

# THE ATHENS VILLAGE VOICE



## *Two senior transportation types are lunch topics*

The Athens On-Demand Transit and the EAST Ambulance Service will be the topics of our Brown Bag Lunch on Thursday, Feb. 7. We will assemble at 12 noon as usual, in the ACVNA Conference Room, but because there are two speakers, we will start the



talks at 12:15 instead of the usual 12:30. So if you intend to come for the talks only (no lunch), come by 12:15 so you won't miss anything. Two forms of senior transportation will be discussed — on-demand and medical transport.

On-Demand Transit, which is new to Athens, assists disabled people and senior citizens to get to appointments and other engagements if they cannot or prefer not to drive themselves there. Lantz Repp, mobility manager for Hocking-Athens-Perry Community Action, will discuss the On-Demand service and answer questions about it.

The home base of the EAST Ambulance Service is Leesburg, but it serves all of Southern Ohio through stations in six towns, including Athens. It will be represented at this talk by Jodi Jackson, marketing director. EAST offers 24-hour service in response to its 800 number and the most modern medical equipment and highly trained drivers and attendants.

People attending this lunch will receive brochures and other information telling them how to contact dispatchers, the cost, the special arrangements, etc. Bring a friend to this meeting.

### 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.

**Th, Feb. 7, 12 noon**, Brown Bag Lunch (See story above.)

**Tu, Feb. 12, 10 a.m.**, Board meeting, ACVNA.

**We, Feb. 20, 11:30 a.m.** Caregiver Network support session, ACVNA. (See story on p. 2.)

**We, Feb. 27, 10:30 a.m.**, "Getting the Most Out of Your Membership" coffee hour, ACVNA. (See story on p. 2.) Attend and become a winner.



**TAV is self-governing.**

**Make your ideas known.**

**They are important!**

## **The Athens Village is used as model again**

Marietta is the most recent community to invite a representative of the Athens Village to visit there to explain how to set up a Village, to ask for an invitation here to observe how we operate, or to talk with our leaders about getting one started. Patty Mercer will go to Marietta March 29 at the invitation of the Regional Advisory Board.

Patty was an invited speaker at a regional Village-to-Village gathering in Michigan (which conference was also attended by George Weckman). She also served as a resource person at a meeting of the Ohio Department of Aging in Columbus, where Sue Foster also participated. That meeting was attended by groups wanting to set up villages in a number of Ohio locations (Cleveland, Cincinnati, Germantown, etc.). She later joined some folks from Cleveland suburbs to drive to Atlanta for the national Village-to-Village convention, where both problems and solutions were shared.

People from Gambier, Xenia, and Cleveland suburbs have traveled here to confer with our Board members about setting up a Village. Other Board members have been invited elsewhere (Dru Riley Everts to Charleston, for instance) to answer questions of groups forming to start a Village.

We want to help spread the word about senior independence.



*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>

**Board of Directors**

- Ellsworth Holden, president
- George Weckman, vice pres.
- Sue Foster, secretary
- Ed Baum, treasurer
- Norm Cohn
- Don Cooley
- Jean Drevenstedt
- Dru Riley Evarts
- Cherie Gall
- Sara Green
- Margo Marazon

**Election of officers held**

The continuing and new Athens Village officers are shown in the list above. Holden has been president since our Village was formally established in 2009. Foster also has served as an officer since the beginning. Weckman and Baum are new to their positions. Gall was thanked for her service as treasurer and for continuing on the Board.

**Discussion of caregiving slated for Feb. 20**

A coffee hour to discuss caregivers' joys and concerns will be held 11:30 a.m.-12:30 p.m. on Wednesday, Feb. 20, in the ACVNA Conference Room. Anyone interested in this topic is welcome, whether a caregiver now or not and whether the person needing care is at home or elsewhere at the moment.

Potential ways of assisting caregivers could include a caregivers support group, voluntary respite for caregivers, a listing of available community resources, or support of friends or neighbors.

Natalie Pope, of OU's Social Work Department, will facilitate the conversation. Whether you are a caregiver now, anticipate being one in the future, or want to investigate the possibilities in order to make arrangements for yourself if you ever need care, this is for you.

Board members Jean Drevenstedt and Margo Marazon are arranging this conversation. Contact them at [drevenst@ohio.edu](mailto:drevenst@ohio.edu) or 592-1761 or [margo.marazon@gmail.com](mailto:margo.marazon@gmail.com) or 592-4051.

**'Getting the most out of your membership' is successful**

The first meeting of the "Getting the most out of your membership" coffee hour became an interesting and vigorous discussion when Villagers gathered on Jan. 30 to talk about what they want from the Village and how they can best get it.

The last Wednesday from 10:30 to 11:30 a.m. was chosen as a meeting time. Discussion centered on the many services offered by Lane Hoisington, the availability of student assistance this semester, reports on absent members' situations, and developing a system so members could check on one another. Next meeting: Feb 27.

**Members are welcome to suggest interest groups**

A very important mission of The Athens Village is to provide the kinds of information that people need or want. Dick Dean suggested finding what interest there would be in forming a group in which those with hearing aids would exchange ideas on getting the best use out of them and service for them. Yin-Min Wei wondered if members would like to learn more about shared housing, which some might consider for the day when they no longer feel they can run a whole house by themselves. Pain management is another topic that has been suggested.

If you are interested in any of these ideas, let Patty Mercer know. Also, let her know if you have other ideas that you would like to see a group discuss. Such interest groups need not last more than a meeting or two, or they could go on forever, depending on what the members decide. Either way, sharing your ideas about this would be helpful.



