

THE ATHENS VILLAGE VOICE



Conversation partners is BB subject

Our speaker at the June 13 Brown Bag lunch will be Sharron Sturgeon, an instructor in OU's Ohio Program of Intensive English. She will describe the situation of international students who are seeking to improve their English language skills, and she will tell us how we can help while having a good time.



Before moving to Athens in 2010, Sharron taught at her alma mater, the University of Iowa, and at Columbia University. She had grown up in a small Iowa town, where her parents created many multicultural opportunities through language classes and host family experiences. When studying in Sweden as an undergraduate, she realized that she wanted multiculturalism to be her career. She has lived and taught in the Czech Republic, Germany, and Japan, which have also given her the chance to travel to amazing places such as Croatia, Thailand, and China to name a few.

For the past two years, she has been involved in planning social and cultural activities for the general population in OPIE, a group of between 300 and 400 students from around the world. Through OPIE's Conversation Partners Program, each semester an international student is paired with an American, and they embark on a relationship founded on understanding each other's cultures better. It is not a tutoring program, but one that starts with a 30-minute orientation and leaves it to the individual pairs to arrange their own 1-hour meetings thereafter.

Expect a call from a VtV research member

The Neighbor Network is a reality, and members of the Village-to-Village Research Team will be calling you to find what arrangements you have for being checked on frequently to make sure you are OK and whether you are willing and able to check on someone else.

The VtV Research Team has studied how this system works in villages across the country. They and other callers include Peg Cohn, chair; Norm Cohn, Ed Baum, Lynda Berman, Joe Berman, Meg Hummon, Kathy Evans, Jeanne Wells, and Art Woolley.

Calling is going on now and will take place throughout early June. If you have not been called by June 12, please let Peg Cohn know by calling 592-4074 or e-mailing her at moderthree@gmail.com.

The goal of these callers is to have every Village member accounted for on the point of having a regular check on well-being. A number of our members already have a system, some with a fellow Village member and some with another friend. The point is for everyone to have a reliable arrangement in which one partner is checking on the other often and both have family members or others to contact in case of no answer at the prearranged time, as well as directions from both on what to do if the partner does not answer after several tries. Please give your information to help establish security for all.

(Sample questions are on page 2.)

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, June 13, 11 a.m. PIT meeting, ACVNA.

Th, June 13, 12 noon. Brown Bag Lunch.

Tu, June 18, 10 a.m. Board meeting, ACVNA.

We, June 19, 11:30 a.m. Caregiver Support Group, ACVNA.

We, June 26, 10:30 a.m. Getting the Most out of Your Membership meeting, ACVNA.



The Neighbor Network survey is coming to a telephone near YOU.

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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.)

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Future BBL topics to note

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

July 11—Metra Peterson — Visiting Saudi Arabia.

Aug. 8 and Sept. 12 — Subjects being considered are the SEOhio Sight Center and Debunking Nutritional Myths. Save the dates.

What questions will the VtV researchers ask?

The Athens Village is intent on ascertaining that every member is safe and secure in his or her own house. (See story on page 1.) That is why someone will be calling you soon to ask some questions. So what questions will they be asking? Here are some paraphrased ones:

1. Do you presently have someone who checks with you daily or at least very often to make sure you are OK? If so, could we know what your arrangement is? If not, would you like to be part of our Neighbor Network system so you will have periodic checks?
2. You can set your own calling schedule, of course, but just for our research, what do you think is an appropriate frequency of calling? How about time of day? How many times do you think a person should call before trying to get help if you don't answer?
3. Have you given a key to anyone or made known the outside location of a key so a person or ambulance attendant could get into your house quickly to help you?
4. Do you have a wristband or pendant to signal for help or a method of wearing your cell phone all day long in case you need to call for help when you can't otherwise reach your landline phone or cell?
5. Is your next-of-kin or similar information the same as it was when you last let the TAV office know about it? Do you want to update it now?
6. Are you keeping your list of medications up to date, and is there a copy of it on the top shelf of your refrigerator door (the place first responders look)? Is your blood type also with this information? If you need the type of container first responders usually look for (prescription-like plastic bottle), you could get one at our office.

