

# THE ATHENS VILLAGE VOICE



## June Holley to be BB lunch speaker



“Weaving Networks” is the subject of June Holley, the April 4 speaker for the Athens Village’s monthly Brown Bag lunch.

June’s work is that of weaving various economic and community networks together for the greatest benefit possible to this area. Her goal for the last 25 years has been to help communities transform themselves to make them better places for everyone to live.

After 20 years as executive director of the Appalachian Center for Economic Networks, June stepped down to devote her energies to helping commu-

nities around the globe form Smart Networks by training and supporting Network Weavers. Her goal is to assist public interest groups in sharing information and techniques in order to combine talent and techniques for the benefits of the work of all interests involved.

The Brown Bag lunch will be at 12 noon, with the talk following at 12:30. This would be a good time for you to bring a guest to the lunch and talk. The meeting will conclude at 1:30 p.m.

### Calendar

**Every Tuesday, 12:30 p.m.,** Informal lunch gathering of members & guests at Bob Evans.

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

**Th, Apr. 4, 12 noon,** Brown Bag Lunch. (See story above.)

**We, Apr. 10, 10:30 a.m.,** Coffee Hour for mobile device help. (See p. 2 Short Notes.)

**Tu, Apr. 16, 10 a.m.,** Board meeting, ACVNA.

**We, Apr. 17, 11:30 a.m.,** Caregivers Support Group, ACVNA.

**We, Apr. 24, 10:30 a.m.,** Getting the Most Out of Your Membership with Neighbor Network theme, ACVNA. (See p. 1 story, far right.)

**We, Apr. 24, 2-3p.m.,** Aging — cultural difference discussion with OPIE, The Plains Public Library.



**The Athens Village is one of 15 rural Villages across the country.**

**A national research project about rural villages only is being undertaken as you read this.**

## VtV Research Committee & Getting the Most From Your Membership group presents joint coffee hour

Mark Wednesday, April 24, at 10:30 a.m. on your calendar for a joint meeting of the long-laboring Village-to-Village Research Committee and the relatively new Getting the Most From Your Membership coffee hour. The subject for this joint meeting will be the Neighbor Network.

We have talked about this idea for some time under various names, such as “Buddy System” and others. The VtV Research members have studied how various villages around the country are serving members by checking on them to the extent that they want such help from the group.

Peg Cohn, VtV chair, would like to see as many members as possible attend this joint meeting. The objective is to find what systems people already have in place so that someone is checking on their well-being often (preferably daily) and who wants to join an Athens Village Neighbor Network set up to provide this security.

We have invited a 9-1-1 speaker to talk about their registry. Lane will have on hand a sample of a lock box. These measures can be part of your safety plan.

A primary goal of the Athens Village is insuring the safety and security of each member without interfering with his or her privacy. That is also the primary goal of this joint meeting.



## 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:** [pmerc@acvna.org](mailto:pmerc@acvna.org)

### Web site:

<http://theathensvillage.org>

(use no spaces.)

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## Future BBL topics to note

Mark your calendars for these Brown Bag Lunch topics at 12 noon at ACVNA:

**May 2** — Julie Suhr on maintaining a healthy brain.

**June 13** — Sharron Sturgeon — Conversation partners for Ohio Program of Intensive English (OPIE) students.

## Short Notes



**Mobile Device Help** — Bring your iPhone, iPad, Kindle, or other portable electronic device to a 10:30 a.m. coffee hour on Tuesday, April 10, for help from intern Kerry Ragland. (Her background is on p. 3 of the February *Voice*.)



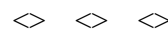
**AARP Safe Drivers Course** — Thursday, April 25, is the next AARP Safe Drivers Course, which will meet 9:30 a.m. to 2:30 p.m., with a 45-minute lunch break on your own. Cost is \$12 for AARP members (with card) and \$14 for others. This is a refresher course with volunteers that teach or review both old and new rules with you. Many insurance companies reduce fees for graduates. If you can't make this date, you might try another one this year — May 21, Aug. 1, Sept. 24, or Nov. 6. Contact John Keener, 592-6658.



