

THE ATHENS VILLAGE VOICE



'Fall Gardening' is subject at Oct. 10 BB lunch

It's about time to make fall decisions about your garden and to start carrying out these decisions in a timely manner. At our October Brown Bag lunch, Don Shamblin will help us do this deciding and planning of action. He will also answer all of our questions that he can. **We will meet at noon in a new place this time — Conference Room 10 at O'Bleness.**



A professor emeritus of sociology, Don says he has spent most of his life, from childhood to the present, "grubbing around in the dirt, the natural lifestyle of a sociologist/farmer."

For more than 25 years, Don owned an Athens County farm, where he and his wife raised beef cattle and healthy children. He says they sold or slaughtered the cattle. As for the children, they either gave them away or just turned them loose. They also had an extensive garden, raising and preserving most of their family's vegetables and much of the fruit.

After retirement, Don completed the Master Gardener program, and he volunteers with their various activities. He is also involved in Community Food Initiatives, helping to promote a healthy, nutritious diet for all residents of Athens County, regardless of income, as well as encouraging sustainable local food production.

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, West Union Street.

Su, Oct. 6, 2-3:30 p.m., Annual Meeting at the Athens Community Center. (See story to right.)

We, Oct. 9, 10:30 a.m., PIT meeting, ACVNA library.

Th, Oct. 10, 12 noon, Brown Bag Lunch, O'Bleness Conference Room 10. (See story above.)

Tu, Oct. 22, 10 a.m., Board meeting, location TBA.

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

We, Nov. 6, 1- 5 p.m. and Th, Nov. 7, 9a.m. - 4 p.m., Strategic Planning Session, location TBA.



*You are
needed at the
Annual
Meeting
2-3:30 p.m.
Sunday
Oct. 6.
(See story)*



Come one, come all!!

*The Athens Village Annual Meeting
2-3:30 Sunday, Oct. 6, 2013
Athens Community Center
by Peg Cohn*

This is your chance to raise your voice, elect Board members, pick a committee, suggest a topic for the Strategic Planning November meeting, and visit with your fellow Villagers. Your involvement is needed.

The agenda includes reports from President Ellsworth Holden, Treasurer Ed Baum, Director Patty Mercer, and Chairpersons of the Nominating and other committees.

Voting to fill four Board of Trustees positions will take place. With the terms of Norm Cohn, Sue Foster, and Margo Marazon expiring, all have consented to run for another three-year term. Cherie Gall chose not to accept the offer of another three-year term due to professional demands, so Mike Ward has consented to run for that space (see story on p. 2).

Another issue requiring a membership vote includes a new system for paying dues (see story on p. 4).

Your thoughts on several subjects are needed. These include the future direction of The Athens Village, topics or speakers for Brown Bag lunches, and any other issues members would like to bring up.

A brief introduction to our strategic planning efforts will be given. Projects being discussed for development include: a medical ally or advocate program; consideration of different membership categories ("friends," low-income memberships, memberships sponsored by businesses or organizations); and collaborating to create a senior issues forum and to establish a nonprofit organization incubator.

Bring your suggestions to the meeting and be an active part of your Village!



THE ATHENS VILLAGE VOICE

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

Norm Cohn

Don Cooley

Jean Drevenstedt

Dru Riley Evarts

Cherie Gall

Sara Green

Margo Marazon

Future BBL dates

Please take note of the date and topic for our future Brown Bags:

Nov. 14 —“Turkey in November” will be the subject of an open forum of adventures and observations of people who have traveled to Turkey.

Dec. 10 — “Holiday Memories,” sharing stories of long-ago years.

Village Webinars are available at our requests

The Village to Village Network has a number of webinars that we could download for free to show to our interested members. Those attending each webinar could then have a discussion centered on the points made and how they could be adapted to our members.

Please let Patty Mercer know if you are interested in viewing any of these webinars. If she arranges a time, we would let all members know so that anyone interested in that topic could join in. If you could personally gather a gaggle of people (present members or not) who might be interested, all the better.

Here is a sample list. The subhead helps define points of discussion.

Volunteerism: Getting the most from your village volunteers.

No Need to Recreate the Wheel: Learning from experiences of other villages.

How to Recruit and Vet Village Providers: Get the best people for your members.

What Every Village Needs to Know About Program Planning.

Village Innovations: Planning for change and transitions.

