

THE ATHENS VILLAGE VOICE



Travel to Saudi Arabia at BB Lunch

The two eyeballs in the accompanying photo belong to Metra Smith Peterson, musician and adventuress. She will be sharing her trip to Saudi Arabia with us when we meet at noon on Thursday, July 11, for our Brown Bag Lunch.



A long-time Athens resident, Metra teaches music at the Meigs Local Middle School. She is the daughter of Professor Emeritus of Music Bob Smith and the late Vera Smith, beloved Athens High School music teacher of many years. She is also founder and conductor of the SATB Chorus, which appears voluntarily to support good causes in this area.

Metra became interested in Saudi Arabia when she and her partner Ron Docie lived on Watt Street, where Faleh Alhogboni and his family moved in nearby and lived until he completed his doctoral degree. Faleh is now at the Saudi embassy in Washington, D.C.; he has stayed in touch with Metra and Ron over the years.

When Faleh brought some of his family to visit Athens again in 2011, it was Metra's privilege to entertain the women. Faleh's No. 2 mom loved the situation so much that she insisted that Metra visit her in Riyadh, which she did the following summer. She loved the experience and enjoys sharing it with others.

Lunch will begin at 12 noon, with the talk following at 12:30. Feel free to come at either time, and please bring a guest if you can. It's fun to have friends and neighbors enjoy our programs with us.

Neighbor Network pairings going out soon to partners

Peg Cohn and Sue Foster are joining forces soon to get a note out to each member who has agreed to pair up with another member or nonmember for the purpose of checking on each other frequently.

This will not be a general list going to all. Each mailing will be to a specific pair only, but will include some general tips that apply to all. It also will serve as a notice that the Village office has this information and will be glad to help either caller to locate the other or get help for the other, should that need arise.

Thirty members became calling partners as a result of the recent campaign. Some already had made such arrangements before this calling began.



If you did not receive a call about the Neighbor Network recently, get in touch

with Peg at moederthree@gmail.com or 592-4074. She will be glad to answer any questions or help you find a calling partner.

There are no requirements involved in the Neighbor Network. Each pair makes its own arrangements and schedules. A regular calling time is highly recommended, just to check that the other partner is OK. Participants should also know whom to contact if the partner does not respond at the agreed-upon calling time or after reasonable repeat tries, and should be able to tell responders how to get into the partner's house to help. The goal is security for participating members.

Calendar

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

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

Tu, July 9, 10 a.m. Board meeting, ACVNA.

We, July 10, 11 a.m. PIT meeting, ACVNA.

Th, July 11, 12 noon. Brown Bag, ACVNA.

We, July 17, 11:30 a.m. Caregiver Support Group, 20 Ball Dr. (Call 330-388-7330 for directions.)

We, July 31, 10:30 a.m. Getting the Most out of Your Membership meeting, ACVNA.



*Welcome
to our
newest
member,
Margaret
Thomas*



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: pmercer@acvna.org

Web site:

<http://theathensvillage.org>

(use no spaces.)

Board of Directors

Ellsworth Holden, president
George Weckman, vice president
Sue Foster, secretary
Ed Baum, treasurer
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Dru Riley Evarts
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Future BBL topics to note

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

Aug. 8 — Alexa Ross, on couch surfing in 30 countries.

Sept. 5 — Beverly Schumacher, on enjoying genealogy.

Lunches start at 12 noon and talks at 12:30 at ACVNA.

Patty returns, thankful for Stacia's care of us

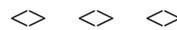
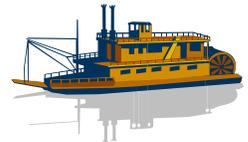
Patty Mercer has been our director since the Village was born, and we miss her when she goes on vacation. But she deserves, and really needs, a rest. (Yes, that means a rest from us.) A Village director is better off (both for herself and for us) if she gets away for a chance to renew. For Patty's prior monthlong vacations, we tried to take care of ourselves with volunteers, but this year we struck gold in Stacia Davis Moore. She took great care of all aspects of Patty's office while Patty was gone. President Ellsworth Holden put it this way:

"Our director Patty Mercer and her family had a fine vacation trip to Turkey and Israel. She is back, brimming with energy and enthusiasm to continue her stellar role as our director. Also I want to thank Stacia Davis Moore for serving us Villagers so capably in Patty's absence."

