

# THE ATHENS VILLAGE VOICE



## *Senior Creativity to be subject of Feb. 6 BBL*

We remember Stacia Davis Moore for her substituting for Patty Mercer in the late spring of 2013 while Patty and her family were vacationing in Turkey and Israel. She has remained very interested in us, and now will be the Brown Bag Lunch speaker for Feb. 6. Her subject will be creativity's importance during the aging process and its importance in retention of cognitive skills.

Stacia is now co-director of a university/community pilot project designed to generate data for future grant submissions supporting the role of creativity in making senior citizen's lives happier and more satisfying. In this role, Stacia will be working with another recent speaker, Dr. Brian Clark, director of OMNI (the Ohio Musculoskeletal Neurological Institute).

Her talk will deal with CAMP (Creative Art as Medicine Program), being set up for Appalachian seniors to promote arts, culture, and wellness for community members. She will also tell us about a research leader, Dr. Gene Cohen, a geriatric psychiatrist whose work led to the establishment of the National Center for Creative Aging. Studies have shown enhanced cognitive, emotional, social, and physical well-being for seniors involved in the arts.

We will be meeting at our new quarters at ACEnet, 94 Columbus Road, Building C, outside which we will be sporting our lovely new metal sign announcing "**Athens Village Event Here Today**," Lunch will begin at 12 noon. This would be a very good time to let others know that our BBL meetings are open to the public. Nearly everyone is interested in improving his or her cognitive skills. And here is a good way.



## **The strategic timing of our Strategic Planning**

The important thing about Strategic Planning meetings is having everyone there. This is a time when we take a day and a half to sort out what we want from our Village and how we can engineer our resources to serve those needs.

The two Eds (Penson and Baum) have worked hard to make this second Strategic Planning session as valuable as possible to the organization's future.

It didn't make sense to have such an important all-member meeting while our relationship with the ACVNA and, therefore, the Ohio Health O'Bleness Memorial Hospital was being redefined. That led to one postponement. Our move to ACEnet led to another. Finally, the Jan. 22-23 (most recent attempt) fell to the calamitous recent weather that closed schools, some businesses, and (for one day) even the university.

The weather this winter seems too uncertain to plan anything very far ahead. In fact, as this is being written, another calamitous storm is headed for this area early in February. The decision has been made to wait until we can be sure of good weather that will enable more members to attend and participate.

Think spring. Think strategic planning. You can dream up good ideas right in your own home. You can test them on members you see, on your calling partner in the Neighbor Network, on folks you run onto at the grocery, etc. Remember — the key is **What do we want from our Village and how can we best get that?**

**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.

**We, Feb. 5, 11 a.m.**, PIT meeting, ACEnet conference room B.

**Tu, Feb. 11, 10 a.m.**, Board meeting, ACEnet conference room C.

**We, Feb. 19, 2 p.m.**, Caregiver Support ACEnet, conference room B.

**We, Feb. 26, 11 a.m.**, Get the Most Out of Your Membership, ACEnet conference room B.



*Welcome to our newest members,*

*John & Leslie Flemming*



*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](mailto:evarts@ohio.edu) with ideas or suggestions.

**For assistance, call**

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**Board of Directors**

Ellsworth Holden, president

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**Cooley resigns from Board**

Don Cooley, partner and manager of Cotner, Cooley, Clark & Sharp, LLC, has tendered his resignation from The Athens Village board. He assisted us with financial filings before he joined the board in November 2010 and has offered to continue to do so. The board appreciates his continued service.

**Brian Williams tells about villages on NBC News**

“People who attempt to find the best assisted living place in which to spend their final years discover that it is their own home.”

That (or something very close to it) was the promo line at the beginning of NBC’s Nightly News on Jan. 24. And Williams himself mentioned that same thought when he introduced the final segment of his newscast that evening. He went on to interview his wife’s parents, people in their 90s, who had come to the conclusion that they needed help. They had looked at a number of options and decided thereafter that the best assisted living place they could find was the one in which they already lived — their own home.

Williams then explained how the Village movement had begun in Boston’s Beacon Hill and that now groups were viable all over the country. His in-laws gave several examples of the benefits they had received from their village. The entire segment looked as if Williams’ producers had become interested in villages after hearing about them and approached Williams, whose had suggested his wife’s parents as potential interviewees. As it happened, Judy Willett and Natalie Galucia from the national Village to Village network spent several months setting up the coverage of the Village movement and assisting Williams’ staff in writing and other details. Now the VtV staff would like to measure the effect.