Do you have suggestions you would like to mention in order to make the Neighbor Network program useful and successful?

Cohn & Weckman to present June 15 program



“Love Is a Song” is the theme of a musical program to be performed by Norm Cohn, tenor, and George Weckman, pianist, at 3 p.m., Saturday, June 15, at the Christ Lutheran Church, 69 Mill St.

The program includes 14 numbers, the most prominent being works of Kern and Hammerstein (five favorites). Other works presented will be those of Porter, Coward, Tchaikowsky, Head and Ashbooke, Kern and Mercer, Brodsky and Cahn, Romberg and Hammerstein, and Strauss and von Gilm.

The performance is free, and you are encouraged to bring guests. There is ample parking both on Mill Street and in the university lot behind the church.



Jean Drevenstedt takes over Public Info Team

One of our newest Board members, Jean Drevenstedt, is replacing Dru Riley Evarts as the chair of the PIT (Public Information Committee). Dru will continue as editor of *The Athens Village Voice* unless someone else would like to do it.

Other PIT members are Anne Braxton, Rita Oberholzer, Jo Prisley, and Chip Rogers.

The PIT usually meets at 11 a.m. on the same day as the monthly Brown Bag Lunch, which this month will be on June 11.

An immediate PIT goal is to get speakers about the Village concept before as many community interest groups as possible. Many had one of our speakers when our Village was first organized, but they could well be brought up to date.

YOU can help with this immediate project. Groups are planning their fall, winter, and spring schedules now, so if you want to suggest a group to contact or offer to make the contact yourself, let Jean know: drevenst@ohio.edu or 592-1761.

Have you used your annual 3 hours of our Lane's time?

When you see those irritating things around the house (not your spouse or progeny, but THINGS), remember that every household gets 3 free hours of Lane's time per year. It can include your annual safety inspection or not, as you choose.

Lane is a whiz. Other Village units around the country wish they had a Lane, but we have the original and the best, all rolled into one. Use Patty's contact info (see masthead) and Stacia will fix you up with Lane to fix everything else up.

Short Notes

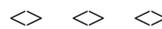
Lane Gone June 5-10: You will find elsewhere on this page a story about Lane's eagerness to serve you for your annual three free hours, but he will be on a trip June 5-10. Don't try to arrange for any of his time over those days. But do read and heed his page 4 column on avoiding scams.



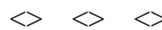
Summer Performances: A number of our members are involved in summer performances that the rest of us can enjoy. The **Communiversity Band** will have its beloved Concerts Under the Elms alongside Memorial Auditorium (inside in case of rain) at 7 p.m. on Wednesdays June 6 to July 3. . . . Tenor **Norm Cohn** and pianist **George Weckman** will perform at the Christ Lutheran Church at 3 p.m. on June 15 (see p. 2 story). . . . OVST will perform "**Willie Wonka and the Chocolate Factory**" Thursday through Sunday June 6-9, 13-16, 27-30, and July 3 -7 (except for July 4). For details and reservations, go to ovst.org or call 740-517-0503.



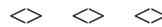
ODOT & RTPO: The Ohio Department of Transportation (ODOT) has defined five areas of the state that its staff considers "rural," and (guess what?) we are in the midst of one of them.— Buckeye Hills-Hocking Valley. ODOT is setting up a Regional Transportation Planning Organization (RTPO) to study the situation. If you have input you think should be considered, the contact is Dave Moore: dave.moore1@dot.state.oh.us or 614-466-0754. Your ideas and suggestions are very much appreciated.



The High Society Jazz organization is on hiatus in June. The next appearance at Abrio's will be mid-summer (late July or early August). After that, the always delightful river cruise on the Ohio and Muskingum. Watch the July and August *Village Voice* for notices of both.



Back-saving Gardening Advice From WellWorks: Keeping your back straight is easier if you use long-handled tools and handle extenders, such as hoes, rakes, and brooms. Keeping your back straight helps the nerves in that area from stretching and stressing your spine.



