game.

Fr, Oct. 26, 12 noon, Brown Bag Lunch, with Trina Gannon, ACVNA. (See p. 3 story.)



**Now we are
3! Happy
Birthday to
us!**

Football vs. meeting time

When we set the time for our very important annual meeting, we (gasp!) had not consulted

OU’s football schedule. Now that we are awake, the meeting time is **4 p.m. on Oct. 6, at the Community Center**. Cider and ginger cookies will be on hand by 3:45 p.m. for visiting. Business starts at 4. Plan to adjourn at 5.





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

Annual Meeting includes election (from p. 1)

Alvi McWilliams is well known for her city beautification work with Project Plant, of which she was a founder in 1984. She has been president of the Athens Shade Tree Commission and continues to serve on it. A member of the Athens Foundation Board for many years, she has served as its secretary. She and her late husband were founding members of the Near Eastside Neighborhood Association.

Ed Baum is not one of the four persons being elected to expand the Board from seven to 11, but is up for election at this meeting in order to fill the vacancy created by Peg Cohn's completion of her three-year term. Ed has served on the OU Emeriti Board, of which he was president for three years and continued on the Board as past president for the past two years. He has done extensive civic work for Habitat for Humanity, the Arthritis Exercise Program, the Civitan Club, the Near Eastside Neighborhood Association, and SeniorBEAT.

Two current Board members, **Dru Riley Evarts** and **Ellsworth Holden**, are up for re-election because their three-year terms are ending. Evarts joined the group only last February to complete the three-year term of a director who resigned because of the press of other duties, and Holden has been not only on the Board, but president of it since The Athens Village got under way.

Board members not up for election this year are **Sue Foster**, secretary; **Cherie Gall**, treasurer; **George Weckman**, and **Don Cooley**.

The Board is arranged so that about one-third of it will be up for re-election every year. Of those up for election this year, Baum, Evarts, and Holden will have 3-year terms; Green and McWilliams will have 2-year terms; and Cohn and Marazon will have 1-year terms. As each of these people serves the term in this staggered pattern, he or she will be eligible for a new 3-year term.

Nominating Committee members this year are Carolyn Murphree, chair; Ann Braxton, Norm Cohn, Ed Penson, and Joanne Prisley.

Which way to trickle?

The Athens Village is a trickle UP organization, not trickle down. Members typically have very good ideas, and the Board wants one and all to know how welcome those ideas are. If you think of something to which the Board should be attending, let it be known. Trickle up. Trickling down could cause drowning .

Newest study measures mouth muscles function

An interesting study of the muscles of the floor of the mouth is inviting those under 40 or over 60 to participate. Each subject will be compensated for his or her time, as well as having the opportunity to learn about his or her health.

Study subjects must have no history of difficulty in swallowing food of liquids, be free of neuralgic head or neck impairments or history of them, be a nonsmoker for at least the past five years, have no taste or smell difficulties, and not be undergoing treatment or taking medication that can affect the swallowing function.

Interested? Email Beth Oommen at eo242807@ohio.edu or call 954-881-6028.



Short Notes

Mark your calendar for Nov. 3. That's when CarFit will be at O'Bleness Memorial Hospital to help you find whether you "fit your car" for the greatest comfort and safety. E-mail Ed Baum at baum@ohio.edu, or call him at 593-8675 to make a 15-minute appointment for this. A 12-point check on such things as blind spots, seat-belt use, steering-wheel position, pedal use, etc. will be included, and an occupational therapist will be on hand to make suggestions. Rain date is Nov. 10.

* * *

One point made by Laura Stephens (our speaker on hearing) is that it is unwise to put off the testing of your hearing. The university Hearing and Speech Clinic is giving free hearing tests now. Call 593-1401 with questions or the setting of an appointment. The times these tests are available are 1-3 p.m. on Oct. 5 and 26, Nov. 30, and Dec. 7. No obligation. Just information.

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There are two more studies in which you can participate, earn \$50 for each, learn more about yourself, and add to the research knowledge of the university and the universe. One is the driving simulator study (see July *Village Voice* issue). Contact 593-0910 or suhr@ohio.edu. The other is the Aging and Muscle Function study (see August 2011 *Voice*). Contact 330-806-3251 or 124304@ohio.edu.

