

Traveling to 30 countries in 9 months



Alexa Abercrombie Ross (accent on the first syllable) moved to this area just a couple of years ago. The sister of Amy Abercrombie, she was reorganizing her life after the death of her husband. Amy had bought a Nelsonville house at sheriff's sale for Alexa, who settled down there and began immediately planning her dream trip abroad. She wanted to visit as many countries as she could. She heard about "couch surfing"

and learned more about it on the web. Finally she took off, visiting 30 countries over nine months: Portugal, Spain, France, Germany, Denmark, Norway, Sweden, Finland, Russia, Estonia, Latvia, Lithuania, Poland, Czech Republic, Slovakia, Austria, Hungary, Croatia, Ukraine, Moldova, Romania, Bulgaria, Bosnia-Herzegovina, Serbia, Turkey, Indonesia (Java, Bali), Malaysia, Thailand, Myanmar, Italy, Ireland. She's going to tell us at our Brown Bag Lunch on Thursday, Aug. 8, how she planned this trip, how she learned about and used couch surfing, and whether she would recommend it.

Alexa was no stranger to foreign travel and living when she started this trip. An "Army brat," she had lived in Japan, France, and Germany during school years. As a young adult, she had worked in both France and India and traveled in North Africa, Holland, Spain, Ireland, and Greece. She met her future husband Jack Ross in the New York theatre scene. Together, they wrote "Mice in the Theatre" about off-Broadway.

Lunch will begin at 12 noon, with the speaker starting at 12:15. Come for either or both. Bring friends to the meeting if you can.

Strategic Planning and Annual Meeting plans for September, October

As we prepare to enter our fifth year as The Athens Village, two important occasions are coming onto the horizon for September and October.

The first of these is the two-day Strategic Planning Meeting from 1:30 to 5 p.m. on Thursday, Sept. 19, and 9 a.m. to 4:30 p.m. on Friday, Sept. 20.

The second of these important occasions is our regular Annual Meeting, which will be from 2 to 3:30 p.m. Sunday, Oct. 6. All of these meetings are at the Community Center, Room B.

The Board hopes, of course, that all members will be able to attend these meetings. If you need transportation to get to any of them, call Patty Mercer (see masthead) to make arrangements.

The Athens Village was established in the fall of 2009, had its first general membership Brown Bag Lunch on Dec. 9 and its first Board meeting on Dec. 15. On Feb. 26, 2010, we held our first Strategic Planning Meeting under the direction of Ed Penson to find what members wanted from the Village and how we could plan to achieve the goals set.

Now it is time for follow-up Strategic Planning, this time under the direction of Ed Penson and Ed Baum. We will review how we have achieved goals to date, what new or revised goals we want now, and how to implement the revised plans.

Results from the Strategic Planning session will be presented at the Annual Meeting on Oct. 6 and a new set of plans and committees will be arranged in order to strengthen the further implementation of plans and add new actions to be taken.

Every Tuesday, 12:30 p.m. Informal lunch gathering of members and friends at Bob Evans.

Every Tuesday, 10:30 a.m. Chair yoga, ACVNA.

Th, Aug. 8, 12 noon, Brown Bag Lunch, ACVNA. (See story above.)

Tu, Aug. 13, 10 a.m. Board meeting, ACVNA.

We, Aug. 14, 10:30 a.m. PIT meeting, ACVNA.

We, Aug. 28, 10:30 a.m., Getting the Most out of Your Membership meeting, ACVNA.

Future dates to save: Sept. 19-20 for Strategic Planning, Oct. 6 for Annual Meeting. See story, this page. All of these meetings are at the Athens Community Ctr.



*Welcome
to our
newest
member*

*Marsha
Dutton*



6 Villagers and 2 others earn Healthy U credit

July 24 was graduation day for six Village members and two friends who had completed the first Healthy U course, Living Healthily With Chronic Conditions.

The course is basically six weeks long, but this one was longer because of a holiday. Some of the problems discussed included weight gain or loss, Parkinson's disease, PTSD, back pain, cardiovascular care, diabetes, and caregiving to others. But discussion can cover any chronic concerns of class members, so that would change from time to time.

Stacia Davis Moore recalled the points that "hit home" with most emphasis for her: 1) taking medication at the same time each day for the best benefit; 2) listing all your medications and supplements for a pharmacist so he or she can advise you about the best times of day for each, as well as any interactions among them; and 3) checking the pharmacist's advice with your own doctor.

Many other topics are included in order to help each participant cope with a chronic condition. Confidentiality is promised by the AAA leaders and the participants.

The dates and times of the next Healthy U course will be posted in a later *Village Voice*.

