



BROWN BAG LUNCH December 4, 12 noon

The focus for the brown bag lunch will be on Holiday Decorations. George Weckman, program committee chair, has invited Helen Slater and member Lynda Berman to share their wisdom and skills. Lynda described her vision for our gathering:

“ My mother taught me how to make ‘German Stars’ when I was 8 years old. Made of long narrow strips of white paper, dipped in melted paraffin and sprinkled with gold glitter, they hung on our Christmas tree annually. As an elementary school art teacher of 30-plus years, I have literally taught several thousand children how to make a German Star. I anticipate those present watching a demonstration and hope 2 - 5 people will volunteer so I can teach yet another group how to make a German Star. (It will take about 20 minutes.) While we work, be thinking about a story or moment in your childhood holiday memories you might share. Let’s keep the format to fewer than 8 sentences.”



Lynda added, “If you have ever attended a program given by Helen Slater, you know how charming she can be in imparting her considerable knowledge of herbs. Her love of nature is contagious. Prepare to be enchanted by her demonstration as she creates using herbs and greens!”



George will also review various musical events in the coming weeks.

Bring your ideas or questions about making our homes and our lives festive.



Neighbors Helping Neighbors: “Taking It Home for the Holidays” Benefits The Athens Village

The Chamber has an ongoing challenge to the community to “Keep It Local.” During this holiday shopping season, patrons randomly caught shopping, dining or conducting business at Chamber establishments will receive a token of appreciation and will draw a facsimile check for \$25 to \$75 with the proceeds benefiting one of four Chamber not-for-profit organizations: HAVAR, My Sister’s Place, PALS (grief project for children), and The Athens Village.

“With a tough economy and so many deserving, local not-for-profit organizations struggling to make ends meet, we thought “Neighbors Helping Neighbors” would be an appropriate tagline to build not only our “Keep it Local” mission, but to reinforce our commitment to our community and our support for area agencies,” said Wendy Jakmas, president, Athens Area Chamber of Commerce.



Show your appreciation by shopping local!

Come join other community members, Ohio University students, and Live Healthy Appalachia staff as they together take a step toward better health!



Note new location!

Join them on **the second Saturday of each month from 8:30 to 9:30 a.m.** at the new location, the **Walter Fieldhouse on Ohio University's Campus** (located on South Green Drive between Peden Stadium and the Ping Recreation Center).

They meet in front of the building and, depending on the weather, have the option to walk outside on the bike path or on the indoor track. Weekend parking is available in the green lot surrounding the building.

For more information, please call Live Healthy Appalachia at 740-856-6100.

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.

For assistance, call

Patty Mercer, director
Office and cell: 740-447-0500

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

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

E-mail: theathensvillage@gmail.com

Web site: www.theathensvillage.org

Board of Directors

Ellsworth Holden, president

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**Planning for Winter
Weather**

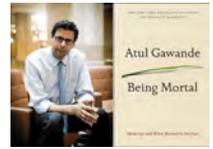


By Ted Jacobson

Athens Village members wishing to better plan for incoming winter weather events may wish to subscribe to a low-volume email listserv titled "StormFlood." The mailings are always from "Ted Jacobson" and are titled "Hazardous Weather Potential." To subscribe email skywarn@frognet or go to this link: <http://listserv.ohio.edu/mailman/listinfo/stormflood>. The "StormFlood" listserv is a regional preparedness and planning partnership made possible by funding from Ohio University Risk Management and Safety.

Notes on Some Recent Reading

Jane Z. Woodrow, PhD



In 2001, Gail Godwin wrote a nonfiction book called *Heart*. On the topic of heart absence she wrote: "Pockets of heart absence are in every situation where a person is valued primarily as a commodity, or a function, or a number to be ticked off on a list, or as a means to an end, or a roadblock—or a stepping stone—to a goal. They lurk in the interstices between the words 'managed' and 'care.'"

In 2014, Atul Gawande wrote *Being Mortal: Medicine and What Matters in the End*. He is a physician, surgeon, and writer who grew up in my hometown, Athens, Ohio. I knew his father and still often see his mother (both were physicians). His book aims to put the heart back into caring for people as they approach the end of their lives. The history of why we have nursing homes and what has gone wrong in even "assisted living" facilities is chilling. The goal of "safety" and convenience for staff leaves no room for quality of life and choice to do what is not necessarily safe but is enjoyable or meaningful. This is a wonderful book, which I hope you all will read.

