

THE ATHENS VILLAGE VOICE



January

Bird watching is subject of BB lunch on Jan. 10



Joe Jennings, a master's degree student in OU's Environmental Studies graduate program, will share his bird watching experiences with us at our Brown Bag lunch at 12 noon on Thursday, Jan. 10.

Joe has worked with the National Audubon Society as an educator

at its center in Columbus and has coordinated the Audubon Ohio *Birding & Nature Trails* program, which promotes nature-based tourism. He has also worked for several summers as a seasonal naturalist at Ohio and New York state parks.

His long-term passion, and now his academic interest as he pursues his graduate degree, is in community-based environmental and wildlife monitoring and habitat restoration.

This would be a perfect time to bring a guest along with you to enjoy the talk. If you are not a natural-born brown-bag lunch eater, come just for the talk. It will start at about 12:30. The lunch has the added benefit of visiting among ourselves.



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, Jan. 10 a.m., 12 noon, Brown Bag Lunch (See story above.)

Tu, Jan. 15, 10 a.m., Board meeting, ACVNA.

Wed, Jan. 30, 10:30 a.m., Coffee Hour, "Getting the most out of your Village membership," informal discussion about existing benefits and potential projects.

Th, Feb. 7, 12 noon, Brown Bag Lunch (Speaker TBA)



See page 4 for Rutgers U's national survey of Villages.

This report is the first of several on the survey's results and how we fit in.

Expanded Board jumps into New Year with zing

The December Board meeting centered on meaningful conversation after Director Patty Mercer's summary of how The Athens Village is fulfilling its role and how the membership could best be served in the future.

Some of the highlights include:

ACVNA: Good relations with the Appalachian Community Visiting Nurse Association continue, as reported by Mercer. But ACVNA is a subsidiary of O'Bleness Memorial Hospital, which has had management changes since having been absorbed into the Ohio Health system. Board members Sue Foster and Cherie Gall have already met with hospital officials to ascertain their understanding of the nature and mission of The Athens Village.

Board Training: The Voinovich Center's power point training program for nonprofit organization governances, which was introduced at this Board's November meeting, will continue in January with a segment on budgets.

Service to Members: An overriding concern of all Board deliberations is how best to determine what members want and need, and how best to satisfy these. Three items discussed specifically at this meeting were the existing Brown Bag lunches and new ideas of Medical Advocates and Caregiver Support. (See separate stories on these, pages 2 and 3.)



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. 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: pmercerc@acvna.org.
Web site:

<http://theathensvillage.org>
(use no spaces.)

Board of Directors

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

Caregiver support?

New Board members Jean Drevenstedt and Margo Marazon are working with Patty Mercer to assess the interest in creating a Caregiver Support network. If you have an opinion on this, let one of them know what you suggest.

Athens On-Demand Transit available to Villagers

Did you ever need to go someplace around Athens County and not have your own car available or not want to drive because of the weather or whatever other complication might come up?

Think Athens On-Demand Transit. It began running here on Nov. 8 and was described in our November *Village Voice*. By Dec. 20, the system had had 92 trips, of which 45 were for medical services and 34 for work-related issues.



This on-demand service intends to work in leisure-related trips as soon as possible, but essential trips such as medical and work-related have higher priorities for now.

The service presently has two vans, one regular and the other handi-cap accessible (with a ramp rather than a lift). A new van is expected by mid-May. Prior registration is necessary for anyone wanting to use this service in the future. You may register for the service by calling 740-597-2404. Use that same number later to make reservations. Older people are the first priority after handicapped.

This service was made possible by Hocking-Athens-Perry Community Action with grants listed in the November *Village Voice*.

Brown Bag Lunch planners need your suggestions

At her second Board meeting, Margo Marazon stepped up and offered to help with the planning and execution of our monthly Brown Bag Lunches. She has met with Director Patty Mercer, and the two have come up with the following after taking opinions of other Board members into consideration:

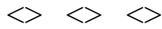
- 1) We will go back to **one consistent monthly day for the BBL** so there will be no confusion as to when it is. (We had tried moving it around somewhat to avoid excluding people with conflicts on our former regular day.) The new meeting day will be the **first or second Thursday of each month**, depending on the availability of the large conference room at ACVNA. Meeting days for 2013 are Jan. 10, Feb. 7, March 7, Apr. 4, May 2, June 13, July 11, Aug. 8, Sept. 5, Oct. 3, Nov. 14, and Dec. 12. Mark your calendar.
- 2) All BBLs will be **open to the public** and listed in the “Senior Activities” schedule of *The Messenger*. We have welcomed members’ guests before, but making BBLs open to the public is new. You can help by making all attendees feel welcome.

Some of the topics being considered for BBLs are genealogy, caregiver support, healthy brains, management of “stuff,” debunking nutritional myths, driver safety, and Medicare changes. Make your ideas known about these to Patty or Margo, or make other suggestions.

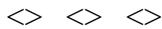


Short Notes

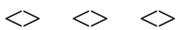
ACVNA Sale: ACVNA still has lovely items for sale in its lobby. They are the overflow from the Arts & Crafts Sale, and the marked prices, all at good buys, are even bargainable. Stop in and take a look-see. Proceeds go to Hospice.



Jazz Intermission: The High Society Jazz group is continuing its hiatus through January. Look for it to return to Abrio's stage with vigor in February.



Visits or Cards: Two of our members are at Lindley Inn. Jean Wistendahl is in Room 110 and Warren Reininga is in Room 146. Jim Giffert is in the Renaissance section of Hickory Creek Nursing Center.



