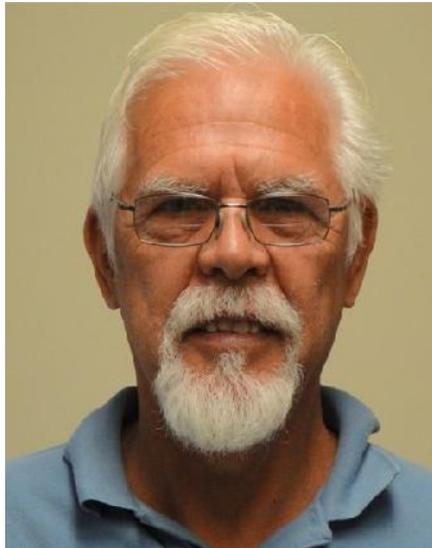


THE ATHENS VILLAGE VOICE



'Energize Ohio' subject of BB lunch Sept. 6

Steve Dillehay, training coordinator of COAD's Ohio Weatherization Training Center, will be our speaker on Thursday, Sept. 6, at the Brown Bag lunch in the ACVNA Conference Room. Also involved in the presentation will be Nicole Peoples, COAD special projects coordinator.



Conservation of energy while heating our homes over the months ahead is the major goal of this program. Steve is COAD's inspection and heating expert, and he can give us a number of tips on how to conserve as we heat.

He has provided extensive in-field technical assistance to the Weatherization Assistance Program (WAP) and has consulted with the state WAP on best practices. The advice he gives is applicable to home heating problems that all of us have.

Because heating and heat conservations are such big issues today, this would be a perfect time to bring a guest to the BB lunch.

How about a home energy assessment?

All of us know that saving energy is important for the good of society, if not for the health of our own pocketbooks. But those pocketbooks are important, too. We like for them to be as fat as possible and our energy bills as thin as possible.

Therefore, how about a home energy assessment? You can't see between your inside and outside walls or whether your windows remain as tightly installed as possible after years of use. Only the experts can.

Free home energy assessments are available from the Department of Energy. An energy ambassador will visit you, review your gas and electric bills, give your dwelling a walk-through energy assessment, and advise you about saving energy (and, of course, expense).

This assessment will provide you a dollar estimate of your annual savings, based on recommendations of behavioral changes. Recommendations are in two categories: (a) those you could do now to realize savings, and (b) future savings you could realize through appliance replacements with newest energy-efficient models.

If you would like to sign up for an assessment, call 740-594-8499, ext. 233. The deadline for signing up is Nov. 30. Assessments are by appointment.

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.

Tu, Sept. 11, 3:30 p.m., Membership Committee.

Th, Sept. 6, 12 noon. "Energize Ohio" talk at Brown Bag lunch. (See story above.)

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

Fr, Sept. 21, 12 noon, Alternative Housing meeting.

Tu, Oct. 2, 10 a.m., Board meeting, ACVNA.

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

Sa, Oct. 6, 2:30 p.m., Annual mtg., Community Center.



Welcome
to
Ruth Overby
and
Betty Lacy
Now we are 102



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

Check records

Have you had any changes in name, address, house phone, cell phone, or e-mail addresses? Be sure to report any such changes to Patty Mercer so the revised directory of members will be accurate when we pass it out at the business meeting Oct. 6.

Remember the annual business meeting

Q : When is our annual membership meeting?

A: 2:30 p.m., Saturday, Oct. 6, at the Community Center.

The election of both new directors and re-election of Board of Directors members whose terms are expiring this year are on the agenda.

Four new directors have been nominated by the Nominating Committee to fill the newly created Board slots as a result of a change in our Code of Regulations voted on by the membership on May 12. The four nominees for these slots are: Norm Cohn and Margo Marazon for 1-year terms; and Sara Green and Alvi McWilliams for 2-year terms.

In addition, Ellsworth Holden, whose membership on the founding Board is expiring this year, is due to be re-elected for a 3-year term, as is Dru Riley Evarts, who went on the Board just a year ago to complete the term of a resigning director. She is up for election for a 3-year term, as is Ed Baum, who will be replacing Peg Cohn, whose 3-year term is expiring.

Remaining Board members who are not up for re-election this year are Sue Foster, Don Cooley, Cherie Gall, and George Weckman.

Other nominations for Board of Directors membership can be made, but must be in writing and delivered to the Nominating Committee chair, Carolyn Murphree by Oct. 3. Her address is 7 N. Shannon Ave., Athens.

Other members of the nominating Committee are Anne Braxton, Norm Cohn, Ed Penson, and Joanne Prisley.

All Board of Directors terms are for three years. They are staggered so that only one-third of the Board will come up for re-election in any one year.

Free Hearing Screenings: Our July speaker, Laura Stephens, a Hearing, Speech, and Language Clinic PhD and AuD student, has sent us a schedule for free hearing screenings — 1-3 p.m. on Oct. 5 and 26, Nov. 30, and Dec. 7. No appointment necessary.

Norm Cohn to give all-*Irving Berlin* program



Tenor Norman Cohn and pianist Lynn Sullivan will present an all-*Irving Berlin* program at 2 p.m. on Saturday, Sept. 22, at the Athens County Library (which is situated the end of Home Street).