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In response to a request from one of our newest members, your Board of Directors is looking into having our health insurance companies cover part or all of the costs of using the Aquatic Center, WellWorks, and other preventive medicine facilities. If you have suggestions about this, let Patty Mercer know.

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

Oct. 26 Brown Bag to involve discussion of WWII fashions



What did people wear during World War II? Trina Gannon, who just finished her master's degree in Apparel, Textiles, and Merchandising, will share with us at noon on Friday, Oct. 26, the findings of her research on this

and other subjects connected with the history of clothing and textiles. Tina is now the curator of the Mary C. Doxsee Historic Clothing and Textile Collection.

Many of us are old enough to remember World War II and the rest of us probably heard of the descriptions from parents or older siblings. Hearing about an actual survey concerning the effect of the war effort on clothing and dress in general will be very interesting. What we know is anecdotal, but Tina will have the facts from well-conducted research into the subject.

This would be a perfect Brown Bag to bring friends. Shortages of material during the war affected both men's and women's clothing, so come and enjoy, and bring friends along.

Getting the word out about our Village

Jo Prisley helped tend a table and answer questions about the Village at a Community Service Street Fair of the Campus Involvement Center on Oct. 2.

Sue Foster and Dru Riley Evarts will speak about The Athens Village for the noon Rotary Club on Oct. 12.

If you know of other groups who would like a display or a talk about The Athens Village, please let Patty know so she can arrange it.

Peg Cohn, Peggy Irwin win Women of Inspiration awards

Two women very important to our Village were honored on Sept. 30 at the Pink Tea Luncheon organized by O’Bleness Memorial Hospital. Both were surprised with “Women of Inspiration” awards for their inspiring others to work with them in bettering our community.

Peg Cohn was the first person in Athens to learn about “villages” for people wishing to stay in their own homes rather than go to assisted living. She convinced others to work together to make The Athens Village a reality. Readers of *The Voice* know the story from there. Peg has served first on our Steering Committee, then a full three-year term on our Board of Directors, first as secretary, then as vice president. She is ending her three-year term after our Annual Meeting, but will continue as chair of our Village-to-Village Research Committee. She and husband Norm, along with Sue and Ted Foster, were honored by the Ohio Department of Aging last year for their joint work in founding our Village.

Peggy Irwin, who has been a member of our Advisory Board since its founding several months after the Village became official, received her Women of Inspiration Award for her founding and 15-year coordination of SeniorBEAT. She has inspired more than 800 people to sign up on the SeniorBEAT contact list and to be both physically and mentally active as they age. She has established subgroups in book reviewing, history, singing, walking, chair volleyball, arthritis exercise, speakers bureau, and has participated in most of them, along with those she inspired. Earlier this year she was honored by United Seniors for her work with them. She will be honored at the SeniorBEAT annual meeting on Oct. 18.

Pick up membership materials at Saturday’s annual meeting

Director Patty Mercer has been hard at work to assemble directories, membership booklets, and other things for you to pick up at the annual meeting. Be sure to get yours!

High Society Jazz Band will be at Abrio’s Oct. 21

Emily Burhans will be the guest singer when the High Society Jazz Band plays at Abrio’s, 89 E. State St., from 3:30 to 6 p.m. on Sunday, Oct. 21. Listening to those saints go marching in always makes a nice

late afternoon, and you can order anything from a snack to a full dinner, or nothing at all if you just want to listen.



Lane’s Corner: Prepare for Fall

Fall is in the air and it is time to get our homes ready for this season.



If you have crawl space or foundation vents, it’s time to close them for winter. If you have an air conditioner, it should be covered to protect it from debris and winter weather unless its manufacturer advises otherwise. Heat pumps cannot be covered because they work with your furnace or heating system.

Now is a good time to have your furnace or heating system cleaned or serviced by a certified technician. You should also check any storm windows or doors that need to have the screen raised and glass lowered before the cold weather hits. Be sure to check weather seals around doors and windows.

Don’t forget when you are finished with your garden hose to make sure you have drained the hose and disconnect it for storage during the Winter months. Disconnecting the hose from the faucet also will ensure that the faucet will not freeze.

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.