If you saw this segment on the Jan. 24th NBC Nightly News (it came on about 6:55), send you reaction to Willet or Galucia at [vtv@vtvnetwork.org](mailto:vtv@vtvnetwork.org) or 617-299-9636. If you had heard anyone else talk about having seen it, report that also.

**ACTIVE to increase vital exercise for diabetics**

Diabetic adults who feel depressed for two weeks or longer can be helped by Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise). This program would be helpful for our Type 2 diabetic members, but its particulars are being sent to us also in the hope that we will tell diabetic friends about it and encourage them to become involved.

In this study, subjects will receive several free services: Dining With Diabetes classes, membership to a fitness center, 10 sessions of “talk” therapy, and a 12-week exercise program. The goal is to help people with diabetes to overcome any depression they may be experiencing.

Call 1-855-DMACTIV (1-855-362-2848) to register or ask questions.

**WANTED: Talented, willing volunteers**

See Patty for volunteering.

**Centerpiece arranger:** For the annual Chamber of Commerce dinner on Feb. 13, our Village has offered to provide one of the centerpieces to be auctioned off there. Ellsworth Holden has offered to pay for flowers and other supplies, and Danny Yahini has offered to build a teeny house for it, but we need an **ARRANGER!** Bring your creativity and have some fun!

**Clerks, filers:** Patty could use more office help to do various jobs.

**Callers:** To check on members during bad weather times, electrical or water problems, other emergencies, we need callers to manage lists on signal.



## OMNI still needs research subjects

The Ohio Musculoskeletal Neurological Institute, continues in need of healthy adults age 60 or older to be subjects in an ongoing research project studying muscle tone retention of seniors. A number of our members are already involved in this study, making OMNI director Dr. Brian Clark interested in more of these high-quality people.

Subjects receive a great number of free test results about their own health; they are welcome to file these results with their own doctors. In addition, they are well compensated for their time during the research period. More details can be had at 593-2354 or clarkb2@ohio.edu. If you use the phone number and get a recording, be sure to leave a message with a clear call-back number. It is Dr. Clark's personal phone, and he WILL call you.

### *Memory testing available for patients*

The OU Department of Psychology is offering free memory evaluations to individuals diagnosed with either chronic medical illness or injury, as a part of a larger research project.

Participants will receive three-hour evaluations, including measures of thinking and memory, as well as other experimental measures. Each person will get free clinical feedback about his or her thinking and memory skills from a licensed clinical psychologist.

If you are interested in participating or have further questions, contact Dr. Julie Suhr at 593-1091.

### **Credit Union warns of fraudulent calls**

The National Credit Union Association has notified all credit unions that credit union members nationwide have been receiving fraudulent automated phone calls claiming to be from the NCUA.

The caller says that the member's debit card has been compromised, and it asks for account information. You should not respond but should report the call to NCUA at phishing@ncua.gov or 800-755-1030. If you have an account at OUCU, you should also call officials there (597-2800).

## Short Notes

**Free to a good person:** These free things are available at the Village office at ACEnet: a fax machine that works as an extra phone; a Dell keyboard with "old-fashioned" connection; a Logitech mouse, and an Acer LDC monitor manufactured in 2006, screen size 10.5" x13". Call Patty.



**High Society Jazz:** The band will be playing at its new venue, Kiser's at The Eclipse's General Store, from 3:30 to 6 p.m. on Sunday, Feb. 16. Good music, good food, and Kiser's now has a liquor license.



**Warren Reininga:** Visitors are welcome at almost any hour, but you should call his son Mark at 447-2683 first so he can get Warren ready. Reading is not really Warren's favorite thing any more, but if you want to send a note, send it to 5 McGuffey Lane or to markreininga@gmail.com, and he will read it to is dad. Warren is no longer using the telephone.



**Marcia Johnson:** Marcia is home after extensive physical therapy at The Laurels. She is making progress but is instructed not to go out of the house. She enjoys visits and phone calls as recovery progresses.



