

August BB Lunch to be a picnic potluck



How about a picnic potluck instead of a brown bag lunch on Thursday, Aug. 7? Instead of bringing a sandwich or other one-person serving, you may bring a salad, casserole, snack, bread offering, dessert, or whatever to share with the group as a whole. Guests are always welcome, of course. And we will not have a scheduled speaker this time, but will be visiting among ourselves. So come to the Lions Club picnic shelter across the street from The Plains Elementary School, 90 Connett Road, The Plains. We will be spreading out our largesse and beginning to serve at 12 noon.

We have much to talk about, not only neighborly things among the people with whom one happens to sit, but more major Village business, such as what is happening among the committees working on the suggestions made at this spring's Strategic Planning sessions. The shelter can handle us rain or shine, so bring yourself and anyone else you wish.

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.

Tu, Aug. 5, 10 a.m., Board meeting, ACEnet conference room C.

Th, Aug. 7, noon, Potluck Picnic, Lion Picnic Shelter in The Plains. (See story above.)

We, Aug. 20, 2 p.m., Caregiver Support, ACEnet, conference room B.

We, Aug. 27, 1 p.m., Get the Most Out of Your Membership, ACEnet conference room B.



*Welcome to
two new
members:*

***Betsy Knies
& Don
Shamblin***

Saying 'Farewell' to Norm and Peg

Saturday, Aug. 23 3 to 5 p.m.

The Cohns are moving to Pittsburgh soon in order to have the accommodations they need as they age further and to be nearer one of their three children. (The other two are in Arizona and The Netherlands.)

It was nearly a decade ago that Peggy Cohn became aware of the Village movement. She saw a story about it in the *New York Times* and was amazed about how the village movement was growing and spreading across the country. She and Norm talked it over and decided to try to get such a group together here.

They first met with Ted and Sue Foster, and their circle soon expanded to others. When they got to 40 active members, the Village had its first formal meetings in November 2010. Despite some members' dying or moving away to get the care they need or to be closer to children, our Village reached a total of 102 members within two years.

In 2011 the Cohns (along with Ted and Sue Foster) were recognized at the Ohio governor's mansion for their leadership in establishing The Athens Village. In 2012 Peg was honored at the Pink Tea luncheon of O'Bleness Memorial Hospital with its "Women of Inspiration" Award.

Changing office hours

Director Patty Mercer is available to members 24/7 by phone (447-0500).

Until Aug. 19, the office hours are **11a.m.-3 p.m. Monday-Friday and 8 a.m. to 2 p.m. thereafter.** It is wise to call ahead to be sure Patty has not been called away to a meeting at the time you had chosen for a visit.



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

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ACEnet, Building B, 94 Columbus Rd., Athens, OH 45701.

After hours: Use cell phone number and leave a message.

E-mail:

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Board of Directors

Ellsworth Holden, president

George Weckman, vice president

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Future BB lunch plans

Sept. 4: Leatha A. Clark, DPT, MS, will talk about falls — how to prevent them, how to get up if one does fall, and many other aspects of this major danger.

Oct. 2: “What Happens When I Decide To Stop Driving?”

More members join PRAC committees & teams

The PRAC (Planning and Resource Advisory Council) implementation teams, whose duty is to devise actions that actualize the goals we established at our Strategic Planning Session in April, has added new members. If you would like to work on any of these teams, let Patty Mercer know of your interest. If you do not wish to join a team but have some ideas for it to consider, let her know that also, and she will pass on the word.

Here are the up-to-date teams, according to our president, Ellsworth Holden, who is heading the PRAC effort. There is room for more members and plenty of room for considering your ideas if you will pass them on. (See the Village list for contact info or call Patty if you need a new one.) The teams are identified by their goals; each is connected with a standing Board committee.

1. Familiarize members with professional services (Program Committee)

Patricia Black (chair), George Weckman (Board representative), Margaret Thomas, Richard Dean.