Norm promises many of our favorites, including “God Bless America,” “A Pretty Girl Is Like a Melody,” “Puttin’ on the Ritz,” “The Girl That I Marry,” “Anything You Can Do I Can Do Better,” and many more.

The program includes some sing-along opportunities.



Short Notes

The second annual Live Healthy Appalachia Summit will be free to the public all day Saturday, Sept. 29, with great speakers, free health tests (such as cholesterol, blood sugar, blood pressure, etc.) for people arriving early in the morning, and handouts, among other features. If you are interested in helping others live healthier lifestyles, you might want to register for the more intense session on the day before (Sept. 28). You can find much more info at www.livehealthyappalachia.org.



ACVNA has two boxes of wigs from which a person who has had chemo or another illness affecting the hair can choose. If you need a wig in the future, remember this resource. If you have a wig you no longer need, you might consider adding it to this supply. Use of these wigs and sickroom supplies (bedside toilet, walker, etc.) are free for Village members.



The Plains Lions Club representative Danny Kasler reports that 23 pairs of glasses were donated at ACVNA through mid-August. This includes glasses donated by our members. There is a permanent donation box in the entrance hallway of The Market on State, where you can continue donating or encouraging others to do so. Look for a bright yellow box.



The Athens Time Exchange will have a potluck dinner at 6 p.m. on Tuesday, Sept, 18, at Patty Mercer's and Danny Yahini's house, 12180 Pete Smith Road. It's a good chance to get acquainted and hear what services are being offered and how you match with services needed.



Nili and Issy Urieli are the proud grandparents of a baby girl born Sept. 4.

Keep your good-news announcements coming here. Other members are interested.

Mayo Clinic offers free newsletters of interest

Mayo Clinic has sent out a notice of what its staff calls *Exciting News*. And it is exciting. The Mayo newsletters are informative and well respected. Tens of thousands of people from all over the country have subscribed and paid.

Now an extended collection of health newsletters will be free to those taking them as e-letters. They will give medical insight from the Mayo Clinic, tips and guidance, prevention and treatment options, and more. You may choose which ones you want to receive, or take them all if you like. To leave your order, e-mail to newsletters@mayoclinic.com.

Here is the list from which you may choose for the free newsletters:

1. Pain Management Advisor
2. Heart-Healthy Living
3. Controlling Your Diabetes
4. Managing Depression
5. Recipes for Healthy Living

Alternative Housing Group continues to work on ideas

Issues discussed at the Aug. 31 Alternative Housing meeting included: logistics of downsizing, noise/soundproofing, ADA compliance, necessity of a living agreement, selection process, and pets.

Participants at the August meeting included Stacia Davis, Suzanne Howell, Carolyn Murphree, Mary Lee Powell, Elise Sanford, Lane Hoisington and Patty Mercer.

The next meeting will be at noon, Sept. 21, in the ACVNA Conference Room. Any member who is interested in how alternative housing would work or who just wants to know what the whole idea is about is welcome to attend and join in on the conversation.



Riverboat Shuffle a treat on Sept. 30

Pat Light's High Society Jazz Band will have its annual Riverboat Shuffle on Sunday, Sept. 30. The sternwheeler sails from the Valley Gem dock at 5 p.m., and you should be there a little while before sailing time.

You may drive on your own, carpool, or go in the bus arranged for by Bill Coffey at the Credit Union (597-2800). Reservations must be made by Sept. 24 (a little earlier this year). Call Don Stout at 592-2281 if you want a reservation and are not going on the bus.



Admission (\$28 for High Society members, \$33 for others) includes a buffet supper on board.

Handbook being studied for possible revisions

A committee of five women is working with Patty Mercer to go over the members' handbook in order to suggest any corrections or revisions before the Oct. 6 annual meeting.

The Handbook Committee is made up of Ann Fox, Georgann Penson, Mary Ann Flournoy, and Stacia Davis Moore.

If you have noticed handbook portions that you think could be clarified, let Patty know about it so the committee can review them.

Your cell phone can add to your safety

Your cell phone has four features that could add greatly to your safety. The Athens Village office has a handout on this, which you could keep in your purse, wallet, or car so you have complete instructions on how to get this help in a tight moment.

1. The worldwide emergency number is 112. It works even if you are out of the coverage area for your brand of mobile phone.
2. If your battery is low and you really need to use the phone, press the keys *3370# and your phone will go on reserve power, increasing the battery by 50%. This reserve will be charged back up the next time you charge your phone.
3. Your phone has a serial number, which you can find by going to *#06#. Write down the number that comes up and put it in a safe place so you can identify your phone if it is stolen.
4. Get free directory help by dialing 800-free-411 or 800-373-3411. Using these numbers will eliminate \$1 to \$1.75 for info.

Lane's Corner: a monthly list of tips

Attention! Attention! Attention!

Recently there have been people victimizing the Athens area by calling on home owners and giving estimates on home repairs that they say need to be done. They require a deposit up-front, then take off, never to be seen again. This has already happened to one of our members.



Do not give permission for home repair inspections or give money for partial payment without checking with Patty or myself. We will check for you to see if they are on our list as secure service providers. If not, we will investigate to make sure they are legitimate service providers.

This is one of the reasons I wanted to be part of the Athens Village — to protect people from being taken advantage of by unscrupulous people.

If you have any questions about service providers, at all, do not hesitate to call the office so we can give you the assurance that you will be working with a reputable contractor.

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.