

THE ATHENS VILLAGE VOICE



Wildflowers will be subject of March 7 BB lunch



Connie Davidson, a master gardener, will be with us for our Brown Bag lunch, beginning at noon on Thursday, March 7.

Retiring after 30 years as a nurse anesthetist, Connie moved from Seattle to Athens to be close to family and to open a bed and breakfast.

She purchased a house and its accompanying seven acres of land on Sand Ridge Road, and jumped into extensive remodeling, after which she opened the Sand Ridge B and B in May 2008.

Caring for the property has become an ongoing labor of love. Replacing invasive vines and weeds with native plants — both wildflowers and grasses — she now has a prairie, woodland, and bog. There is more work to do, but Connie is committed to using native plants and to providing a healthy habitat for wildlife.

The lunch and visiting will begin as usual at 12 noon in the ACVNA Conference Room. Connie's talk will begin about 12:30 p.m., so you could catch it then with or without your lunch. This would be a perfect time to bring along a friend. There will be plenty of time for questions. If you need transportation to get to the meeting, let the office know.

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, Mar. 7, 12 noon, Brown Bag Lunch (See story above.)

Su, Mar. 10, 2 a.m. Set your clocks forward an hour Sat. night or early Sun. morn.

We, Mar. 20, 11:30 a.m., Caregivers Support Group, ACVNA.

Tu, Mar. 26, 10 a.m., Board meeting, ACVNA.

We, Mar. 27, 10:30 a.m., Getting the Most Out of Your Membership coffee hour.



*Welcome to
our newest
member:*

***Gilbert
Daniels***

Free home maintenance hours raised to 3/year

In its February meeting, the Village Board gave final approval to raise the amount of Lane Hoisington's free services to members to three hours per member per calendar year.

Formerly, only the annual house safety inspection was free, with Lane's time (other than the inspection) being billed at a set rate. In the future, three hours of his time will be free, and three hours can include the inspection or not, as the member sees fit.

Here are some other details of the new plan:

- 1) The 3-free-hours allowance is for one calendar year only; it will not carry over from year to year. This first year will be only 10 months long (late February through December), but future years will be the full 12 months, Jan. 1 through Dec. 31.
- 2) Lane's rates are \$22/hr. after the three free hours are used up, with a half-hour (\$11) minimum per trip. Special hourly fees apply for after hours (\$28.50) and holidays (\$33.50). "After hours" are weekdays after 4:30 p.m. and weekends.

If you have questions about the new 3-free-hour system or any of the rates, consult Patty Mercer (see masthead). She is the contact through whom to schedule Lane's services.



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

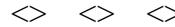
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- Cherie Gall
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O'Bleness' healthy eating program involves everyone

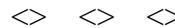
Athens Villagers may join the new Community Supported Agriculture (CSA) to get fresh fruits and vegetables delivered to the hospital for pickup. For more info, contact Rachel Komlos at RKomlos@obleness.org or 592-9487. You may also pick up a flyer at ACVNA or at O'Bleness.

Short Notes

Karen Nulf Inside/Outside — Our good friend Karen Nulf, who donated her talent and services to design our logo and brochure, will be doing the Inside/Outside Talk at the Kennedy Museum on Thursday, March 7, from 5:30 to 6:30 p.m. An artist, designer, filmmaker, photographer, and teacher, her talk is titled, "Type, Culture, Image." The talk is free and open to the public.



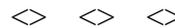
Free Hearing Screenings — March 15, 1-3 p.m. is the next time for free Hearing Screenings at OU's Hearing, Speech, and Language Clinic in Grover Center W174, which is on Richland Ave., across from the Convo. The screening takes only about 15 minutes. No appointment is necessary. If you have questions or want to arrange a longer, comprehensive examination by appointment, call 740-593-1404.



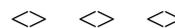
High Society Jazz — The next High Society Jazz performance is 3:30-6 p.m. on Sunday, March 24, at Abrio's, 859 E. State St. Abrio's has changed hands, but the casual "fun" atmosphere for the jazz is much the same. Our member Pat Light is leader of the group.



Memorial Bricks — March 30 is the last day to order an engraved granite brick to honor a friend or loved one in May's Annual Spring Garden Service at ACVNA. Bricks may be ordered at the ACVNA office or on line at www.acvna.org. Milena Miller or Kathy White could help you at the office, 740-594-8226.



AARP Safe Drivers Course — Tuesday, March 19, is the next AARP Safe Drivers Course, which will meet at 9:30 a.m. to 2:30 p.m., with a 45-minute lunch break on your own. Cost is \$12 for AARP members (with card) and \$14 for others. This is a refresher course with volunteers that teach or review both old and new rules with you. Many insurance companies reduce fees for graduates. If you can't make this date, you might try one of others this year — April 25, May 21, Aug. 1, Sept. 24, or Nov. 6. Contact John Keener, 592-6658.



Future BB Lunches — Please mark your calendars for these future BBLs so you can have them in mind and invite friends along when you see one interesting to them. All are on Thursdays at 12 noon:

April 4, June Holley, Networking Weaving; **May 2**: Julie Suhr, How to Have a Healthy Brain; **July 11**: Metra Peterson, Beyond the Veil, on her trip to Saudi Arabia.



Villagers who have fallen want others to stay on their feet

by Dru Riley Evarts



It's unusual for a writer/editor of a newsletter to use his or her own photo to illustrate a point, but *staying on one's feet* is so important that I am sharing my story, as are several others in order to encourage Villagers to be very attentive to their walking. No one wants to fall, of course, but sometimes we forget to be as careful as we should be. I fell headlong, landing on concrete on the left side of my face while walking home from Rain's Beatles concert. Even though I will look pretty funny for several more weeks, I am thankful not to have had a concussion or a broken spine or limb. My advice is to take a companion's arm at the crook of the elbow for a solid steadying anchor in case of a misstep.