Village/Timebank “Hybrids”: What are the possibilities?

Linking Home, Health, and Community Services: Expanding the role of Villages.

Volunteer Recruitment: What does it take?

2-1-1: Connecting to community resources.

Engaging All Ages: Intergenerational activities.

Insurance Basics: What your village needs to know.

A Closer Look at Our Village BetterBuy: Senior Helpers.

Information Access and Security Concerns for Villages and Members

Personal Medicare info appointments are available

September gave us two group meetings about Medicare and what we should do during the open enrollment period. You may also have personal counseling if it is needed.

Joyce Lewis, a certified Medicare counselor, is glad to help you understand your choices and find what is best for you. Call 594-3535 for an appointment with her at the Athens Senior Center. You should do this as soon as possible, since open enrollment ends Dec. 7.

Michael Ward nominated to Athens Village Board

Newly retired Judge Michael Ward has accepted the Nominating Committee’s invitation to run for membership on our Board of Directors to fill the vacancy created by the expiration of Cherie Gall’s term.



Ward began his career in Athens as assistant county prosecutor in 1973. His final public position was that of Common Pleas judge, 1992-2012.



Membership Roster

As we enter our fifth year, here are the members of The Athens Village, alphabetically arranged.

Nancy Adams	Betty Larson
Chuck Atkins	Pat Light
Ed Baum	Cynthia Love
William & Carol Beale	Margo Marazon
Joe & Lynda Berman	Arline McCarthy
Patricia Black	Anne McClanahan
Dick Brackin	Lyle & Florence McGeoch
Ann Braxton	Alvi McWilliams
Norm & Peg Cohn	John & Lillian Mitchell
Sue Crook	Carolyn Murphree
Bob Dakin	Frank and Lorraine Myers
Gilbert Daniels	Rita Oberholzer
Richard Dean	Charles & Ruth Overby
Ardelle Donohue	Ed Penson
Gifford Doxsee	Mary Lee Powell
Jean Drevenstedt	Joanne Prisley
Marsha Dutton	John Ray
Max & Kathy Evans	Jerry & Betty Reese
Dru Riley Evarts	Warren Reininga
Mary Anne Flournoy	Chip & Terri Rogers
Sue Foster	Elise Sanford
Ann Fox	Gladys Balin Stern
Jan Gault	Claudette Stevens
Sara Gilfert	Marj Stone
Sara Green	Don & Dawn Stout
Steven Grimes	Natsu Taylor
Claudia Hale	Roberta Thibault
Ellsworth Holden	Margaret Thomas
John & Suzanne Howell	Izzi & Nili Urieli
Bill & Meg Hummon	George Weckman
Anita James	Lin Min Wei
Marcia Johnson	Arvin & Jeanne Wells
Harry & Susan Kaneshige	Lois Whealey
Nada Kerr	Jean Wistendahl
Betty Lacy	Jane Woodrow
	Art Woolley

Have you gotten your flu shot yet? Doctors are saying people over 65 definitely should.

Short Notes

“Notify Me”: To get Athens’ notices about emergencies, missing persons, severe weather, road closings, boil orders, etc., log onto the city’s official website, www.ci.athens.oh.us, and click on the tab “Notify Me.” You can select the types of announcements you would like to have and indicate whether you want to receive these notices by text, e-mail, or both. Even if you don’t live within the city limits, there is plenty on this website that would affect you, also.



A.G.E.S .: The Aging and Gerontological Society, an organization for students who are interested in the study of gerontology, is new at Ohio U. Its president, Marni Gold, is in touch with Patty Mercer for the purpose of arranging companionships between these students and seniors. The purpose of the organization is to promote the importance and understanding of the study of gerontology and to put students in touch with interested seniors. If you would like to have a student or two as either helpers or just visitors, contact Patty.



Plant Sale: ACVNA is sponsoring a plant sale at the shelter near the swimming pool at the Athens Community Center from 9:30 a.m. to 1 p.m. on Saturday, Oct. 19. Proceeds will benefit the hospice program. Irises, bulbs, lilies, and other plants will be included, as well as newly painted bird houses. A portion of the proceeds will be used for Hospice’s new Pie Party project.



Garden Ceremony: ACVNA’s Fall Garden Ceremony, during which engraved commemorative bricks are placed in memory of persons being honored by families or friends, will be held at 11 a.m. on Oct. 26. There will be tributes to honorees, music, and refreshments. All are welcome.