2. Cultivate Awareness of the Athens Village and its services (Public Information Team)

Jeanne Drevenstedt (chair), Rita Oberholzer, Joanne Priskey, Chip Rogers, Dru Riley Evarts (Board representative)

3. Increase Involvement of Members (Membership Committee)

Ellsworth Holden (chair and Board representative), Pat Light, Anne McClanahan, Mary Lee Powell

4. Emphasize Wellness and Safety (Vendor Committee)

Gladys Bailin Stern (chair), Patricia Black, Francine Childs, Paula Horan Moseley

Details about student volunteers coming soon

Dr. Jenny Chabot, CCLS, associate professor in the College of Health Sciences & Professions, reports that fall semester there will bring a new professor coming aboard for the family gerontology position. Julie Brown does plan to do service-learning for the “Transition in Development: Later and Older Adulthood” course. Now is the time to think about how a student volunteer could be helpful for you. More details will follow.

Ever wonder about playing the piano?

It's a good idea! Your brain will be stimulated to higher function! Piano playing is a lovely pastime and one that you can share. Everyone loves to hear the piano's gorgeous sounds.

Trisha Lachman, who has taught piano to students ages 4 -74, is willing to have people older than that. She loves to work with both beginners and people who are returning to piano after a long hiatus. She would like to talk with you and show you her toolkit and system. You can make a short-term renewable agreement just to try this out. Contact her at trisha@boochee.com or 592-6430. Music is very helpful in keeping one's mind active, researchers say.





Short Notes

SeniorBEAT Board: Richard Dean was appointed to the SeniorBEAT Board earlier this month. Ed Baum has served on it for several years. Consider joining this great organization. It is free. Call 592-9300.



Emeriti Service: A number of our members also serve on Ohio University's Emeriti Association Board: Dru Riley Evarts, president; George Weckman, immediate past president, Ed Baum, treasurer; Richard Dean, Emeriti Park chair; Sue Foster, Volunteer Services co-chair; Joanne Prisley, archivist/historian; Margaret Thomas, membership chair; and Art Woolley, benefits chair. Max Evans and Bob Dakin serve on the Emeriti Awards Committee, chaired by Baum.



Membership by Silent Auction: The Board donated a one-year Village membership for the silent auction conducted by OhioHealth O'Bleness Hospital in June. Sandy Nesbitt was the winner, and we hope that she continues her membership after the one year (which begins Oct. 1) has ended.



Gifford Doxsee: A group of friends went out to Lindley Inn to celebrate Gifford Doxsee's 90th birthday in early June. Gifford welcomes visitors at Lindley, and Jean Wistendahl is still there also. You could go out on the first Thursday of any month and have lunch with friends there. It is free and no reservation is needed. It runs from 11:30 a.m. to 1:30 p.m., and people come and go as they wish. Try it sometime.



High Society Jazz and Friends: A big treat awaits the fans of the High Society Jazz group and the Burhans family when they join together at the Eclipse on Aug. 13. This afternoon-evening gig will be outside if weather permits or inside the Company Store if rain occurs. Pat Light's son and daughter-in-law, Randy and Rose Light, will be there. Mark and Hillary Burhans, plus their daughter Emily, will join in. Who knows what else can happen? Come to see and hear.



Volunteer for a PRAC committee.
Help plan our future. Call the office or committee chairs to discuss.

Annual Meeting is scheduled for the Dairy Barn, Oct. 23

The Athens Village came alive in November 2009. Its first annual membership meeting came about in November 2010. Now we are ready for the fourth annual meeting, which has been set for Oct. 23. We will be 5 years old!

The business that will come before this meeting will be described in the September and October newsletters. For now it is enough to get it on everyone's calendar. The precise time and other details have not yet been set, but save the date for this very special birthday.

We will have this annual meeting at the Dairy Barn, where the International Quilt Show will be hanging at the time. Our use of the building for this meeting includes free admissions not only for our members, but for others you might want to invite to see the show that day.

So mark your calendar for Oct. 23. More on this later.

Lane's Corner: monthly helpful hints



Yes, I am back. It's nice to see and talk with all my friends that I have missed. I found that the other job was not for me.

Patty and I are starting off with a call to everyone to introduce the new system of members' abilities to use my time. This system allows me to work 40 hours a month for whoever requests help. After my 40 hours are used up, other callers will go on a waiting list until the next month. However, I will always be available for emergencies. We will work out the bugs as we go.