Peg Cohn said that a friend had told her that a person is just one fall away from a wheelchair. That one fall happened to her when she tripped over a large Tide box as she was taking recycling from her family room into the attached garage. She works daily to improve her mobility. She advises walking carefully and taking care not to block one's own vision.

Joanne Prisley wins the prize for frequency, having endured injuries in both May and November of last year. She was crossing Washington Street to get to the Court House when the intersection became slippery as a light rain began, and she slipped on the bricks. Her right arm was broken and she had other scratches and bruises. People rushed to help her, but it took weeks to recover so she could even write or type comfortably. Her natural way of walking had been fast, and she was back up to speed by November when she misjudged a curb as she crossed University Terrace at Park Place to get to a meeting at Scott Quad. She fell and banged up her left knee and ankle as well as muscles in that leg. She recommends slowing down and being mindful of the weather.

Claudette Stevens tripped over a brick that jutted out more than its neighbors several years ago at the corner of Court and State streets. She recommends that people watch carefully for those irregularities that can develop in brick sidewalks and streets. **Kathy Evans** went out in the Evans' driveway, where husband Max was shoveling snow a couple of years ago. She took the shovel and asked him to snap her photo to make it appear that she was the person clearing the driveway. Then she turned to go back into the house, but fell just as Max was cautioning her to be careful of the ice. Her advice is to be careful and belay the horsing around if your footing isn't solid. Her broken wrist was a painful souvenir.

Both **Mary Lee Powell** and **Arline McCarthy** were alone when they fell — a situation fraught with dangers beyond those of the fall itself.

Mary Lee fell at the Ridges when she was virtually alone, everyone else seeming to have left the area. Her injuries were facial, like mine shown above, and after recovering from the shock of falling, she gathered herself together to drive to the hospital Emergency Room. She recommends being extremely careful when you are in a place with which you are not familiar and ascertaining at all times what your feet are doing. **Arline** was entirely alone when she fell while going to the mailbox at her house at the end of Phillips Lane. It was on a February day when the gravel in her driveway was still slippery from an overnight freeze. Her shoes, which had leather heels and soles, gave her little traction. The fall broke her right arm just above the elbow. She struggled back to her house and up a set of porch steps to get inside and call for help. She recommends wearing appropriate footwear to get maximum traction at all times.

Statisticians say that 33% of people over 65 fall every year. Falling is the leading cause of death in this age group, and this increases with age — spiking up considerably after age 80, when 50% of the senior seniors are likely to fall each year. Not all falls result in injury, but 47% of seniors are unable to get up from a fall without assistance, so be extra careful when you are alone. Wear one of those buttons that can call help or keep your cell phone on you body at all times.



Rutgers' national study giving picture of Villages — Part 3

This is the third of a series of articles depicting the findings of a nationwide survey of senior citizen Villages. The January 2013 issue of the *The Athens Village Voice* carried the survey results of (1) general characteristics of Villages, (2) organizational characteristics, and (3) personnel on the staffs of Villages. The February issue carried survey results on (4) volunteers and (5) budgets of Villages.

The Rutgers report acknowledged that each Village is independent. This research was designed to show common trends as well as differences in purposes 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 findings of the report being summarized this month.

Dues: All but three of the 69 Villages surveyed charged a membership fee (which we identify as dues). Among the 66 charging these fees, amounts varied between \$25 and \$938. At \$400, our annual dues are slightly below the midpoint between those two extremes. Approximately two-thirds of those 66 Villages reported discounted rates for members in financial need. We have no such formal rate, although we have had some gift memberships or transfers of memberships given by survivors of members who died.

Membership characteristics: Village memberships varied from 13 to 550 members, undoubtedly reflecting the sizes of the communities in which they are located. With our membership hovering between 90 and 100 as people join, renew or fail to renew, or die, we are below the midpoint in number but far below the midpoint in size of community. We are just about on the median membership of 96. Most Villages (including the very first ones) have been established in sections of large urban centers. We are one of the first that have

been successful in what is classified as a "rural" setting, which describes only 16% of the Villages surveyed. Nationally, 80% of Villages identify their settings as urban or suburban. Nationally membership is 94% white and 69% women, figures very close to ours. The national age groupings include nearly 10% of members under age 65 and 18% age 85 and older.

The average number of years the 69 surveyed groups have been in existence is three and the annual dues are \$430.75 — both figures close to ours

This survey includes many other interesting facts and characteristics. You may borrow a copy from the lending library or you could see it on line at www.agingandcommunity.org.

Please look over all three sections of this report and let your reactions be known. Both the Board and our director, Patty Mercer, are interested in your reactions.

Lane's Corner: a monthly list of helpful hints

Spring is just around the corner, and the ground is beginning to thaw. It's a good time to take a walk around the perimeter of your house to check on whether you see or feel any puddling or ponding of water. This could indicate a waterline break or leak

An unusually high water bill is another clue to check for a water-line break or leak. Call the office to ask Patty to put you on my schedule and I can check this for you.



Another thing you should check as Spring approaches is the gutters around your house. Sequential freezing and thawing during the winter can cause gutters to pull away from the house, thus allowing water to get into the soffits. Again, I can help you with this if you like.

Daylight Saving Time starts on March 10. Advance your clocks an hour over Saturday night-Sunday morning. If you did not replace your smoke-alarm batteries during the time change in the Fall, do it now. Pick either the Spring or Fall time change as your battery-changing time and do it faithfully once a year.