

THE ATHENS VILLAGE VOICE



Yoga is subject of April 3rd BB lunch



Linda Cochran will be our guest speaker at our April 3rd Brown Bag lunch, noon, in Room C at ACEnet, 94 Columbus Road.

You do not have to be a yoga-er to understand and enjoy this talk.

You do not have to be intending to join such a group later.

A Jackson County native, Linda began her yoga studies in 1986 while living in southern California. She worked full time as a children's librarian for the Los Angeles County library system (having earned a Master of Library Science degree at Clarion University in Clarion, PA). After traveling to India twice to study at the BKS Iyengar Institute, she became a certified Iyengar Yoga Instructor in 1990.

In 1992 she moved back to Ohio and joined the staff at the Athens Public Library (and began teaching a yoga class there for people over 50 in 2003). Since her retirement as children's librarian at the Athens Public Library in 2006, she has taught classes at the Athens Community Center and WellWorks, in addition to the Athens Public Library and her home studio. Her talk will focus on "Yoga and the Art of Living and Dying."

Some of our members are in Linda's classes, and the Village itself has a chair yoga class meeting with Sylvia Marrs once a week. This would be an excellent opportunity to bring a friend to one of our Brown Bags. Look for our "Athens Village Event" sign.

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 St. (skip April 15th)

Th, Apr. 3, noon, Brown Bag Lunch, ACEnet conference room C. (See story above.)

Tu, Apr. 8, 10 a.m., Board meeting, ACEnet conference room C.

We, Apr. 16, 2 p.m., Caregiver Support, ACEnet, conference room B.

We-Th, Apr. 23 -24, Strategic Planning sessions — 1-5 p.m. Day 1; 9 a.m.-4 p.m. Day 2. (See story on right column on this page and more on page 2.)

We, Apr. 30, 1 p.m., Get the Most Out of Your Membership, ACEnet conference room B.

Strategic Planning to be (finally) on April 23-24

**Spring has sprung,
Fall has fell,
Winter dare not return,
So we should do well.**

There's another way we could end this little rhyme. It refers to where we want winter to go and stay. But the calendar says that spring is here, so let's approach Wednesday and Thursday, April 23 and 24, with optimism, imagination, energy, and cool as we meet at the Community Center for Strategic Planning.

We first planned for Strategic Planning to occur on Sept. 19-20, but put it off because of our move from ACVNA to ACEnet. Both of our next two choices of dates (Nov. 6-7 and Jan 22-23) were wiped out by the most severe winter weather we have had in these parts for eons. After the third cancellation, we decided to move WAY ahead to a date on which there could not be a chance of the deep freeze.

So our Strategic Planning leaders, the two Eds (Penson and Baum) have had even more time to develop brilliance in leading us to 100% usefulness of our time together in reviewing the Village's past and planning its future.

Please come for as much time as you can for these envisioning and planning sessions. Day 1 will zero in on reflecting on the Village during its first four years. Day 2 will combine a summary of Day 1's review followed by planning for the future. There will be a lunch break midway on Day 2.

A two-day likely schedule is reprinted on page 2 of this *Village Voice*. The major need for success of this conference is ***YOU!*** Your experiences, your ideas for the future, your energy. **COME.**



**Welcome to
new members:**

**Rose Dikis
Francine
Childs**



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.

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Board of Directors

Ellsworth Holden, president

George Weckman,
vice president

Sue Foster, secretary

Ed Baum, treasurer

Norm Cohn

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Dru Riley Evarts

Margo Marazon

Michael Ward

Cohn + Mercer = WATH

Norm Cohn and Patty Mercer will appear on David Palmer's radio show, "Talk of the Town," 9-10 a.m. on Tuesday, April 15. Tune in if you can.

Dave has been very generous about having Village folk on to explain the program and ask questions. Tune in, call with some of the questions people have asked you, and help spread the word.

Moving forward on major challenges & opportunities

When we come together on April 23-24 to discuss The Athens Village's past and future, these are the initial questions with which we will be dealing (reprinted for the January 2014 *Athens Village Voice*):

What is the future of The Athens Village?

What should we be doing next?

How can we help one another more?

What is the best way to Move Forward?

We will work through these questions as we do the four major steps below::

Step 1. Identify the Major Challenges and Opportunities we are likely to face within the next few years.