**High Society Jazz** — Featured artist at the High Society Jazz performance on Sunday, April 21, will be David Cross, a British trumpet player who has recently been touring in France. He appeared with this jazz band before, when he was a visiting professor of linguistics at OU several years ago. Time is 3:30-6 p.m. at Abrio's, 859 E. State St.



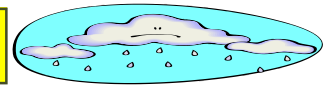
**Huntington Museum Trip** — An all-day trip to Huntington to visit the Museum of Art and Conservatory, as well as "Art in the Park" at Ritter Park on Sunday, May 19, will be sponsored by Friends of the Kennedy Museum. The bus will leave Athens at 9:30 a.m. and return at 7 p.m. Cost is \$39 for FKM members or \$47 for nonmembers, for transportation on an OU motor coach with restroom, admission, and snacks on the bus. Lunch is on one's own at the museum or the Marshall U. café, or you may bring along a brown bag lunch if you like. The trip needs 25 paid participants by April 18.



**Caregiver University** — Families and professional caregivers alike are invited to gain insights into dementia, enhanced caregiving skills, and stress relief when the Caregiver University meets at the Athens Community Center on Wednesday, May 29. Registration is at 8:30 a.m. and the session will last from 9 a.m. to 3:30 p.m. Lunch will be provided, and as many as 5 CEUs can be earned. Keynote speaker is Dr. Shirley Neitch. More information can be had by calling Jennifer Waggenger at 1-800-272-3900 or e-mailing her at [jennifer.waggenger@alz.org](mailto:jennifer.waggenger@alz.org).



**Cultural Differences in Aging** — International students in the Ohio Program of Intensive English (OPIE) are curious about aging in the U.S. and how it compares with aging in their own countries. Sharron Sturgeon, OPIE staff is offering to host a 2-3 p.m. gathering on April 24. If 3 or 4 members of the Village are willing to volunteer, we will have a panel presentation followed by questions from the students. Otherwise, there will be informal discussion in pairs. This meeting will be at The Plains Library. Refreshments will be served. Call the office to volunteer and RSVP.



The Tuesday Lunch Bunch — left to right: Intern Nikki Cremeans, Ellsworth Holden, Warren Reininga, and Marj Stone.

***Village’s Tuesday lunchers would like more folks***

What’s nicer than a casual lunch out with friends? Folks can get the news of the day, exchange ideas, hear one another’s plans and opinions, or go in any direction they want while having a lot of laughs.

Our Village has had such an informal lunch on Tuesdays almost from its inception. The regular lunchers would welcome more members. The group gathers at about 12:30 every Tuesday at Bob Evans. You can come then or a little later if that fits your schedule better. Most of the Villagers stay until the end, but you need not stay any specific amount of time.

Drop in any Tuesday. Have some lunch and visit. Any ideas that percolate will have a good chance of getting to the Board or the entire membership. Try it. You’ll like it.

***Lane Hoisington offers to drive members for appointments & non-emergency trips***

In addition to the senior citizen transportation offered by On-Demand Transit (see adjoining column), and the availability of ACVNA home care aides, Athens Villagers have another service for non-emergency transportation. Lane Hoisington will drive members to appointments or for other purposes when one of these other sources is not available. At its March meeting, the Board approved the following:

On a trial basis for now, a member may arrange with Patty Mercer (see masthead) for Lane to drive the caller in the member’s car to appointments or whatever else is needed, and return the member to his or her home. This service would be at his regular rate (\$22 per hour) as billed through ACVNA. If the member’s three free hours yearly of Lane’s service has not been used for another purpose, that time can be used for this service as well.

**On-Demand Transit gets new van, expects 2 more**

Athens County’s new service, On-Demand Transit, is already up to an average 100 trips a week to aid disabled and senior people in getting around. It started with two vans, added a new one recently (pictured below) and expects two more shortly in order to keep up with demand. Presently there are six trained drivers, and there soon will be eight for the service, which operates 8 a.m. to 9 p.m. Monday through Saturday. The fare is \$2 each way.