There are a lot of small jobs with which I can help you. I can also give you advice on purchases for your home and maybe even save you some money. I would suggest that everyone start a list now of potential questions for me so that when I call we can see what your needs and jobs are and can schedule my time to help with them.

Above all, we want to remind everyone TO CALL THE VILLAGE FIRST before you schedule or pay for any repair work in your house. Let's look at the situation together and see what the best (and often the most money-saving) solution is.

Remember, ALWAYS CALL 447-0500 FIRST. I am looking forward to working for my Village friends.



Healthy Aging Group formed

“Healthy Aging” is the name of a new interest group, founded by the Membership Committee and facilitated by Ellsworth Holden. It will be in two parts — diet and fitness. Members are welcome to participate in just one or both.

The fitness group will meet in ACEnet Conference Room B on Sept. 25 at 2 p.m. and the diet people at 2:45. Anyone who wants to combine these would stay for both. If you are interested in this topic but cannot attend on this day please, let Ellsworth know (593-8545).

One of the first moves of this program would be to give members a chance to compare their diet and fitness programs in an exchange of ideas and evaluations. Everyone would be encouraged to appreciate small improvements in a plan that shows positive movement toward stated goals.

Participants would be encouraged to form clusters of two to four persons and to communicate regularly to inspire one another.

They might do other constructive things together, such as going to yoga or the swimming pool, or to shopping for healthful food or having meals together.



Reininga service to be Aug. 2

Warren Reininga, 93, pictured here with his wife Gussie, died on July 9 at OhioHealth O’Bleness Hospital. Before being hospitalized there, Warren had been cared for at home by his son and daughter-in-law, Mark and Stephanie. Gussie preceded him in death. In addition to Mark, Warren is survived by three other sons — Paul, Eric, and Jon, as well as nine grandchildren.



A charter member of The Athens Village, Warren was an Ohio University professor emeritus of accounting. His memorial service is at 2 p.m. on Saturday, Aug. 2, at Christ Lutheran Church, 69 Mill Street.

Space still open for Bristol Village trip

There is still time for you to join those members who have already reserved their places to go to Bristol Village on Aug. 21 for its special program, “A Bristol Adventure.” Patty needs to have the count in by Aug. 14, so please let her know of your interest as soon as you can by calling 447-0500.



You may travel to Bristol Village either by GO Bus or by carpooling. A reservation is needed in either case by letting Patty know.

The GO Bus leaves Athens at 9 a.m. and arrives in Piketon at 10:25 a.m. Bristol Village can convey visitors to and from Piketon by van. Programming starts around 10:30 a.m. The GO Bus leaves Piketon at 3:45 p.m. and arrives back in Athens at 5 p.m. For those wishing to carpool, Patty will help putting groups together as needed.

Our group will be welcomed at the Glenn Activity Center, shop for craft items at The NOOK, visit their model railroad station and garden, lunch at the Terrace Café, enjoy entertainment put on by some of the residents, learn about the Ohio-Erie Canal, and see their wildflower park. We will be able to visit with former Athenians who are now residents there. Think of this as a summer adventure!

Call Patty or email her for a reservation. She must supply a final count by Aug. 14.

Sue gives Don perfect friendly birthday gift

Membership to The Athens Village makes a great gift, as we all know. For Don Shamblin’s birthday on July 30, Sue Foster made up a very cute presentation of gift membership to be just that.

The next time you need a gift that will impress and last, think “Village.” It is truly the gift that keeps on giving. Furthermore, Patty Mercer is exceedingly clever in assisting with the preparation and helping to decide on the best presentation.

Suggest this gift to others.

Hearing Aid Interest Group to begin soon

Richard Dean, is starting a Hearing Aid Users Interest Group on Thursday, Sept. 18, in the ACEnet Conference Room B at 1p.m. A retired OU professor in medically related language pathologies, Richard has been a hearing aid user for six years. He has experienced most hearing aid users’ problems, ones that lead some to deposit their aids in dresser drawers never to be worn again. Future meetings will feature other hearing issues.