Right Up Our Alley: When our friend Dr. Julie Suhr spoke at our May BB Lunch (on the subject of "Maintaining a Healthy Brain as You Age") she dealt with a good many aspects, but the "mental activity" topic rang a bell for the Village's wishes for members, too. She advised cognitive exercises such as memory games (for instance, crossword puzzles, Scrabble, bridge, etc.); doing NEW things so you don't get stuck in a rut; volunteering, joining clubs, attending social gatherings (we hear that as BB Lunches and our special interest groups); and combining these things (take a class, attend lectures and plays, travel to new places with friends, etc. — all the better if you throw exercise in there, too). Dr. Suhr's other main points were thinking scientifically about aging, getting plenty of physical activity, maintaining a healthy diet, no smoking and drinking only lightly if at all, getting enough sleep, avoiding stress, and controlling risk factors.



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Healthy U offers 6-week course June 5 to July 10

The Healthy U organization is offering an interactive course to help people manage chronic health problems and conditions. It will meet 3:30 to 5 p.m. on June 5, 12, 19, 26 and July 3 and 10. at the State Highway Patrol Office, 13600 Della Drive.

This course is free, sponsored by the Buckeye Hills Area Agency on Aging, the Ohio Department of Aging, and Administration on Aging. It's for people with high blood pressure, arthritis, diabetes, lung diseases, heart disease, cancer, chronic pain, anxiety, depression, or any other chronic condition.

Hosts are Summer Atkinson and Charlene Smith. Each participant will receive the 374-page book *Living a Healthy Life With Chronic Conditions*. Summer Atkinson can be reached by calling 740-818-3514.

Committee Service, Anyone?

The Athens Village is administered by an elected Board of Directors, which makes major decisions, but much of the week-by-week work is done by appointed committees (or "teams," as some are called).

We have six standing committees or teams — Executive, Public Information, Programming, Membership, Village-to-Village Research, and Vetting the Vendors. In addition, there are ad hoc committees, such as Nominating and Strategic Planning, that are appointed as special needs arise. There's also our Advisory Council, which keeps us in touch with the wider Athens County community.

If you have an interest in serving on any of these committees (or teams) let the office know by calling or e-mailing. (See masthead.) Most of these groups meet about once a month, or even once a quarter. When one of their projects, heats up, it could be more often.

Why are surveys of our membership important?

The entire purpose of The Athens Village is to serve members. That's why your opinion is so important when new ideas are being floated or a service may be changing. When your opinion is asked, whether in a survey form to be filled out or an e-mail or newsletter note, please answer. Your opinion is important.

What if you need Patty's services during her vacation?

Do exactly what you would do if Patty were here. Go to the masthead on p. 2 of this newsletter (or any other issue) and use the contact info for Patty. This includes what you do to get on Lane's schedule. Stacia Davis Moore is doing a fine job on responding in Patty's stead. You can review her qualifications by going to the *May Athens Village Voice*.

Lane's Corner: a monthly list of helpful hints

Beware of Unscrupulous Tricksters: Senior Citizens are the most frequent target of dishonest people who promise to "fix" something about your house or yard, get some down payment or money "for supplies" of whatever, then either disappear or "pretend" to do the job but the work is so shoddy that you have to have someone else straighten it up.

Our members and friends have reported several incidents of being approached by unsolicited persons offering to do work for what they define as "a bargain price." These scams can involve anything from offers to inspect your roof (and guess what!) convince you that you need a new one, "topdress" your blacktop driveway, inspect your lower regions for evidence of termites, or almost anything else you can imagine plus some things you can't.



Do not give permission for home repair inspections or give money for partial payment without checking with Patty Mercer or me. We will check for you to see if the proposer of the work is on our list of secure service providers. If not, we will investigate to make sure they are legitimate businesses or craftsmen. We are more than glad to help you investigate before investing.

This is one of the reasons I wanted to be part of the Athens Village — to protect members from being taken advantage of by unscrupulous people. Contact the office of The Athens Village (see masthead) if you are approached by anyone offering home repair or other services. Let us check people out to be sure you are protected against fraud. This is a service that goes with your Village membership.