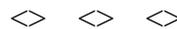
Patty's summer hours are 11 a.m. to 3 p.m. Monday through Friday.

Short Notes

Riverboat Correction/Opportunity: In one of the *Short Notes* items last month, the High Society Jazz summer hiatus was mentioned, with the additional comment that it would resume with its Riverboat Cruise in September. As a matter of fact, HSJ will not be doing that program this fall. If you hanker to go on a Valley Gem Sternwheeler cruise with music, you might check into one being sponsored by Stuart's Opera House. It is scheduled for Sept. 20 and features the music of Pokey LaFarge. The Opera House number is 740-753-1924, or google Stuart's Opera House.



30-Mile Meals: July is 30-Mile Meal month, the idea being to patronize restaurants that promise they are using locally produced products and to buy your meat, eggs, baked goods, home-canned foods, and produce from local farmers markets. This not only gives you fresher food, whether consumed in a restaurant or prepared at home, but also supports local farms and keeps them informed about what to produce in the future in order to meet local demand.



"Walk With a Doc": The "Walk With a Doc" program, now in its third month, welcomes anyone who wants to have or listen to a chat with a local doctor, then walk with 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 the to Farmers Market by 10 a.m.



2 Eds are better than 1

Those who were Village members during our initial phases (2009-10) will recall that one of the first things we had was an all-member strategic planning meeting. Ed Penson, who owns and operates The Penson Firm, a consulting strategic planning organization, volunteered to lead us in sensible establishment of goals and means of achieving them.

Now, as we are about to enter our fifth year, it's time to look over the planning we did early in 2010 and evaluate how we did and how we want to change, if at all. Ed has consented to lead this effort again with the help of Ed Baum, giving meaning to the "2 Eds are better than 1" idea.

Look for another all-member buzz session for ideas. If something inspires you before the meeting is called, send the idea to Patty Mercer (see masthead) or to epenson@columbus.rr.com or to baum@ohio.edu.

The two Eds are making a report at the July 9th Board meeting. More will follow.

When are our dues due?

Annual dues should be paid during one's anniversary month, the most common of which is late September (for founding members). The members who joined later should pay their annual dues during their anniversary months. A reminder to each person or couple paying annually is mailed as the month for the payment comes up.

What do various drugstores offer us?



Do you ever wonder when the drugstores are open, which ones offer home delivery or online reordering, etc.? Here are the answers to many of your questions, so save this article for future use.

We have eight Athens drugstores (pharmacies), each of which offers slightly different hours and services. Joel Glenn, a student intern in the Village office, did a survey to help our membership be informed about these.

Here is an alphabetical list of the drugstores, with addresses, phone numbers, and websites, as well as a boldfaced abbreviation for each to use in identifying information below: CVS, 32 S. Court, 592-6024, cvs.com (**CVS1***); CVS, 555 E. State St. 593-8501, cvs.com, (**CVS2**); The Drug Store, 75 Hospital Dr., 566-4690 (**DS**); Fruth Pharmacy, 8972 United Ln., 594-3092, fruthpharmacy.com (**Fru**); Holzer, 2131 E. State St., 589-3181, holzer.org (**Hol**); Kroger, 919 E. State St., 592-1598, kroger.com (**Kro**); Rite Aid, 93 N. Plains Rd., The Plains, 797-2546, riteaid.com (**RA**); and Walmart, 929 E. State St., 594-3628, walmart.com/pharmacy (**Wal**).

Weekday Hours: Earliest openers are 8 a.m. (**CVS2, Wal**); **CVS1*** & **DS** open at 8:30; the rest at 9 a.m. The latest closing is 10 p.m. (**CVS2**); then 9 p.m. (**Kro, Fru, Wal, RA**). **Hol** closes at 8 p.m., and **DS** at 6 p.m.

Saturday Hours: Most open at the same time as on weekdays, except **CVS2 & Wal** at 9 a.m., **Hol** at 10 a.m., and **DS** not at all. **CVS1*** stays open until 11 p.m., **Fru** until 9, **Kro & Wal** until 7, **CVS2, Hol, & RA** until 6.

