

THE ATHENS VILLAGE VOICE



Brain health to be May 2 BB subject



“Maintaining a Healthy Brain” will be the subject of Dr. Julie Suhr when she speaks at our monthly Brown Bag Lunch, which will begin at 12 noon on Thursday, May 2, at the ACVNA Conference Room.

Dr. Suhr is our most frequent speaker, and there are always more questions to ask her every time she meets with us. We first became acquainted in July 2010 when she spoke about keeping our brains sharp and active as we grow older. Almost two years later (June 2012), she advised us on driving precautions we should take as we age.

Dr. Suhr’s subject on May 2 will be keeping our brains healthy. Does what we eat figure into this? How about the amount of sleep we get? And the effect of exercise? What else is important to know?

Dr. Suhr, a professor of psychology, earned her PhD at the University of Iowa, after which she interned at Brown University and completed a three-year postdoctoral residency in neuropsychology at the University of Iowa. Lunch will start at 12 noon, followed by her presentation at 12:30. Adjournment is planned for 1:30. There will be plenty of time for questions, and your guests are more than welcome to attend this open meeting.

Calendar

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

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

Every Tuesday in May, 6–7:30 p.m., Caregivers Series, The Athens Public Library (See short note.)

Th, May 2, 12 noon, Brown Bag Lunch. **Tu, May 14, 10 a.m.**, Board meeting, ACVNA.

We, May 15, 11:30 a.m., Caregivers Support Group, ACVNA.

We, May 29, 10:30 a.m., Getting the Most out of Your Membership, ACVNA.

We, May 29, 9a.m.—3:30p.m. Caregiver U, (See short note, p.3)

May 27-June 27 — Patty Mercer on vacation. (See story on Stacia Davis Moore on p. 3.) Services of Village will continue. Use contact info on masthead.



*Neighbor
Network
endorsed
by ad hoc
group.*

(See page 2.)

First dues reduction is for 2-member units

Our Board voted at its April meeting to reduce annual dues for two-member households to \$700 per year, effective that date, April 16, as annual membership renewals occur.

From the time The Athens Village became official, annual dues were set to cover expenses of having a half-time director, a quarter-time home maintenance coordinator, office expenses, and other costs (professional memberships, travel, insurance, legal costs, etc.).

The annual individual membership fee was set at \$400 a year per member (later made available at \$35 a month for those who selected that payment schedule). This has been the rate since September 2009, when the founding members began paying their first dues.

Nearly a year ago, the idea of reducing the cost for all members came up in Board meetings, and the decision to do so was made to take effect when membership reached 110.

We continue to add members, but have also experienced some natural attrition due to death, relocating away from Athens, etc. The membership now stands at 91. More recently, the Board has reviewed the circumstances under which we could offer a lower rate to the two-member households. Some services (those of the home maintenance coordinator, mailing, etc.) are done per household, not per member. Membership rates for all Villagers will remain under study.

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:

June 13 — Sharron Sturgeon — Conversation partners for Ohio Program of Intensive English (OPIE) students.

July 11—Metra Peterson — Visiting Saudi Arabia.

Group endorses trial Neighbor Network run



A group of Villagers met on April 24 to consider four methods for senior citizens to use to get help in Athens if they should fall, have a sudden illness, or experience some other need for help. The consensus at the end of the discussion was **go ahead and give our Neighbor Network a trial**.

This recommendation will go to the Board for its May meeting. If it votes positively on establishing a Neighbor Network system, we will be calling on volunteers to call members to find who wishes to participate, and for those who want to do so, to ask them to:

- Come to an agreement with a partner,
- Arrange a schedule for calling at specified times,
- Develop a plan for non-responses, and
- Share important information that would help first responders (such as nearest relative to contact, how to get into the house to help, etc.).

It is understandable that some members may already have arrangements with other friends or an automatic system that comes with their home security plan. Callers will also ask for this information so the TAV office knows that each member is protected in one way or another.