Falling Info: Whether or not you took the recent class we had on preventing falls, you may be interested in the Center for Disease Control and Prevention's information on this subject. The Web address is <http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html>. A copy of the toolkit has been ordered for the Village office.

Interested in medical advocacy?

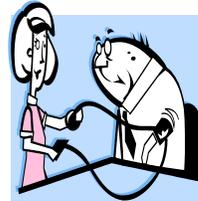
When Dr. Javad Anjum spoke at our annual all-member meeting, he told us about medical advocacy and how it works, as well as the benefits of it. Most of us have at least heard of a person having a relative or friend accompany him or her to the doctor's office or hospital to help the patient understand treatment and/or billing, as well as other issues that could arise.

What Dr. Anjum was suggesting is training for such medical advocates so they can be helpful beyond listening, sympathizing, and helping.

The Board would like to know the level of interest in this project. Contact Patty Mercer.

Cholesterol and BP readings available for \$5 at O'Bleness

Village members and their families may have their cholesterol and blood pressures taken monthly for a low cost, thanks to Patty Mercer, who contacted O'Bleness' coordinator of employee health and public wellness, about the parameters of this program.



These tests are conducted every Wednesday. Fasting or limiting water are not necessary. But appointments

are. Testing takes 10 minutes, so overlapping would develop if people had no appointments. The cost is \$5 for the two tests together at each appointment.

Rachel Komlos is director of this health and wellness program. Trista Crow will take appointments or answer questions at 592-9401.

Students continue to help us

We are fortunate to be in a university town where students may be looking for internship or service learning opportunities that both further their educations and benefit the organizations with which they affiliate.

This semester students helping at the Village include Kerry Ragland, a child and family studies field placement, and Hannah Ray, an independent student volunteer. Madisen Medley, a health services administration major, will help both ACVNA and the Village.

Because we will be cleaning up and developing our website under the supervision of new Board member Ed Baum, we are glad to have Marc Richards, a first-year student in the Heritage College of Medicine, who will lend his expertise for that project.

Opportunities for these students make equal opportunity for our Village.



National study gives picture of how Villages are doing today

The Village movement in the United States started in 2001 in New England and spread mainly down the East Coast as it also started west. It reached Ohio when Norm & Peggy Cohn, Ted & Sue Foster, Max Evans, Ellsworth Holden, and Lyle McGeogh formed a Steering Committee in Athens in 2007. The Athens Village became a formal organization in 2009. Many other areas are experiencing the spread of the Village idea across the country.

Rutgers' Village research: Each Village is independent, but some common trends have emerged, according to a recent Rutgers University survey, done with assistance from social welfare scholars of the University of California-Berkeley, University of Maryland, and University of Michigan.

General Characteristics: These researchers summarized their findings by characterizing Villages as “self-governing, grassroots, community-based organizations that coordinate access to a variety of supportive services to promote aging in place, social integration, health, and well-being.” This study found 85 established Villages in the country, plus another 120 in development. The Athens Village was counted among the 85 established Villages; our director, Patty Mercer, was interviewed for this study.

The report, which came out in December, dealt with organizational characteristics, finances, community setting and membership characteristics, services provided, and organizational governance and collaborations. *The Athens Village Voice* will review one or two of these elements each month, starting with this issue. Please save your newsletters so you can see the whole study together in the end.

Organizational characteristics: Nearly 90% of Village members claimed they had been “very or extremely involved” in the planning stages of their Villages, 10% somewhat involved, and 0% not involved at all. (That would be a little high for us because some of our members made it clear from the beginning that they were behind the Village idea and glad to support it financially but did not want to be on committees or run for offices. Having both more involved and less involved members has worked out OK for us.)

Nationally, 77% of Villages are freestanding organizations, as we are. The other 23% are associated with a parent organization, which provides part of their support. Although ACVNA is not our “parent company” in the sense that the survey used this term, our Village has been greatly enhanced by the cooperation of Deb Sechkar and the

overhead expenses we are able to manage through ACVNA — space, phones, computer, copy facilities, payroll, etc.

Most Villages report functioning as formal organizations (as we do); 97% have written mission statements, 73% written business plans, and 67% written personnel policies.

Personnel: 79% of Villages have at least one paid staff person. Average ratio was one paid staff person to every 78 members. Average number of total full-time equivalencies was 1.15. (We have two paid staff, with a full-time equivalency of both together being 0.75), well below the national average.)

(This introduction is the first of series of several articles that will appear in the next few *Village Voices* to acquaint members with how we compare with the results of this national survey. Send reactions to Patty Mercer.)

Lane's Corner: a monthly list of helpful hints

Be prepared. It looks as if we're in for a long cold winter. In case we have power outages, you should have on hand a spare can of gasoline for your generator (if you have one). You could also have a spare cooler in which to put refrigerated food outdoors to keep it fresh and safe in case your fridge goes off.



Always close your garage door when you're leaving your home. Never leave it open for long periods of time because an attached garage could have water lines running through it. If you do have frozen pipes, you may be able to thaw them with a hair dryer.

It may be helpful to cover your pipes with some insulation to protect against freezing. You can leave water faucets dripping or running in a small stream to keep your waterlines from freezing. Water is always cheaper than paying a plumbing bill.

Another winter tip: It's always a good practice to turn off your windshield wipers when turning off your car because they could freeze and thereby be stuck down when you start your car again.