**Register in Advance:** The most important thing you can do NOW is to register for On-Demand services. Drivers cannot pick up a person who simply waves them down or who calls for a ride without first being registered. Patty Mercer has brochures and registration forms at her office, or you may call 597-2404 to have one sent to you in the mail. Either way, you must return the form and become registered before you can be transported by these vans.

**Getting to and from the Van:** Drivers are well-trained (first aid, CPR, etc.) to care for you while on the van, but they are not permitted to enter your home or to go into the building at your destination. You must arrange for any help you need to get out your door or in and out of the doors at your destination.







## THE ATHENS VILLAGE VOICE

### CarFit free on April 13

It's time again to see if your car still is the best fit for you. This is one of the best safety measures senior citizens can take to assure their safety as well as that of everyone else on the road.



CarFit will take place from 11 a.m. to 2:45 p.m. in the parking lot in front of the Castrop Center of O'Bleness Memorial Hospital. The examination is free, but a reservation is needed. You may make yours by calling Ed Baum at 593-8675 or e-mailing him at baum@ohio.edu.

The checkpoints of CarFit include driving position, blind spots, and use of elements of the car. CarFit is sponsored by the O'Bleness Health System, AAA, SeniorBEAT, AARP, and the American Occupational Therapy Association. Trained technicians and health care professionals assist. Call for an appointment first. Then keep it. Be safe.

### Swimming is an excellent low-impact exercise for us

Swimming is one of the best exercises for sexagenarians, septuagenari-



ans, or octogenarians (whatever we are). It gives you a lot of good exercise and is very easy on joints. Beacon School welcomes us for a "Senior Swim" hour, Mondays, Wednesdays and Fridays from 3 to 4pm. Cost is \$1 per person. Barb Hayes teaches an aqua-aerobics class for arthritis Monday and Thursday, 6:15 to 7:15pm for \$2 per person. The pool is heated to 84-86 degrees. The pool is closed during Athens City school vacations.

## The Athens Village shines again

Ohio's Area Agency on Aging (AAA8)'s Regional Advisory Council heard from invited speaker Patty Mercer on Friday (March 29), when she drove to Marietta to talk and show a Power Point message about our Village and the national movement.

Another spotlight was shone on us two weeks earlier when a *Columbus Dispatch* reporter Jim Weiker spent the day in Athens to gather information on the Village concept in general and our group in particular. His associate photographed our Chair Yoga Class and Weiker interviewed its members for more than a half-hour. They also went on a house maintenance check with Lane Hoisington and to the weekly lunch at Bob Evans.

Reporter Weiker said he had been attracted to the Village idea by reading a recent *New York Times* article about the national movement (the same type of *NYT* article Peg Cohn had run onto four years ago and thus became inspired to investigate the Village idea for Athens). But it did not take him long for Weiker to sniff out Athens as the best place to go for his Ohio interview.

During a phone call on this newsletter's press day, Weiker told Mercer that the article would be in the Home & Garden section of the *Dispatch* on Sunday, April 7, as currently planned.

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

Here are three suggestions about things to which you should attend around the house each spring. Call the office if you'd like Lane's help:



**Mower:** If you still do your own mowing, you should have your mower and trimmer serviced and sharpened now. Sharp blades will make your grass look better and will cause the mower to use less gas.



**Air Conditioner:** Now is a good time to get a jump on Summer by giving your air conditioning system any service and cleaning it may need. Visually check your outdoor unit to make sure no debris or obstacles are obstructing it. Such things can affect its performance.



**Spring Flowers:** Tulips, daffodils, and other spring flowers are beginning to pop up and leaf out. Our friends, the deer, like to eat them. You can find various sprays, such as Deer Fence, at local feed and garden places, hardware stores, and home suppliers. Talk to friends about what they use for this purpose and find the best product through experimentation.