

THE ATHENS VILLAGE VOICE



Enjoying genealogy research BB subject



You would think that anyone who spends as much time as Beverly Schumacher does on genealogy would list it as her very favorite thing to do, especially after having authored 30 publications based on her findings about the Athens area alone.

Not so with our September speaker, who is also well known for her first love — quilting. Last year alone, she and her Athens Friends & Neighbors Club quilters distributed

more than 100 quilts to local Meals on Wheels clients, Walter Reed Hospital, and the Chillicothe Veterans Hospital.

Bev will be talking with us about enjoying genealogical research when we meet for our Sept. 5 Brown Bag Lunch at 12 noon in the ACVNA Conference Room. She will be coming to us as the newly minted president of the Ohio Chapter of the National Society of the Daughters of Founders & Patriots of America, a group with which her most recent book deals. She has been awarded six medals from the Sons of the American Revolution and is involved also with the Daughters of the American Revolution, Colonial Dames, First Families of Ohio, and First Families of Athens County.

During her career days, Bev started out at Sheltering Arms Hospital as a part-time, temporary typist and became O'Bleness's director of personnel. A comfortable pension from her late husband now allows her to do the volunteer work she loves. This is a perfect lunch to which to bring a friend. We will start the lunch at 12 noon and the talk at 12:30 p.m.

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

Every Tuesday, 10:30 a.m., Chair yoga, ACVNA.

Th, Sept. 5, 12 noon, Brown Bag Lunch, ACVNA.
(See story above.)

Tu, Sept. 10, 10 a.m., Board meeting, ACVNA.

We, Sept. 11, 10:30 a.m., PIT meeting, ACVNA.

We, Sept. 25, 10:30 a.m., Getting the Most out of Your Membership meeting, ACVNA.

Future dates to save:

Su, Oct. 6, 2-3:30 p.m., Annual Meeting at the Athens Community Center.

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



*Welcome
to our
newest
member*

*Chuck
Overby*

Sept. 1 is beginning of greater independence for The Athens Village

Both of our Village employees, Patty Mercer and Lane Hoisington, are on the TAV payroll as of this month rather than being paid by ACVNA with reimbursement from us. This change also includes our arranging for payroll, tax reports, workers' compensation, etc., for both.

Another change that takes place this month is that each member is entitled to four free hours of Lane's time per year rather than the three hours we had used before.

These arrangements are connected with a contractual change between O'Bleness Hospital, ACVNA and TAV. Our Board will keep you informed as developments warrant.

Annual Meeting Oct. 6, Strategic Planning date changed to Nov. 6 & 7

Our Annual Meeting, at which we hope all members can be present, will be from 2 to 3:30 p.m. Sunday, Oct. 6, at the Athens Community Center.

We will be talking about our ongoing relationships with Ohio Health, O'Bleness Hospital, and ACVNA. We also need to elect new Board members after hearing the report of the Nominating Committee (it will also be detailed in October *Voice* issue) and inviting nominations from the floor.

Annual reports will be given, handouts supplied for those who missed them at the monthly luncheons, and questions will be answered.

We have nearly two months to think about the Strategic Planning session on Nov. 6 & 7. The best thing you could be doing for that is giving serious thought to what you want from the Village and how best to get it.



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 Everts, 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 dates

Please take note of the dates and topics for our future Brown Bags:

Oct. 10 — Don Shamblin, talking about fall gardening and CFI. Note the different location — Conference Room 10 at O'Bleness.

Nov. 14 — Subject TBA.

If you have suggestions on BBL subjects, let them be know.

OSHIIP will explain Medicare to us

Mark the dates Sept. 9, Sept. 27, and Oct. 10 on your calendar. They represent three opportunities to learn more about Medicare changes and how they affect you. You will want to learn these things before the last date to make changes in your plan goes by.

Option 1 — Sept. 9: OSHIIP information, 9 a.m.-1 p.m.: The Ohio Senior Health Insurance Information Program's Alisa Huddleson, a trainer from Columbus, will conduct a session to recertify existing Medicare counselors and to inform interested community members about Medicare changes. Athens County presently has only one certified counselor — Joyce Lewis, who is also community services director for United Seniors of Athens. Having more counselors would be a benefit all Medicare recipients, says OSHIIP.

You may attend this session just to inform yourself. You need not promise to counsel others about Medicare. OSHIIP wants to spread the word. It will be up to you whether you want to use it just or yourself or for others also. If you do know ahead of time that you want to counsel others after you have had the training, contact Joyce at 594-3535.