## Short Notes

**Jazz:** The High Society Jazz Band will make multiple appearances this month: 1) at the Inn at Hocking College Feb. 7-9 for Mardi Gras and 2) at Abrio's on Feb. 17, for their regular performance. Times of the Mardi Gras performances are 6-8 p.m. Thursday and 6-9 p.m. Friday and Saturday. The Abrio performance is at their regular time, 3:30-6 p.m. Sunday. Round up a gang and go.



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**Visits or Cards:** Warren Reininga is home from Lindley Inn. He would welcome cards, calls, rides to the Village lunch at Bob Evans, etc. Jean Wistendahl is in Room 110 at Lindley Inn and would welcome cards and visits.

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**Website:** Our website is being updated by Ed Baum and Marc Richards, a medical student helper. Their goal is to have it much more user-friendly by March or April.

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**Suggestions, Please:** Is there someone you would like to hear at a Brown Bag Lunch or a subject you would like to have covered? Neither the speaker nor the subject you might suggest need apply to older people in particular. (For instance, we have had talks on such subjects as birds and winter gardening.) The BBL arrangers (Margo Marazon and Patty Mercer) would like to hear any ideas you have. They hope to publish the schedule for the next few months in the March *Village Voice*.

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Have you had your igloo thoroughly winterized yet? Lane Hoisington can help you with that. You will be warmer and you will save big \$\$\$\$. Call

Patty Mercer to get an appointment with Lane. He not only assesses the need but does the work, and even the shopping for the supplies needed if you want.

## VtV Research Committee meets to find other Villages' goings-on

The Village-to-Village Research Committee studies the VtV network on the web to keep themselves and the rest of us informed about what other Villages are doing so we can benefit from their ideas. Peg Cohn chairs the committee; other members are Sue Foster, Meg Hummon, Jeanne Wells, and Art Woolley.

This month they looked into insurance for volunteers, recruiting and training of volunteers, many aspects of membership and dues, vendors, connecting with hospitals, and a Medical Ally program. More on this next month.

## Students want to help Villagers



Kelly Ragland



Moujgan Choubclar



Nikki Cremeans

Two Ohio University students and a Federal Hocking High School senior are working with Patty Mercer's office to help Village members this semester. All are available to help in the office or with individuals in their homes. To have one come to your house, contact Patty.

**Kerry Ragland**, is a child and family studies field placement who is completing her practicum with us. She plans to do home visits, complete research on various topics, and participate in member activities. She is from Cincinnati.

**Moujgan Choubdar** was born in Iran but has been here since 1991. The mother of two children, she plans to become a family counselor after graduating.

**Nikki Cremeans**, a senior at Federal Hocking, wants to go into nursing, so she is pleased to have the opportunity to help senior citizens of our Village as she observes various kinds of senior care needs.



## Rutgers' national study giving picture of Villages — Part 2

The January issue of *The Athens Village Voice* carried some of the results of a nationwide survey of senior citizen Villages. Points covered included (1) general characteristics of Villages, (2) organizational characteristics, and (3) personnel on the staff of Villages. Those results will not be repeated here, but can be found by going to that January issue.

The Rutgers report acknowledged that each Village is independent, and this research was designed to show common trends as well as differences in purpose and operations. The Rutgers team was assisted by social welfare scholars of the University of Michigan, the University of Maryland, and the University of California-Berkeley.

Here are the sections of the report being summarized this month:

**Volunteers:** About 95% of Villages reported having volunteers, with an average of 44.2 individuals volunteering at least once a month. That would constitute one volunteer for every 4.2 members. Villages reported about 4 member volunteers for every 3 nonmember volunteers. Most volunteering within the Villages engaged in assisting other members one-on-one or leading group activities. Some assisted with administrative tasks (17% of members and 10% of nonmembers). A lower percentage of volunteers advocated on behalf of the Village with outside groups. Volunteering was important to the responding Villages, 51% saying member volunteers were very important and 52% saying nonmember volunteers were very important. We do not have precise figures of this sort for The Athens Village, but both the Board and the paid staff agree that both member and nonmember volunteers are extremely valuable.

**Budgets:** Total budgets of the Villages responding to the survey ranged from \$1,000 to \$674,000, with a median of \$82,643. The average annual budget was \$1,035.23 per Village member. The largest source of

funding budgets was membership fees, with 50% of Villages receiving at least 45% of their funds from that source (which is also our main source). Another common source was fundraising and individual gifts, from which half of the Villages received 20% of their budgets. Private foundations and corporations accounted for another 12% of budgets, on average. Other sources of funds (2% to 5%) were contributions from parent organizations, other non-profit organizations, and government grants and contracts.

Our total annual budget is \$34,000; the source is membership and dues (plus donations averaging \$300/year).

**The Board is interested in your reactions to the findings of this survey. Get them to Patty Mercer.**

*Next month: Dues, membership characteristics, services offered.*

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

Be careful not to overload your circuits. Always use a power strip with a surge protector.

If you have cold air coming under your doors and around windows, you can put a rolled up towel or rug at the base of your door to help keep out the cold air. You can also buy a kit that goes over your window. This seals the cold air out. It's inexpensive and you just stretch it with a hair dryer. It is clear — you cannot tell it's on there. It does a very good job.



With our chilling winds, you may sometimes need to use a small portable heater. A ceramic heater is an excellent choice. It uses about 1500 watts. Always get one that has a safety switch so that it will turn off if it tips over. Never use a heater that pulls more than 1500 watts, and be careful not to overload your circuit; instead plug it into a surge bar. Never use an extension cord for this purpose. Never use your cooking stove as a heating source. That can damage your stove and overheat it. Always keep your portable heaters at least 3 feet away from household furniture, curtains, and drapes.