Two other systems already in place and which now also could be used after one of our members detects a need of the person he or she calls at regular agreed-upon intervals are:

9-1-1: A person may register with 9-1-1 and give vital information (medical conditions, how to get to the house, how to get inside it to help, emergency contacts, etc.). 9-1-1 does not call to check on people, but does rush to help them after its staff is made aware of an emergency need.

S.T.A.R.: This stands for Sheriff Telephone Assistance Reassurance, through which SALT (Seniors and Law Enforcement Together) volunteers call daily to elderly, home-bound, or medically disabled persons to check on their welfare and arrange for emergency assistance if needed.

The April 24th meeting also considered warning “bracelets” or “necklaces” that can be had through ACVNA or a private company. Service on these costs about \$35 a month. Patty Mercer has information you could borrow to find out more about them.

Scott Warner, director of Athens County 9-1-1, attended our April 24th discussion and strongly recommended that members sign up for the Neighbor Network. His 9-1-1 service can dispatch help quickly, but they appreciate other eyes and ears to help check on neighbors and friends in order to be alerted when someone needs emergency help. (Non-emergency help would be coordinated by the Athens Village office.)

Notify Patty Mercer if **you** want to participate in the Neighbor Network.



Who will take Patty's place while she goes on vacation?



Stacia Davis Moore, that's who. She will be in the office 2-3 hours daily. She will manage as many of Patty's duties as superhumanly possible. Her contact information will be the same as Patty's. (See mast-head.)

Stacia was founder and president of Creative Escapes, an artistic retreat in Akron. She is a working artist who has taught classes in metal clay, polymer clay, flat glass, and silk painting, and has counseled people in self-discovery. Before her work in art and counseling, she was president of Ruger Equipment, designers and manufacturers of load-lifting equipment. She earned a BFA at Ohio University.

Stacia recently relocated to Athens and loves the area. She is very taken with the concept of The Athens Village and is glad to help members in any way she can.

Board begins initializing phase of second major strategic plan

Remember Feb, 26, 2010? That was the first meeting to which the entire Village was invited (slightly over half came) to figure out what we wanted from our new organization and how we would go about getting it. Ed Penson, an experienced moderator, led the group in defining four main goals, which we later pursued.

Now we are about to do it again, with Ed Penson and Ed Baum working together and Ellsworth Holden assisting. More about this next month. Watch our smoke!

Short Notes

On the Mend — Carolyn Murphree is recovering from a fall in her home. She would enjoy e-mail notes to ctmurphree@gmail.com.



Commemorative Brick Ceremony — ACVNA will hold its spring commemorative brick dedication ceremony on Saturday, May 11, beginning at 11 a.m. at its Veterans and Commemorative Gardens. Inscribed bricks will be placed in the walkways, with music and poetry readings. A reception will follow. Everyone is welcome, whether placing a brick or just sharing.



Huntington Museum Trip — Just a few days are left to sign up for the all-day trip to Huntington to visit the Museum of Art and Conservatory, as well as "Art in the Park" at Ritter Park on Sunday, May 19. See complete details in the March *Voice* and call 594-4728 to get on the bus. It's fun.



Financial Exploitation of the Elderly is the subject of an AAA8 meeting from 10:30 a.m. to noon on Friday, May 31, in Marietta. Points to be discussed include signs of exploitation, tactics used to gain trust, emotional aspects of victimization, and legal recourses. Call 740-374-7645 if interested. The brochure for this meeting is on file in the Village office.



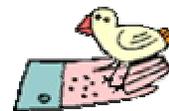
Cultural Exchange: Village members Bob Dakin, Ellsworth Holden, and Gifford Doxsee attended an April 24th meeting with Sharron Sturgeon (instructor of the Ohio Program of Intensive English), and TAV director Patty Mercer to discuss with international students the ways in which American senior citizens are treated differently from those in their countries. Sharron will speak to our BB lunch bunch on June 13 on the subject of conversation partners.



Caregiver University: Families and caregivers alike are invited to gain insights into dementia, enhanced caregiving skills, and stress relief by attending the Caregiver University at the Athens Community Center on Wednesday, May 29. Registration is at 8:30 a.m., and the sessions will last from 9 a.m. to 3:30 p.m. Lunch will be provided, and as many as 5 CEUs can be earned. Dr. Shirley Neitch is the keynote speaker. For more information, call Jennifer Waggener at 1-800-272-3900 or e-mail her at jennifer.waggener@alz.com.