Step 2. Develop a list of Major Initiatives we plan to take in order to meet Major Challenges and Opportunities.

Step 3. Describe the Most Probable Major Impediments to each of our Major Initiatives.

Step 4. Outline our Solutions, Remedies, and Preventions to minimize or resolve the Major Probable Impediments that will enable us to Move Forward.

This process will take us a day and a half, but you need not be there all the time. Come for any or all of the hours that you can. We will have pizza for lunch on Thursday as well as other refreshments to keep us going.

Please let Patty (447-0500) or theathensvillage@gmail.com know when you can be there to help us identify the Major Initiatives that will Move Us Forward.

Three documents that outline the process we will be using may be found on our website at the following address: www.theathensvillage.org/planning.html. Note that this address must be entered exactly as shown.

Approximate timetable for Strategic Planning April 23-24

Wednesday, 1-5 p.m.

Step 1: Major Challenges and Opportunities — Identify major external challenges, external opportunities, and internal opportunities likely to impact the Village.

Thursday, 9 a.m.-5 p.m.

Step 2: Major Initiatives — Both construct them and rank-order them.

Step 3: Major Impediments to Each of Our Major Initiatives — List impediments as briefly as possible.

Step 4: Solutions, Remedies, Preventions— List those that will minimize or resolve the most major probable impediments.

Tie these fixes to the appropriate probable impediments, wrap up, and make plans for maintaining these findings as future guidance.



Village Board has election of officers; Nominating Committee to be expanded

Ellsworth Holden has been re-elected president of the Village Board. George Weckman was re-elected vice president, and Ed Baum treasurer. A vote on secretary was tabled until the Nominating Committee can be reconstituted to nominate a candidate.

Sue Foster, who has served on the Board since the Village's inception (first as treasurer, later as secretary) has also been serving as liaison between the Village Board and the TAV Advisory Council, a countywide group that advises our Board on how it should be interacting with public. Sue would like to spend more time doing one of these jobs or the other, thus creating a Board opening to fill the one Sue would be leaving.

This brings up several opportunities for which YOU could volunteer to be considered: 1) The Nominating Committee headed by Ed Penson and presently having only one other member (Jo Prisley) needs at least two new members. (It is active only once or twice a year.) 2) The nominee for either secretary or Advisory Council liaison is needed. The secretary is also a member of the Executive Committee, thus making meetings more frequent. The liaison meets just quarterly with the Advisory Council. Let Patty know of your interest in any of these.

Phone Tree grows; more callers needed

Florence McGeogh has volunteered for the Phone Tree, joining Peg Cohn, Dru Riley Evarts, Sue Foster, and Anita James. A few more callers are needed so that each would have three or four to call in case of emergency.

When the great grid failure of a couple of years ago wiped out electricity from the Indiana-Illinois border to Washington, DC, it was Board members who got together at the Cohns' house to systematically check on every member's well-being. Call Patty if you are interested. And men, the phone works as well for bigger fingers as for slimmer ones.



The Phone Tree is not to be confused with our Neighbor Network calling system, through which individual Village members pair up to call each other day by day at prearranged times to check that each one is okay. That is individual and constant. The Phone Tree goes into action only in case of communitywide emergency such as a widespread power outage or a bad storm. The Neighbor Network system is constant. The Phone Tree calling is very sporadic, but extremely important when the need for checking on members' safety suddenly arises.

Involving Seniors in the Arts

"Helping Older Adults Stay Healthy: The Benefits of Participation in the Arts" is the subject of the talk being given at 4:30 p.m. on Thursday, April 3, in the Glidden Recital Hall 400 on the OU campus.

Linda S. Noelker, senior vice president of the Benjamin Rose Institute on Aging and board president of the National Center for Creative Aging, will be discussing evidence that participation in the arts improves older adults' health and well being, available resources of delivering arts programs to older adults, and networks of arts organizations with aging services (the Encore Artists Project).

This is a part of the program that Stacia Davis Moore described to us when she spoke at our March lunch meeting. Everybody is welcome. Bring a friend.

Are you a member of SeniorBEAT?

