

THE ATHENS VILLAGE VOICE



BB Lunch topic to feature research participation benefits, both immediate info and future science

As people live longer, more research is needed to find how they can do so comfortably and healthily. Brian Clark, our Brown Bag lunch speaker on Thursday, Nov. 14, will feature the symbiotic relationship between university researchers and the senior citizens in their areas. He will demonstrate how senior citizens further this research and how the university doing the research benefits the seniors.

Brian is the executive director of the Ohio Musculoskeletal and Neurological Institute (OMNI) and professor of physiology and neuroscience in the OU's Department of Biomedical Science. A native of the Appalachian foothills of North Carolina (which he says is much like our area), he earned his bachelor's degree at the University of Western Colorado and his MS and PhD degrees at Syracuse. He has published more than 70 scientific articles and regularly serves on study section review panels of such federal agencies as NIH and NASA. His major research interest in OMNI lies in the Healthy Aging Division.



This would be an excellent time to let friends and neighbors know that our Brown Bag lunch sessions are free and open to the public. In addition to discussing the importance of senior citizens in research (and the usefulness of those research findings to seniors), Brian will be telling us of the opportunity to participate in a very important research project going on now. OMNI has been selected as one of five sites (with Harvard, Tufts, Florida, and the Washington U in St. Louis) to study how healthy people of 60+ years handle mobility as they age. Lunch begins at 12 noon, and the talk at 12:30, with plenty of time for questions.

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

Every Tuesday, 10:30 a.m., Chair yoga, OSU Extension office, 280 West Union (for the month of Nov.).

We, Nov. 13, 11 a.m., PIT meeting, ACENet small conference room.

Th, Nov. 14, 12 noon, Brown Bag Lunch, ACENet large conference room.

We, Nov. 20, time TBA, Caregiver Support Group, ACENet small conference room.

Tu, Nov. 26, 10 a.m., Board meeting, ACENet small conference room.

We, Nov. 27, 10:30 a.m., Getting the Most out of Your Membership, ACENet small conference room.

ACENet is located at 94 Columbus Road.

Strategic Planning session postponed to future date

Everything was set.

The two Eds had made their plans and submitted them to the Board.

Members had been told as early as the October *Village Voice* that they should save Nov. 6-7 for our second Strategic Planning session (the first having been in March 2010, when our Village was very young).

The Unitarian Universalist Fellowship building was engaged to hold this session of dreaming and planning.

Patty had students lined up to help us as runners and gofers and equipment lined up to keep all participants abreast of idea-floating and decision-making.

Members were ready to give a day and a half to planning our Village's future.

Then the Board officers met on Nov. 1 and decided that, even though good things are happening for The Athens Village, we are really in transition now — "moving forward," as President Ellsworth Holden has said. "The Athens Village," he said, "is not a place but a community of members, but it does have a physical location for our office and meeting rooms."

"As you may know," he went on, "O'Blenss Hospital has been acquired by OhioHealth with a resultant change in our relationship with ACVNA. As a result, our officers and directors are investigating various opportunities for office and meeting space, including staying at the ACVNA building. Because of uncertainty about our physical location, it is prudent to postpone our scheduled Strategic Planning meeting. We will let you know as we move forward."



The Strategic Planning sessions have been postponed.

(See story in adjoining column.)



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

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(use no spaces.)

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Holiday Reminiscing

Everyone can participate with pleasure in this trip to the past as we have lunch together and talk about favorite memories, recipes, childhood toys, whatever. More details in next newsletter.



Age of Champions to play Nov. 12-16

The secrets of healthy (even vigorous) aging will leap off the screen at the Athena Cinema



Court Street at 5 p.m. and 7 p.m. on Nov. 12, 13, and 14, as well as at a matinee at 3 p.m. on Nov. 16. The ACVNA has arranged these showings in celebration of November's being National Hospice Month and National Home Care Month. Director Christopher Rufo will attend the premiere 5 and 7 p.m. performances on the 14th. Athens Village President Ellsworth Holden and Director Patty Mercer will head a discussion after the matinee performance on the 16th.

This award-winning PBS documentary features a 100-year-old tennis champion, an 86-year-old pole vaulter, and rough-and-tumble basketball grandmothers, among fit and active competitors in the National Senior Olympics.