If you are interested in doing something to help others with Medicare, you could start by interviewing persons waiting for their appointments, distributing brochures, etc. You could become certified by taking a 16-20 hour course or by doing it online for even fewer hours.

Option 2 — Sept. 27: Education session at 1 p.m.: Sponsored by our very own Athens Village, this session will be in Room 10 of O'Bleness Memorial Hospital. It is entirely for people to educate themselves about Medicare and is open to the public. OSHIIP's Becky Howard will conduct this session.

Option 3 — after Oct. 10: Personal counseling: If you need individual help about your Medicare decisions, call 594-3535 and ask for Beth. She does the scheduling for an appointment with Joyce Lewis, who is identified above as the only person in Athens County who presently does this counseling. Open enrollment ends on Dec. 7.

Berman to present music boxes at Steampunk affair

Joe Berman has been collecting and studying music boxes for years, and the rest of us will have a chance to see them demonstrated by him at the Steampunk Spectacle on Sept. 7. Joe will be in 19th Century costume for his 1:30 p.m. presentation in the Athens Public Library's large meeting room.

The day starts at 10 a.m. and ends with a movie that starts at 4:30 p.m. You could find out more by calling the library, 592-4272, or googling Athens Steampunk Spectacle.

Transitions class matches bring help to our members

Fourteen of our members signed up to have a College of Health Sciences and Professions "Transitions" class student for fall semester. (See July *Village Voice* for full description).

Nine members were accommodated after Patty Mercer spoke to the class on Aug. 29. Student should be contacting them within a week. Other matches are hoped for soon. Contact Patty if you want to participate in or inquire about this program.



It's not too early to make a new flu-prevention plan

Summer is winding down. Fall is on its way, with Winter nipping at Fall's heels. It's time to make a flu-prevention plan.

The Center for Disease Control strongly recommends flu vaccine, especially for children over 6 months of age and the elderly. CDC has ordered vaccine to cover the three most-likely viruses, according to findings of its research conducted earlier this year.

The Athens County Health Department gives flu shots for whatever a person's health insurance pays or free for those whose insurance does not cover it. You can get information and make an appointment by calling 592-4431.

Athens Public Transit benefits seniors more

Athens Public Transit, formerly run from the mayor's office, is now operated by HAPCAP, and it has some price breaks for seniors.

Standard fare for the disabled or those 65 or older will now be 50 cents per ride, half the former price. Better yet, a disabled or senior person may go to the mayor's office to buy a 60-day pass for \$20, a 120-day pass for \$40, or a full-year pass for \$70. A pass can be used as many times as its owner wishes without further charges during the covered period.

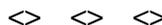
For further information, use 592-2727 or info@athenstransit.org. Some routes and stops have been altered, so get the info before you ride. New bus stop signs are all around town. They make us look like a city with a plan.

Short Notes

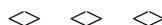
SALT invites your participation: SALT (Senior and Law Enforcement Together), is an advisory group of senior citizens to the local Sheriff's Office. It's a nationwide organization, with each county welcome to set up its own SALT structure. The Athens County SALT group meets regularly (usually the third Thursday) around noon for a potluck and presentation/conversation. Deputy Jimmy Child heads the meetings and can be reached at 593-6633.



RSVP: The Retired Senior Volunteer Program will hold a recruitment meeting 10-11 a.m., Thursday, Sept. 19, in Room A of the Community Center. Retired people who want either to seek employment or to volunteer services are welcome. This meeting is especially geared for recent retirees or people about to retire. Refreshments will be served.



High Society Jazz: The next Jazz session will be 3:30-6 p.m., Sunday, Sept. 22, at Abrio's. Remember, HSJ is not doing the paddlewheel trip this fall, but you can join the one being sponsored by Stuart's Opera House on Sept. 20. See the July issue of *The Village Voice* for details, or call 740-753-1924.



National Senior Center Month: September is National Senior Center month, so it's a good time to check what our local Senior Center offers at its headquarters at the Athens Community Center. You may be surprised at some of the services offered (including help with making Medicare choices). Ohio has more than 450 senior centers, so you can find assistance in many places around the state while you are traveling.



Advocacy Action: Advocacy in the interest of seniors was one of our four major initiatives resulting from our first Strategic Planning weekend four years ago. Now the Ohio Health Policy Institute has established some websites on which people can educate themselves and join in the action. If you are interested in becoming an advocate, call Patty Mercer, who can help you make the best contacts.