Future BBL topics to note

Please take note of the dates and topics for our August and September Brown Bags:

Sept. 5 — Beverly Schumacher, on enjoying genealogy.

Oct. 10 — TBA

Lunches start at 12 noon and talks at 12:30 p.m. at ACVNA. (The August talk will begin at 12:15.)

Help & companionship through OU class

This fall will make the third year in which members of The Athens Village have been welcoming Ohio University students into their homes so the students could help out, share stories, and get a glimpse of how older people live, what their concerns are, etc.

The course is CFS 4660, Transitions in Development: Middle & Later Life. This fall semester, the dean of the College of Health Sciences & Professions, Randy Leite, is teaching the class himself, and he says that he intends to continue the home visits of students as the practicum aspect.



If you want to have a student help you during fall semester, call or e-mail Patty to sign up. Specify the kind of help you would like.

The class begins on Aug. 27 and will have Patty Mercer in as a guest on Aug. 29 to explain The Athens Village and what students can expect to learn about senior citizens who are members. Students sign up after Patty's talk, then are assigned to a Village member according to a match of interests. Each student spends 20 hours over the semester with his assigned partner, usually in two-hour segments. A sampling of members who have paired with these students includes:

Arline McCarthy, whose student took hundreds of slides and photos and transferred them to categorized CDs; **Betty Reese**, who learned a great deal more about her computer; **Sue Foster** was assisted in her family history research by a student who traced all the locations on Googlemaps so Sue could see how the family had moved over the years; **Dru Riley Evarts** had two students, one who clipped newspapers and sorted files and one who labeled all the files with the large-print Dymo labeler. **Marcia Johnson**, who has mobility problems, has found students a godsend to help her with getting things off of high shelves, getting the laundry down to the utility room and back up, watering house plants on two levels of her home, etc. She says there is almost no job they can't do.

Marj Stone is wild about the young woman sent to her, both because of her personality and because she taught Marj so much about her Apple computer, then went from room to room with Marj's laptop to record and index of all of her books, then transferred that index onto Marj's desk computer. While she was still working with Marj through the class, the student began putting Marj's grandparents' love letters on her computer, and has since finished that project even though she had finished the class long before. She continued visiting Marj throughout the academic year and will return this fall.



What does all of this mean to you? By signing up through Patty, you can help a student have a glimpse into the future career he or she is contemplating — senior care. You can also help yourself by getting help around the house and yard. Ideally, you should *interact with* the student, not merely send him or her out to rake leaves. They want to know about you, and most of them are quite willing to discuss their plans, answer your questions, and ask your opinions. That's what makes it a *transition* experience. Knowing of their interests and abilities will help you help them as they help you. Dean Leite plans to survey both students and involved seniors at the end of the semester to learn more about the value of the Transitions course.



Ohio Dept. of Aging issues weather tips

One of the major concerns when bad weather (such as last year's Derecho) hits a community is the impact on senior citizens, who may not be as alert or as strong as they once were.



Bonnie Kantor-Burman, director of the Ohio Department of Aging, has issued a statement on tips her staff is suggesting for senior

citizens and their caregivers.

Resources to help people create an emergency plan and build a kit of essentials can be found at www.ready.ohio.gov. Severe weather threats can be found at www.weathersafety.ohio.gov.

Kantor-Burrman also suggests that people check on friends, family, and neighbors both as a storm approaches and after it moves out of the area. Another time to check is during severe heat waves.

ODA provides instructions or help at 1-866-243-5678. The staff welcomes opportunities to advise you.

New dues structure in effect for renewals

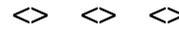
Several months ago, our Board voted to decrease annual dues for two-person households when both persons are members. When you renew this year, dues will be \$700 a year or \$60 a month for a two-member household and will remain at \$400 a year or \$35 a month for a one-member household. More reductions are hoped for in future planning.

Short Notes

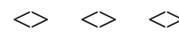
John Woodrow is home from the hospital, and Jane says he is feeling pretty good and is very busy with outpatient treatments. He would appreciate cards, but phone calls would have to be scarce for now. **John Ray** has had some treatment and is home again. He can take phone calls if you can find him at home. **Marcia Johnson** had a recent fall, but she is recovering and doing much better.



Chamber announces Village membership: The Athens Chamber of Commerce has announced The Athens Village as one of its newest members. This membership will help us expedite some business concerns associated with TAV's greater independence. It will also widen the circle of friends who will know about our mission.