SeniorBEAT is active and free. Founded by O'Bleness Hospital and now a part of OhioHealth O'Bleness, becoming a part of it is as simple as signing up through the hospital's Public Relations Office. In addition to general meetings, it has interest groups (Book Club, History Group, Speakers Program, Singing Group, Chair Volleyball, and Arthritis Foundation Exercise Program). Sign up and enjoy!

What will future University look like?

Because so many Villagers spent their active careers at Ohio University and it is the centerpiece of the area for everybody else who lives here, *Voice* readers may be interested in a public program scheduled for Thursday, April 3, from 10 to 11:30 a.m. at the new Schoonover Center (the old Baker Center) at the corner of Union and College streets.

University President Roderick McDavis will speak about the university's future "look." Joe Lalley, Harry Wyatt, and Shawna Bolin, all involved with university planning and design, will expand on McDavis' remarks and answer questions. A power point will show the planning simultaneously. A tour of the completed parts of the College of Communication elements that moved into this space at the beginning of Winter Quarter will conclude the program for those who want to see the work to date of remodelers. This program is free and open to the public.



Short Notes

Free Hearing Tests: Friday, April 11, is the last day this semester to have a free hearing examination at the University Hearing, Speech, and Language Center. The test is entirely free, and there is no obligation connected with results. The testing period is 1-3 p.m. and no appointment is necessary. Simply walk in. For answers to questions, call 593-1404. The clinic is located in Grover Center W 174.



High Society Jazz: The next two Sundays for the band to play at its new venue, Kiser's at The Eclipse's General Store, are April 13 and May 18, always from 3:30 to 6 p.m. Kiser's has been doing a buffet, from which you may choose a part or all, or not eat at all if you prefer. It now has a liquor license enabling it to offer a selection of alcoholic beverages.



Call, Write, or Visit: Among our members who are homebound or nearly so, or in a care facility, and could use encouragement are Sara Green, Marcia Johnson, Warren Reininga, and Jean Wistendahl. Call 447-0500 to find what is best for each.



Business Before Hours: Would you like to represent our Village at the Chamber of Commerce's Business Before Hours? It is always on the third Wednesday of the month from 8 to 9:30 a.m. The next one is April 16 at the Hampton Inn, 986 E. State St. You can meet Patty there, meet other members, tell them about the Village, line up speakers. Try it. You'll like it.



Exemption: There have been some changes in the Homestead Exemption property tax credit. For local assistance contact the Athens County Auditor, 592-3223 or auditor.re@athensoh.org.

Charter member Yin-Min Wei dies at home at 91



Yin-Min Wei, a member of The Athens Village since its founding, died at home on March 4 at the age of 91. Ohio University professor emeritus of computer science, he had earned his degrees at Purdue and the University of Iowa before coming to OHIO. He had retired in 1993. He attended many Village planning sessions and luncheons and was very interested in the subject of shared housing.

Janice Krebs honored with a gift membership

At its March meeting, the Board honored long-serving Janice Krebs with a gift membership to the Village in recognition of her faithful office service since she came to us as an RVSP volunteer in November 2011. (See story on her service in the March newsletter.)

Bill's Corner: a monthly list of helpful hints

by Bill Shevel



Batteries and Bulbs! If you have smoke detectors and carbon monoxide detectors in your home (and you should), the batteries need to be changed once a year. Most detectors will alert you by emitting a loud beep when the battery starts to die. Nothing is scarier than having that sound wake you up in the middle of the night. That is why it is a good idea to replace the batteries with fresh ones every year before they go bad.

Spring is a great time to do this. Whether it is a AA battery or a 9-volt, they should be replaced once a year. Make sure you use an alkaline battery as most manufacturers require this, and they do last much longer than the standard type.

Also, spring is a good time to check your entryway lights and garage lights for burned-out bulbs. Trying to open your door with a key in the dark is dangerous and frustrating. Using a 60-watt bulb is preferable and gives adequate light.

As usual, if you need help with these items, please contact Patty at the office to arrange a time for me to come by.

Director's note: Remember that your membership entitles you to four hours of Bill's time free each year (eight hours for a two-member household). This can include an annual safety and security inspection (which is advisable), advice on major maintenance, work on a project, or a combination of these. Supplies for your job may be discounted if Bill buys them for you on our contractor's discount. If you have any questions about using our maintenance coordinator, call me at 447-0500.