Sunday Hours: The earliest opening hour is 10 a.m. (**CVS1***, **CVS2, Wal, Hol, RA**). **Kro & Fru** open at 11 a.m. **DS** not at all. The latest closing hour is 9 p.m. (**CVS1***). **Fru** closes at 7, **CVS2, Kro, Hol, RA, & Wal** at 6.

Home Delivery Service: **CVS2, DS, Fru, & Kro** offer free home delivery service. Both **Fru & DS** want you to call the day before you want the prescription delivered (the earlier in the day the better). **CVS2** delivers only on Tuesday and Friday and wants you to call early as possible the day before either. **Hol** will mail the prescription free if you ask. **RA** has no regular delivery but will do it by arrangement in some cases; it's worth asking about.

Online Refill Service: All but **DS** offer online refills. It would be wise to call or go to their websites to get precise directions for using these services.

*Be aware that the hours given here for **CVS1** apply only when the university is in session. During academic vacations, its hours are 10 a.m. to 6 p.m. Monday-Friday, and it is closed weekends.



THE ATHENS VILLAGE VOICE

Want to try bicycling again? Use library's Book-a-Bike



Bicycling is one of the best forms of exercise, and exercise is important to our common goal of remaining in our homes as we age.

Most of us bicycled a lot as kids and far into adulthood in some cases. As the saying goes, you never forget

how to do it. But many of us no longer own bikes, and a modern one would be a big investment, just to try it out again.

The Athens County Library has come to the rescue. You can join its Book-a-Bike program and use one whenever you like. Call any of the three locations (all 740 area): 592-4272 Athens; 797-4579 The Plains, or 753-2118 Nelsonville. The program is FREE, and you can find all the particulars in a very informative brochure that you may pick up or have mailed to you.

Will we be as good on the bike as Meg Hummon? Probably not, but we could have good exercise and fun.

You can help fight scammers

The Village Voice has reported before on scammers who appear at your door to tell you urgently that you need a new roof or blacktop dressing on your driveway, or whatever. All of us know to call the Village office first to check.

But what can you do to help others? Get the name of the person or company and report both to the Athens Code Enforcement Office. Every contractor doing business in Athens must be registered there or pay a \$500-\$1,000 fine if he or she is not. Also, give that same information to the Village office. It can be used by other members.

Are hospital 'admission' & 'observation' the same?

by Stacia Davis Moore

When you go or are taken to the hospital and those attending you suggest you stay overnight or for a "few days," you should be careful to understand whether hospital attendants are classifying that as "admission" or "observation." Hospitals are under pressure not to readmit patients too soon after they are discharged, so someone there may choose "observation" to classify the disposition of your case. But that could later make you ineligible for insurance coverage of rehabilitation. Getting this straight is one reason to have an advocate with you. The Athens Village could also help you with this if notified by you or your advocate.

You can find information at this website. (Do not leave any spaces within the address.) <http://www.aarp.org/health/medicare-insurance/info-08-2012/medicare-inpatient-vs-outpatient-under-observation.html>

Lane's Corner: a monthly list of helpful hints

Be Prepared: It's that time of year again, when severe (often surprise) storms play havoc with power lines and service to our homes and workplaces.



Be sure you have a plan in case of a power outage or other catastrophe, such as fire. Establish a meeting place in case of evacuation and be sure everyone knows to meet there. (People have lost their lives going back into houses to rescue someone already outside.)

Have an emergency kit in a place that everyone in the house knows. It should include a flashlight with extra batteries, bottled water, equipment to charge your cell phone in case your landline goes out or is dependent on electricity, a first-aid kit, some dense snack food, etc.

If you intend to rely on a generator in case of a power outage, be sure you have an extra gallon of gasoline on hand to keep it going. Anytime you use a generator, take care to turn off the main power switch in your breaker box. Otherwise, the power you are generating will feed back into the system, thus wasting your money and endangering the linemen working to restore power.

About Your Air Conditioner: As hot and humid as it is now, your AC unit is working very hard to keep you cool. It is very important, especially at this time of year, to check your filters, because any restriction of airflow will cause your AC unit to ice up and quit working. Be sure also to check your AC drain lines or condensate water drain line because they also can become clogged. I can do any of these checks for you if you prefer.