Particularly useful to us all is his recommendation for coping when a loved one is very ill. We need to listen carefully and honor the perspective of those we love.

Here are questions to ask the loved one in the "difficult conversation":

- ◆ What is your understanding of your condition?
- ◆ What are your fears and worries?
- ◆ At each stage—What are your goals? For example, is being able to watch TV and eat ice cream enough? Or do you need to be able to have social interactions, or be able to teach, or be able to complete some project? You need to clarify what is important to you.
- ◆ What are the tradeoffs you are willing to make? For example "no pain, even if alleviation of pain shortens my life."

Questions for the Doctors:

- ◆ What are the treatment options?
- ◆ Will each option lengthen my ability to do what I want to do? Or might it just prolong an unsatisfying life?
- ◆ What is the best outcome you have seen with this diagnosis at this stage?
- ◆ What is the worst outcome you have seen?

Editor's note: Jane has been kind enough to open her home at 21 Canterbury Drive to host a general discussion of Gawande's book. Please RSVP at 592-5006 if you are interested in attending on Friday, December 19 at 1 p.m.



DECEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 11am, PIT	4 12 noon, Brown Bag lunch 	5	6
7	8 2pm, Hearing Aid Interest Group	9 10:30, Chair Yoga 12:30, Bob Evans 1:30-3pm, TAXES	10 2pm, Coffee & Conversation	11	12	13
14	15	16 10am, Board mtg. 10:30, Chair Yoga 12:30, Bob Evans	17 2pm, PRAC	18	19 1pm, Book Discussion	20
21	22 1pm, Healthy Aging	23 10:30, Chair Yoga 12:30, Bob Evans	24	25	26	27
28	29	30 10:30, Chair Yoga 12:30, Bob Evans	31 1pm, "Get More..."			

SEE DETAILS BELOW



Unless otherwise noted, all events are held at ACEnet, 94 Columbus Road

- Every Tuesday, 10:30 am, Chair yoga, OSU Extension office, 280 West Union St.
- Every Tuesday, 12:30 pm, Informal lunch with members and friends Bob Evans
- First Thursday, 12 noon, Brown Bag lunch, conference room C
- December 3, 11 am, Public Info Team, conference room B
- December 8, 2 pm Hearing Aid Interest Group, conference room B
- December 9, 1:30-3 pm TAXES with Don Cooley, Athens Public Library
- December 10, 2 pm, "Coffee & Conversation" an informal gathering for potential members at the home of Rita Oberholzer, 51 Eden Place, call 593-8707 to RSVP
- December 16, 10 am Board Meeting, conference room C
- December 17, 2 pm Planning & Resource Advisory Council, conference room C
- December 17, 2 pm Caregivers Support Group, conference room B
- December 19, 1 pm Book discussion group at Jane Woodrow's home
- December 22, 1 pm, Healthy Aging Interest Group, conference room B
- December 31, 1 pm Get More Out of Your Membership, conference room B

Healthy Aging Interest Group Reports



The following websites were shared at the recent Healthy Aging interest group which focused on plant protein: 1. plantbasedonabudget.com, 2. greatist.com/health/complete-vegetarian-proteins, 3. foodmatters.tv/articles-1/top-6-plant-based-proteins.
The next session will be held December 22 at 1pm. Participants will plan topics for 2015. If you cannot attend, please call or email your requests.

MARKET SATURDAYS
 Mark your calendar! Free bus rides all day to and from the East State shopping district until 12/13/14.
Ride in style – Save on gas – Reduce traffic congestion

OPERA LOVERS AWAKE!
 WITHOUT NORM COHN, WE ARE WITHOUT A LEADER. IF YOU WOULD LIKE TO PARTICIPATE IN AN INFORMAL OPERA GROUP, PLEASE CONTACT:
 MARGARET THOMAS, thomasm@ohio.edu

From The Program Committee

By George Weckman

Tuesday, December 9, 1:30 to 3 pm, members will gather again in the **Athens Public Library meeting room** for another chance to learn from a professional about crucial matters. Don Coolley, CPA, will help us understand TAXES. Among the confusing issues for us to discuss are: yearly income tax reports; tax-sheltered money; giving things (e.g. art) to charitable organizations; inheritance, especially of property; capital gains taxes in the sale of real estate; hiring caregivers or home care aides (house cleaning); responsibilities the customer has in reporting pay to yard workers or other contractors.