**Carolyn Murphree:** Carolyn is situated in an assisted living facility in Florida, where she struggled last week with the weather, just as we northerners did. She wrote on Jan. 29, "Everything was closed yesterday and today; the mail got in yesterday, but not today. We've had snow and ice, and management has been struggling to feed us, . . . but they've done it" She misses The Athens Village and her friends. She would appreciate e-mail to ctmurphree@gmail.com.



**Kathy Evans:** Kathy is doing well after her knee replacement and continuing battle with arthritis. She is going to physical therapy twice a week at Castrop Center and is counting on being 100% soon.



**Sara Green:** Even though she had hoped to be hopping and skipping by now, Sara is still wrestling with getting final healing at the incision site for her ankle. Her daughters and grandson are helping with shopping and other errands, and she enjoys hearing from other Village members.



## Village and Chamber have common interests to share

Since The Athens Village became independent, we have moved office and meeting spaces to ACEnet, and we joined the Chamber of Commerce to add ourselves to its Workers' Comp group to protect our two employees.

Chamber membership also means the opportunity to mingle with others active in the community, let them learn about The Athens Village, and show them its benefits. Patty Mercer and two Board members attended their first Business Before Hours at Genesis Oxygen & Home Medical Equipment. On Feb. 13, we are providing a centerpiece for the Chamber awards dinner, at which we also have some representatives attending.

## *ReUse Industries launches idea competition*

A total of \$3,000 in prizes is in store for people who come up with creative ideas for artistic and functional products that could be made from used or recycled materials. ReUse Industries has organized this contest and welcomes entries from all age groups from youth to senior citizens.

People in all 32 counties of Appalachian Ohio are eligible for this contest, according to Zach Holl, ReUse executive director. He has plans that include more senior participation and hopes to involve people of our age group more in the future — most immediately in this contest.

Those who want to enter the ReUse Competition must submit an "intent to enter" form by March 14. It can be found at <https://sites.google.com/site/reuseathensohio/competition> or by calling 420-227-1361 and arranging to receive it another way. Entries for the contest are due by April 1. An awards ceremony and exhibition will be held on Earth Day, April 22, at a reception co-hosted by the Ohio University Office of Sustainability.

More about this contest will be included in the March *Voice*.

## *Arline McCarthy & Chuck Overby prove value of cellphones in emergencies*

After helping his neighbor haul wood on a nice fall day (Oct. 5), Chuck Overby was cleaning up the truck bed of his pickup parked in front of his house when he fell off the tailgate. He knew he was badly hurt and certainly could not get up on his own. So he took his cellphone out of his pocket (he had a habit of always carrying it when he went outside the house), and he called his wife Ruth (in the house) to get help.

Arline McCarthy also carries her cellphone with her, at least when she is going any distance. But her habit has been to put it in her purse. On Jan. 28, one of our several continual zero-minus record-breaking days, she went several places to shop, then drove home and parked her car in its usual place — an open barn about 60 feet from her front door. She unloaded her several bags onto the barn floor and about a foot from the car. She set her purse beside the bags. As she removed her key from the ignition, gremlins caused her entire keychain to jump into that very small slit between the two front seats.

Arline reached down between the seats to retrieve the keys. But that way seemed to be blocked. So she got down on her knees and extended her left hand and arm under the driver's seat, hoping the keys had fallen to the car floor. Her hand got caught among the metal passages down there. She kept trying to extract her hand, but was unable to do so. She couldn't reach her purse to get her cellphone. She had no neighbor close enough to hear if she blew the car's horn. Around her neck she had one of those pendants to call 911 in emergency, but it doesn't work if one is more than 30 feet from the house. So there Arline was, realizing she could literally freeze to death with a cellphone a foot away, a distance-incapable call pendant around her neck, and her hand stuck as it was. She briefly considered amputation but, alas, had no knife. If she had had a knife and the courage, could she reach the house before bleeding to death, even if she could remember where the outdoor key was? She decided that one mighty last wrench of her trapped hand would have to be done. And she did painfully deliver her badly bruised hand from the jaws of death.



**So what have we learned here?** Take your cell phone every time you go out, or to the garage or basement, or to garden, or to get the mail. Have it in a handy place to reach if you fall. (Sports stores usually have pouches that you can strap around your waist and have the phone very handy — as close as your belly button.) **Use 21st century technology.**