Chef AJ will be at the Athens Community Center on Saturday, May 4, as arranged by Live Healthy Appalachia. She sings, chops, stirs, and jokes around as she whips up delicious plant-strong dishes for the audience. She will be "on" 1-4 p.m., following other features earlier in the day. Most of the tickets to Chef AJ are gone, but a few remain, especially for those who call 856-6100 to reserve a \$15 ticket. There are even more expensive tickets for up-close seats. The other features going on that day are free.



Caregiver Series will be every Tuesday in May

A major consideration as we age is the concern about what will happen if we need special care or need to provide care for a loved one.

The Caregiver Series, which will take place every Tuesday in May at the Athens Public Library, will enable you to learn from both points of view. Sessions will be 6-7:30 p.m., with the first and last 15 minutes of each session reserved for refreshments and socializing. The subject schedules are:

May 7: Getting Your Ducks in a Row — Planning for the Future. **May 14:** End-of-Life Decisions. **May 21:** Managing Medications. **May 28:** Music, Memory, and Mood, with Gay Dalzell.

For more information, contact Deborah Meyer at dmeyer2@ohio.edu or 593-2266. This series is sponsored by the Heritage College of Osteopathic Medicine.

Prescription coupon warning

by Betty Reese

Beware of prescription coupons. We should not use coupons distributed by pharmaceutical salespeople and passed on to patients by doctors unless we read the fine print thoroughly and investigate the ramifications.

You could potentially lose your medical insurance coverage. If you are given a number to call in order to get the discount promised on your coupon, be sure to call.

You will be asked three questions: 1. Are you a U.S. citizen? 2. Are you over 18? 3. Do you have insurance that is in any way supported by the U.S. government? If your answer is “yes” to any of these questions, you are not eligible to use the coupon. If you do use it, you risk losing your insurance.

Each member is due 3 free hours of Lane's time

One of the first acts of the new and enlarged Board of Trustees this year was to enlarge the annual free services offered by Lane Hoisington, our home maintenance coordinator. Previously, his only free service was the annual home safety inspection. Now each member should get three free hours of his “fix-it” duties, including the annual inspection if chosen. After those three hours, his regular hourly rate will apply. Call the office (see masthead) to get your three free hours scheduled.

ACVNA Fund Drive Kickoff will be held Sunday, May 5, at 3-4:30 p.m. at 29 E. Carpenter St. Parking is on the street or at the Masonic Lodge. The Local Girls will sing. Free for donors, or \$25 donation suggested at the door for others. Refreshments. Villagers welcome.

Lane's Corner: a monthly list of helpful hints

It's time to take care of the unwelcome beings that burst forth in the spring to give us a hard time:



House pests, bugs, bees, and creepy crawlers:

Bees are looking for a warm spot now that spring has arrived. They can be aggressive. Now is the time to spray before they start constructing nests. A good choice is a wasp and hornet spray that can be purchased at a hardware store. Be sure to protect your face and eyes. Wear old clothing and either rubber or gardening gloves.



Mud daubers (also called mud wasps) are problems. They like to pack everything full of mud and they can make a very big mess. They can cause lots of problems, such as plugging water lines on your small outdoor fountains. They like to build in outdoor lighting fixtures, too. Defeat them by plugging spray holes, either permanently with caulk or temporarily with a removable plug made of cork or some other material that you can get back out of the hole when you want to use the fountain, or whatever else, again.



Tent caterpillars or bagworms can be controlled with regular household bleach. Just put it full strength into an empty spray bottle and spray liberally. It will melt the web and kill the worms. Do this when the wind is calm. Protect your face and eyes. If a ladder is used, be sure to have a buddy.

Groundmoles tunnel underneath lawns and flowerbeds to find those delicious grubs. They are very destructive. Control them by dumping moth balls into the holes they dig.

Help for you: Lane has the time to help you with any of the chores indicated here. Call Patty for an appointment.