"A Matter of Balance" class: Hosted at United Seniors, at the Athens Community Center, Sept. 6 to 30, Mondays and Fridays, 9:30-11:30 a.m. Space is limited; call soon to participate. The next session is being planned for Spring 2014. Certified coaches are Sandy Shirey, Joyce Lewis, and Susan Pitts. Call 594-3535 to ask questions or register.



"Walk With a Doc" continues on the second Saturday of each month, with the group assembling at the shelter near the city swimming pool at 8:30 a.m. for a conversation followed by a walk. Health gurus say that walking is the most beneficial exercise.



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Woodrow service is Sept. 28

John Woodrow's memorial service is at the First Presbyterian Church at 1 p.m. on Sept. 28. He died on Aug. 19 after continuing treatment for cystic fibrosis. At 74, he became the oldest person to have survived it past teenage or early adult years.

That achievement is typical of John, who enjoyed life to its fullest. He "found out about the world" through various careers before settling on the job of financial officer of Stewart-McDonald. He was very active in Athens' civic groups and his church. With his wife Jane he loved to travel. His complete obituary appears in the *Athens Messenger* Aug. 24th edition or is available from TAV office.

PIT needs your input

The Public Information Team (PIT) needs your suggestions and contact-making skills to help spread the word about The Athens Village. You could make suggestions about groups with which we could arrange speaking engagements, stories you think would be good to send to the media, and other creativity that comes to your mind. Your ideas are important.

Contact PIT chair Jean Drevenstedt at drevenst@ohio.edu or 592-1761. Other members of the committee are Jo Prisley, Rita Oberholzer, Chip Rogers, Anne Braxton, and Dru Riley Everts.

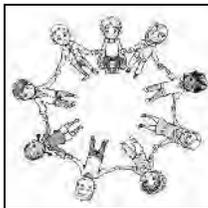
Caregiver Group to meet soon

The Caregiver Support Group is for people who are presently taking care of another person and for those who have caregivers and have advice for others.

Alex Winters, a second-year Master of Social Work student, will be expediting this group. Academic supervision is available to her as questions arise. Patty Mercer will be the default co-facilitator.

If you are interested in joining this group, let Patty know and also tell her whether you prefer to meet on the first Thursday or Friday of the month. It will meet in September after this decision is made.

Enjoy conversation partnering with students



There is still time for you to sign up to partner with an international student for one-on-one conversations during the fall semester. A conversational group could also involve more than one student and one local resident if you want to suggest a different mix. The point is to get together and talk.

Requests regarding such details as languages, genders, and hobbies will be taken into account. Some of the common topics of conversation involve life in Athens and in the student's home country. Contact Sharron Sturgeon at 597-3124 or sturgeos@ohio.edu to inquire.

Fall semester times for the orientation at Baker Center are 7 p.m. Sept. 10, 5 p.m. Sept. 18, 6 p.m. Sept. 6, 6 p.m. Oct. 1, and 7 p.m. Oct. 8. Regular conversation hours are then arranged by partners.

Remember? — "Don't let the bedbugs bite!"

Whoever put you to bed when you were little probably ended up with the admonition, "Don't let the bedbugs bite!" The very thought was so unreal that most kids just giggled and went peacefully on to sleep with the certain knowledge that there were no such things as bedbugs. But, as a matter of fact, there are.

Infestations of bedbugs became a big problem in East Coast hotels, motels, dormitories, etc. a few years ago, and they have been marching steadily westward since then. Anyone can pick them up anywhere.

I have attended Workers Compensation Safety Council to represent The Athens Village and ACVNA once a month since I took on TAV's home maintenance coordinator job. This month the meeting was about bedbugs. Here are some tips given:



Some people are not sensitive to the bedbug bite, so a person can have them and not even know it. But they can still be pass them on.

When you arrive in a hotel/motel, put your entire party's suitcases in the bathtub until you have examined the room thoroughly.

Start with bedclothes, the seams in the mattress, pillows, the headboard and footboard, even the luggage stand (anywhere other people's suitcases or clothes may have been). A mature bedbug is a little smaller than an apple seed; its egg is the size of a small pinhead.

When you get back home, it's a good idea to leave your suitcases in the garage until you can go through each thoroughly. If you suspect there could be bedbugs or eggs on any garments, don't wash them until you have run them through the dryer. That will kill any bugs and eggs, whereas putting these things immediately in the washer will tend to give you bugs and eggs in unreachable parts of the washer. They could spring back to life later and get into other things. Good luck! Don't let the bedbugs bite.