The *Age of Champions* real-life characters will share their tips and experiences with living a vibrant life well into their 80s, 90s, and 100s. They will share how to:

- ◆ be healthy, happy, and fit to 100 or beyond;
- ◆ encourage seniors in your family to become more active;
- ◆ stay positive through an illness or loss of a loved one; and
- ◆ share your ideas about aging, health, and fitness with your friends and family.

Age of Champions is endorsed by the National Council on Aging, Gerontology Society of America, and the Association for Gerontology in Higher Education. Produced by Christopher Rufo and Keith Ochwat, the film has been called "infectiously inspiring" by *The Washington Post* and "infinitely inspirational" by *The Austin Chronicle*.

3 delegates to head for VtV gathering on Nov. 11-13

Director Patty Mercer is leading our Athens Village delegation to the national Village to Village Gathering in St. Louis. VtV allows the Villages to keep in touch through a dedicated website through the year, but the Gathering allows for a more vigorous exchange of ideas.

Our Village funds are sending Patty to the Gathering. Board members Ed Baum and Dru Riley Evarts are paying their own registration and housing expenses as donations.

Transitions students will help more TAV members

The Transitions class of the College of Health Services and Professions works with Patty Mercer each fall to place students with individual seniors for 25 hours each. This enables students to get acquainted with seniors and help them as they find out what older people do and think.

Some students still need more service hours to get to their 25 this semester. If you could use some free help at home, call Patty Mercer to arrange it.



Nov. 9 Health Fair open to all

A Health Fair at which you may have many tests at no charge will be open to the public from 9 a.m. to 12 noon at the Plains United Methodist Church. Many area health-and wellness-related organizations will have displays. These include the OU Heritage College of Osteopathic Medicine, and CHIP (Complete Health Improvement Project.) The Athens Village will be represented by Patty Mercer and Jean Drevenstedt, who will be talking with people and handing out brochures. Free Health Screenings include blood pressure and glucose and cholesterol tests, which can be non-fasting. Those who want the lipid breakdown should have fasted 9-12 hours. Flu shots also will be available.

Lotsa helping hands is online for you

Lotsa Helping Hands is a website formed to aid those in need of assistance or in need of help in caring for another person in the home. Its name is spelled as shown in the beginning of this paragraph, but if you want to reach the website, you have to spell it as shown in the headline — <http://www.lotsahelpinghands.com/>. Give it a try.

If you need help using this website, call Patty. She has a couple of students who could show you the ropes.

This website gives a way for willing helpers to see who needs help, and for both helpers and those needing help to keep in contact, exchange greetings, pass along information, or be inventive in other ways of using it.

The mission of the website is to provide the communication resources facilitating a world where caregivers feel empowered to ask for help, and in so doing, improve their own health and quality of life. Its sponsors want it to grow into a resource on which people can rely and in which they can find meaning in giving and receiving.

Is walking as beneficial as running?

Yes, according to a study first reported by the *Huffington Post* and reprinted this month in many websites and health magazines. Not only is walking just as beneficial for the time spent, but it is safer (fewer falls) and less wearing on the body, particularly knees. So get out and walk, or (in bad weather especially) stay in and walk, either at the Community Center or mall, or right in your own house in order to save time and travel involved in going elsewhere. Experts say walking is good for everyone of all ages.



Short Notes

Medicare Help Continues: Joyce Lewis, a certified Medicare counselor, still has open appointments to help people with their Medicare choices. The deadline for changes this year is Dec. 7, and Joyce is taking appointments right up to that time. Call her at the Athens Senior Center (594-3535) to make an appointment or to ask questions.



High Society Jazz: Emily Burhans will be the guest soloist at the High Society Jazz show at the Eclipse Company Store, 3:30-6 p.m., Sunday, Nov. 24. This will make the group's third appearance in its new venue, and Pat Light says things have been going well. Kiser's is working on menu options to satisfy all needs. Until Kiser's gets its liquor license, these gatherings are BYOB. The staff is glad to do the opening for you.



Kennedy Trip to Cincy: You still have time to add yourself to the Art Trip to Cincinnati sponsored on Saturday, Nov. 16, by the Friends of the Kennedy Museum. Both the Cincinnati Art Museum and the Taft Museum of Art will be visited. Cost is \$65 for Friends members and \$75 for others; that includes transportation on a restroom-equipped bus, museum admissions, and snacks on the bus. Bus will leave Kennedy at 8:30 a.m. and return about 8 p.m. E-mail terrymurphy@columbus.rr.com or call 594-4728.