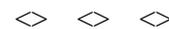
Ergonomics: WellWorks has put out some Gardening Ergonomics tips about observing good body mechanics to prevent injury. These should be helpful as we continue to care for the outside at our houses, as well as for many inside jobs. Here are three main tips: 1) When lifting heavy objects, squat and bend at the knees; 2) Never overreach; keep moving to stay close to your job; 3) Keep objects you are carrying close to the body to reduce back strain.



Village Facebook: Village info is now available on Facebook, thanks to Ed Baum. In order to use it, one must have joined Facebook. Just look up "The Athens Village" and then join if you have not already done so.



The next High Society Jazz performance will be at Abrio's, 3:30-6 p.m. on Sunday, Aug. 18. Contact Pat Light if you would like more info.



"Mozart on the Green," a free concert, will be presented outside Memorial Auditorium (inside if raining), 7 p.m., Wednesday, Aug. 7.



"Walk With a Doc": The "Walk With a Doc" program, now in its fourth month, welcomes anyone who wants to have or listen to a chat with a local doctor, then walk with him or her and other folks as far as each individual wants to go. Participants meet at the city swimming pool shelter at 8:30 a.m. on the second Saturday of each month, have a question period with the doctor(s) of the morning, then set off on their walks — any direction and length of time. All are welcome. The 8:30 a.m. start times enables participants to get to the Farmers Market by 10 a.m.



AARP Safe Drivers Course set for Wednesday, Aug. 14



To avoid scenes like this, and for your own peace of mind and that of your family, enroll in the next quarterly Safe Drivers Course sponsored by AARP.

The course runs for one full day, 9:30 a.m. to 3 p.m., Wednesday, Aug. 14, with a break for lunch on your own. It is mainly designed for drivers 50 years old or older, but any licensed driver is welcome.

Cost for this O'Bleness-sponsored course is \$12 for AARP members and \$14 for non-members. It meets in Room 8 of the lower level of the hospital.

A trained volunteer teaches the course, which centers on how to handle problem situations, such as left turns, rights of way, roundabouts, interstates, and blind spots. No tests will be recorded, but self-administered quizzes will help you find how well-informed you are.

Many insurance companies offer a premium to those who complete this course. Participants are asked to bring their driver's licenses, AARP membership card (if that applies) and payment in cash or check. Contact John Keener at 592-6658 to register or to have any questions answered.

Caregiver meeting moved to Sept.

Natalie Pope, OU social work professor and facilitator of the Caregiver Support group, has taken a job in Kentucky. She recommended Alex Winter, a second-year graduate student in social work, to continue in her place. She is not available until September, so the group will be meeting then on a Thursday or Friday, depending on Alex's schedule. The notice will be in the next *Vil-*

Neighbor Network mailing coming up

Neighborhood Network calling partners will be getting a mailing this week encouraging them to organize their calling patterns and start doing it, if they have not already begun.

Board updates Mission & Vision statements

Since the beginning of recorded time, organizations (the ACDEN or Association of Cave Dwellers East of the Nile, for instance) got along somehow without Mission statements.

By the time humankind made it to the latter part of the 20th Century, people figured out that if a group is going to amount to anything, it really should have a Mission Statement to formalize in a brief statement the organization's immediate nature and goals. Later group organizers saw the need for Vision Statement to show the organization's hopes for the future. These two succinct statements put everyone in the group "on the same page" as they work for common purposes.

A propos to The Athens Village's upcoming all-member Strategic Planning Meeting, the Board took a new look at our Mission and Vision statements, shortened them, and made them more direct. They will be used during our strategic planning meeting. Here they are:

Mission: Enable members to live independently, comfortably, and safely in their homes.

Vision: A dynamic, responsive community of members who support meaningful and fulfilling lives for one another.

Rain, rain, rain, rain, . . .



We have had more than our share of rain this summer. You should have your roof and gutters checked. It's time for the trees to begin casting their seeds and sycamore to shed its bark. The baby trees can sprout, and the wind can blow the loose bark onto your roof. The combination of bark, twigs, and other tree debris, along with the roots of the fledgling trees growing above you can plug up your gutters and downspouts big time!



If gutters and downspouts become plugged, the rain-water goes down, alongside and under the house's foundation. This causes dampness and mildew to arise in your basement (and maybe even water!).

The damage is not limited to basements. Concrete and wooden steps, walks, and patios may never get to dry thoroughly between these torrential rains, so they grow algae and mildew, which is very slippery underfoot. Be sure that you watch your step on these surfaces.

Keep an eye on the roof of your house also. Mildew can grow on and even under the shingles. If you can see it as you are standing on the ground or looking down from an upper-story window to examine any shingles you may be able to see below, that could mean the mildew is causing trouble for your roof shingles. They should be checked for any damage at that point.



Reminder: The first 3 hours of Lane's service each year are free!