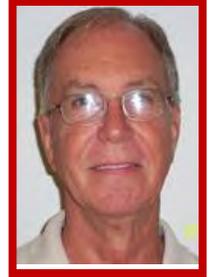
Beginning January 2015, Brown Bag lunches will be scheduled for the last Thursday of each month. Mark calendars with "TAV-BBL" on 1/29, 2/26, 3/26, 4/30, and 5/28 (for a start).

Thursday, January 29, the Brown Bag lunch topic will be a review and discussion of Atul Gawande's recent book, *Being Mortal*. Copies are available at Little Professor.



Lane's Corner: Monthly Helpful Hints

Winter is just around the quarter (or already here if you go by that frigid second week of November). It's time to winterize everything, especially your car. You should take it to a certified mechanic for evaluation. Be sure that the antifreeze and window-washing fluid are checked and filled to the appropriate levels. Have the condition of your battery checked. Tires should be checked for proper cold-weather inflation and appropriate tread. (The all-weather tread is best for winter driving.) All lights should be checked so that your car can be seen and windows should be cleaned so you can see fronts, backs, and both sides of other cars and trucks on the road (not at the same time, of course).



You need emergency supplies in the car in case you slide off the road or are trapped in a line of cars stopped because of an accident ahead of you. Remember what happened when Atlanta had its historic snow last winter? People in light-weight jackets had to get out of their cars and walk long distances in inappropriate footwear to get help or avoid freezing to death in big traffic snarls. How about mid-November's 7 feet of snow in Buffalo? Mazes of cars were stuck here and there despite the fact that Buffalo folks know much more about winter weather management than Atlantans do. When bad weather develops quickly, we are all at its mercy, no matter what the location.

But you can carry emergency supplies in your car during winter months. If possible, it is better to keep these in the car, rather than the trunk, where you might be unable to reach them if your car slides into a ditch. Among the things that should be in such a kit are: a blanket, a flashlight, water, snacks, a car-charger cord that fits your particular cell phone, paper towels, moistened tissues (such as Handy Wipes), a bag of small-size toiletries, and a small first-aid kit (at least band aids and disinfectant).

Another good thing to carry in your car all winter is a 1-pound coffee can or similar container to hold candles you have retired from the dining room table, plus matches (in a waterproof container) to light at least one at a time and one or two candleholders (again, retired ones). Experts say that burning even one candle in a closed car will protect its occupants from freezing. Of course, these supplies should be kept in the trunk, out of the reach of children, until it looks like heat will be needed. Then they can be advanced to the car.

Before you venture out in the winter, check radio and TV weather channels to be sure that a trip, or even a simple errand, is advisable. Particularly, stay off the roads if the sheriff declares a Level 2 or 3 emergency. If schools are closed, or even on a 2-hour delay, you should put off your trip or errand until later in the day, after crews have had a chance to treat the streets.

Best wishes for a lovely winter, which you can enjoy as you look out from a cozy, warm house. If you REALLY need something on a bad day, call 447-0500 so Patty can advise you about delivery services. If you MUST drive in bad weather, use slow starts and slow stops. Maintain plenty of distance between your vehicle and those ahead of or behind you. If you begin to slip on a downhill grade, put the car into neutral in order to maximize the effect of your brakes. Best choice of all: STAY HOME!!!



MEDICARE DEADLINE

December 7

Please act now to schedule a local, individualized counseling session to learn how 2015 Medicare changes affect you. Joyce Lewis can help you make an informed choice.

Call 594-3535 or 1-800-686-1117

Clicking Creates Change



The Athens Village has been selected as one of four organizations to participate in the 2014-2015 efforts of Clicking Creates Change (CCC), a student organization that works with nonprofits to create short multimedia projects to help tell the stories of featured organizations. It also collects donations online to raise money for the organizations. CCC will film, photograph and interview leaders and members of our Village. The multimedia package will be made up of: a video highlighting The Athens Village story, a written feature story, photography, and informational graphics explaining the organization. Stay tuned for more details about how you can participate. Call the office to share your suggestions (447-0500).