The Overbys: Charles and Ruth Overby will be spending the winter months between their home on Angel Ridge and an apartment at Lindley Inn. Charles hip was broken in an accident as he was helping a neighbor haul firewood. His surgery was at O'Bleness and his rehab at Kimes. Soon they will be temporarily settled at Lindley, so if you are out that way, stop in and see them. Cards to their home address are fine since their mail will be picked up regularly for them. Hold off on phone calls until further notice.



Fall Risk and Posture: Several TAV members attended the Fall Risk and Posture session Oct. 30, at which OU physical therapy doctoral students evaluated attendees' fall risks and postures. The coordinator offered to do this for the rest of us. If you would like to attend such a session, let Patty know.



Opportunities for seniors abound in Athens County

Most of us are old enough to remember the day when older people had very little social life unless sitting in the rocking chair and staring out the window could be classified as a sport.

Athens County is replete with senior organizations. Here are three major ones with headquarters in the city of Athens:

The Athens Senior Club is 40 years old this year. Anyone 60 or older may join. It has a small grant from the county commissioners, but is otherwise self-supporting on dues that are \$10 a year. Members meet on the second Wednesday of each month, 11 a.m. to 1 p.m., at the Community Center, sometimes with a potluck and sometimes with a catered lunch. They play Bingo twice a year after lunch. President Mary James can be reached at mhj38@frontier.com. The Athens Senior Club now has 249 members.

Senior BEAT (Be Educated and Active Together) just had its 14th birthday. Supported by O'Bleness Memorial Hospital, it has no dues, and a printed newsletter is sent free of charge each month. There are seven interest groups — Walking, Book Club, History, Speakers, Singing, Lunch, Exercise (several types), and Chair Volleyball, which meet on various schedules. Call 592-9300 to join (free) and get the newsletter. Its mailing list tops 800.

United Seniors of Athens County (USAC) is located in the Community Center and is run with federal and state support. Transportation services are available. United Seniors also has a number of regular programs, including line dancing, walking, chair volleyball, various exercise programs, bridge, and euchre. It also has a blood pressure clinic and is equipped to provide drop-off day care for a limited number of seniors. A daily lunch program also is available. But USAC does a great deal that affects the rest of us, even though we may not be among its clientele. Mike Turner, its director, is looking out for senior interests constantly.

Neighbor Network seeks reports of experiences

by Peg Cohn



A Village looks out for the safety and well-being of its members! Last Spring the Athens Village invited its members to join a Neighbor Network in which members make daily contact with a partner to make sure all is well with both partners. In some cases, it can be by e-mail, though most are simple phone calls. One set of partners consists of three, each living alone and taking turns making the daily checks to the other two. Most sets are just two persons or families, however.

Now that it's been operating for a few months, it's time to see how the system is functioning. If you have joined the NN, how is it working for you? Do you have any comments or suggestions that could help others either to join or (if already involved) to make their NN unit more effective? If you didn't join in that first round, would you like to do so now? Your opinion is important. Please get it to Patty Mercer soon. You may have your comment identified or not, as you see fit, but the total of the comments will be very helpful to future NN planners.

If one member of your group is going to be away for a few days Peg Cohn (740-707-6720) and Sue Foster (740-593-5258) are happy to be substitute callers to keep in touch with the partner. Just call either number to let one of them know of the need.

Let Patty or any Board member hear your ideas.

Lane's Corner: a monthly list of helpful hints



Winter is just around the corner, so it's time to have your furnace serviced and filters changed. If you have an air conditioner unit only, not a heat pump, it should be covered in order to keep out debris and winter weather.

When you're finished with your garden hose make sure you disconnect the hose from the spigot so it will drain and not freeze. It also is best to bring the hose into the garage or shed for the winter.

If you have a crawl space under your house, close it up for the winter. This will help keep at least some of the cold air flow from under your house and thereby make it warmer.

If you have storm windows, make sure they are in the closed position. Before you use your fireplace for the first time this winter, have the fireplace and chimney cleaned and serviced by a qualified person.

And, don't forget to get your car ready for the cold weather. Have the tire tread and pressure checked. Be sure the battery is up to snuff and strong enough to start the car in sub-freezing weather. Check the anti-freeze, and be sure the windshield washer fluid is suited for winter use.