Medicare Education Session: The Medicare session sponsored by TAV on Sept. 27 was attended by 30 people, most of whom were from the general public. Jean Drevenstedt, Public Information Team chair, did a great job of handing out our literature, greeting folks, etc. OSHIP’s Becky Hayward was very informative. Packets from the event are available via TAV’s office. It was a good day.



THE ATHENS VILLAGE VOICE

Cultural exchange coffee hour

Yoshikazu Kamiwaki has been invited by the Japanese Exchange Program for the Elderly and People with Developmental Disabilities to visit Athens. He will be hosted by Arlene Sheak, who shared that Kamiwaki is interested in the concept of Villages.

In Japan, he owns and administers two small houses for seniors and people with disabilities. As a licensed acupuncturist, he is aware of the benefits of acupuncture and moxibustion for the elderly and he would like to share this information with us. He also is curious to learn more about how seniors react to the digital world.

Come and be a part of this exciting cultural exchange. Join us at The Plains Public Library, 14 South Plains Road, on Friday, Oct. 11, at 10:30 a.m.

Last chance for Safe Drivers Course this year will be Nov. 6



You have just one more chance this calendar year to take the AARP Safe Drivers

Course. Doing so could bring you greater safety, peace of mind, and possibly lower insurance rates.

The course, led by John Keener, runs from 9:30 a.m. to 3:15 p.m. on Wednesday, Nov. 6, at O'Bleness Memorial Hospital. The cost is \$12 for AARP members who have their cards to show and \$14 for others. Midway during the day will be a 45-minute break for people to have lunch on their own or just get out for a stroll.

The class is mainly designed for drivers of age 50 or older, but it also is a great refresher for all drivers. The only tests are for your own information; no scores are recorded anywhere.

Call 592-6658 to ask questions or register. Everyone should bring his or her driver's license and AARP members should also bring their AARP cards.

New membership billing method up for vote

Members will vote at the Oct. 6 Annual Meeting on a proposed new system of paying dues. This system was considered by the Board at its September meeting, when the decision to have members vote on the issue at the Annual Meeting was also made. Here are the elements:

1. All annual member dues will be due on Oct. 1 of each year. (This does not affect monthly dues payers.)
2. The dues of current members will be prorated for the remainder of the 2013-14 up until Oct. 1, 2014. Members will then receive an invoice for the following full year.
3. New members will receive a prorated bill to carry them up to the next Oct. 1 in the same manner unless intending to pay monthly.

Get your free 4 hours from our jewel — Lane

by Peg Cohn

When was the last time you had a house inspection for hazards, placement of smoke and carbon monoxide alarms, dripping faucets, blocked gutters and downspouts? Do you know how to shut off your main water valve in case of a burst pipe? Are there shingles missing from your roof after the windstorms we've had this year?

This house inspection can be included in the **FOUR FREE HOURS** of Lane Hoisington's time per member, along with other home-maintenance jobs that you've been putting off.

Lane, our maintenance coordinator, retired from Ohio University's Physical Plant after 31 years, the last 18 of which he was supervisor of grounds. We are one of a very few villages to have a maintenance coordinator and particularly one with such a wealth of experience (not to mention his cheery good humor). He has changed ceiling light bulbs and smoke detector batteries, repaired a doorbell, installed a bathroom sink, inspected the roof and moved a mattress for the Cohns.

Reviewing a contract for window replacement reassured Marj Stone, for whom Lane also found an excellent tree trimmer. Lynda and Joe Berman have had several assists from Lane, all the way from reattaching a washbasin to the bathroom wall, to the simple but irritating problem of adjusting the closure on a storm door. For Dru Riley Evarts he has built shelves into her broom closet, refinished or painted furniture, rehung cupboard doors that had been arguing with each other, and painted outside doors, among other things. The Pensons had Lane inspect all their appliances. He also checked on their house when they were out of town. Ann Fox had Lane do a little bit of everything. She said that he always has with him a useful collection of tools, nails, screws and so on, his pleasant disposition, and imagination in how to tackle projects.

Call Patty to get onto Lane's schedule after he comes back from vacation Oct. 7! Remember four hours each year are **FREE**. That means that a two-member household can get eight hours of **FREE** home maintenance service from Lane.