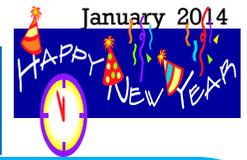


THE ATHENS VILLAGE VOICE



Moving forward on major challenges and opportunities - Jan. 22-23

The Athens Village's second two-day Strategic Planning gathering is set for Jan 22 and 23 at the Athens Community Center. The Wednesday session will be 1-5 p.m. and the Thursday session 9 a.m. to 4 p.m. Everyone's participation is needed as we work through challenges and opportunities that will enable us toward the end of the second day to agree upon a plan for the Village's future and to work out ways to achieve the goals that have grown out of the group's discussions.

Ed Penson and Ed Baum are in charge of the Strategic Planning days. They have worked out the following summary of questions and plans that will help us make good use of these days of working together.

***What is the future of The Athens Village?
How can we help one another more?***

***What should we be doing next?
What is the best way to Move Forward?***

These are the key questions you can help answer at our Village planning meetings on January 22 and 23 at the Athens Community Center. We will work through four major steps to help us answer these questions:

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 that will minimize or resolve the Most Major Probable Impediments in order to 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 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.

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, Jan. 14, 10 a.m., Board meeting, ACEnet conference room C.

We, Jan. 15, 11 a.m., PIT meeting, ACEnet conference room B.

We, Jan. 15, 2 p.m., Caregiver Support ACEnet, conference room B.

We & Th, Jan. 22-23, Strategic Planning Sessions for all Village members to plan for the future. Athens Community Center, 1-5 p.m. on Wednesday, 9 a.m.-4 p.m. on Thursday. Your input is very important.



447-

0500

***is our new
telephone
number.
It rings in
the office
and follows
Patty home.***

Our new e-mail address

theathensvillage@gmail.com is our new e-mail address. Please change that information in your records so you can reach help quickly.

Our cancellation policy

If The Athens Village has a meeting or event scheduled on a weekday in which you feel the weather is "iffy," listen to the radio for school announcements. If Athens City Schools are canceled, so are we. If school is on a two-hour delay, any morning meeting would be canceled. For help deciding, call 447-0500.



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

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

E-mail:
theathensvillage@gmail.com

Web site:
<http://www.theathensvillage.org>

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- Norm Cohn
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- Jean Drevenstedt
- Dru Riley Evarts
- Sara Green
- Margo Marazon
- Michael Ward

BB Lunch Substitution

The Strategic Planning meeting is taking the place of the Brown Bag lunch for January, so attend as much of that Jan. 22-23 occasion as you can. Margo Marazon is working on a future lunch schedule. Watch for it.

Timetable for ‘Moving Forward,’ Jan. 22-23

The four major steps mentioned on page 1 will make up the backbone of our deliberations at the Strategic Planning sessions on Wednesday and Thursday, Jan. 22 and 23. Here are a listing of those major points (by step number) and the subdivisions under each. The times suggested are simply estimates. This listing is presented to give you an idea of what we will be talking about, and when. The times suggested are “usual time targets” and may vary slightly.

Jan. 22, 1 to 5 p.m., Community Center

Step 1: Major Challenges and Opportunities.

Identify the major external challenges that are likely to impact our Athens Village in the next year or more — 45 min.

Identify any clear external opportunities for the future — 45 min.

Identify the major internal challenges that are likely to impact the Village in the months and years ahead — 45 min.

Jan. 23, 9 a.m. to 5 p.m., same place (starts with concluding Step 1)

Identify internal opportunities that could be pursued by us — 45 min.

Step 2: Major Initiatives

Construct the list of major initiatives — 90 min.

Rank-order the major initiatives 1 (top priority) to 5 — 30 min.

Step 3: Major Impediments to each of our Major Initiatives

List Impediments as briefly as possible — 45 min.

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

Tie these fixes to the appropriate probable impediments — 60 min.

Wrapup, put flip charts in right order, and make sure all listings are clear and linked to the appropriate stem number. — 15 min.

Villagers help Peg ‘with a little help from your friends’



Peg Cohn was the first person in Athens to suggest formation of The Athens Village. Since her accident three years ago limited her movement greatly, she has always said that she had never intended to become our Village’s poster child. But she is determined now to gain mobility with a walker, and Village friends are helping by turning up four days a week to help. Her work on each day necessitates two people — an ACVNA aide trained in getting people walker-mobile and a volunteer to walk with her on the side opposite the aide. A volunteer reports to the Cohn house each of the four days a week that Peg needs someone for 15-30 minutes.

Sue Foster gathered enough of us so that one can be there each of the four days a week that Peg works on this. They include Sue herself, Chuck Atkins, Lynda Berman, Patricia Black, Ellsworth Holden, Anita James, and Margo Marazon. Her son Jason’s friend, Stephen Richter, also has been a big help. Her son Nick, who had visited early in the process and again lately, was pleased with the progress. Peg is forever thankful for our Villagers’ readiness to help.



New TAV quarters enhanced by members

George Weckman and Sue Foster are good at seeing a need and doing something about. The perfect opportunity for their fertile imaginations came our Village’s move to new quarters at ACEnet (Appalachian Center for Economic Networks).

When the Board had its December meeting, a conversation arose about the need for a sign or signs to direct members to meetings on ACEnet’s grounds. George thought of a standing 2-sided sign (about 2-1/2 feet high) that he knew of, so he went right out to bring it back.

Sue has donated a laser printer, a chair, and assorted office supplies from the home office of her late husband, Ted, who was one of The Athens Village’s founders. When the need became apparent, it didn't take Sue long to decide this was appropriate use of Ted’s things.

Try to get out to visit our new headquarters at ACEnet, 94 Columbus Road, as soon as you can. Patty’s office is in the building labeled “94B”(see above). Our Board and committee meetings are in the conference room (“B”) in (Building C) that green building. The larger white building closer to Columbus Road is where the larger conference room (“C” for BB lunches, for instance) is located.

If you have not visited The Athens Village’s new quarters yet, please do so. You will get a good feeling about our new independence, and you may even spot a place in which something you know about could be used (space permitting, of course).

New research opportunity for caregivers

Rutgers University is looking for younger people than most of us (perhaps our children or people we know?) who are caregivers. The study concerns communication behaviors of adult siblings while caring for aging parents. On the website <http://comminfo.rutgers.edu/siblingsurvey> you can find out more about this. Anyone wanting to participate may e-mail tikeeler@rutgers.edu or call Theresa at 908-403-7319. A drawing to win one of three American Express gift cards will be open to participants.

Short Notes

Redistribution by ‘Short Notes’: The “Short Notes” turned out to be a good place for one member last month to find a customer for his recumbent bike. Ed Penson reported that his bike was sold as soon as members’ *Village Voices* arrived by e-mail. No one came forth for the Cohns’ fax machine, but did you realize it has its own phone and, thus, could serve as an extra phone in your basement or elsewhere whether you want to send and receive faxes or not? Call them at 592-4074 if you are interested in this fax machine. And send any notes of your own to the *Village Voice* editor (see masthead) so we can continue to redistribute things among Villagers by circulating possessions some people may not need any longer and get them to others who would find them useful. This is the perfect place to make the matches.



High Society Jazz: The band will be playing at its new venue, The Eclipse’s General Store, for 3:30 to 6 p.m. on Sunday, Jan. 19. In addition to good music, you will find a variety of delicious things to eat.



Sara Green: After surgery to correct an ankle problem that had occurred years ago and worsened lately, Sara has been in a wheelchair for several weeks while having physical therapy both at Kimes and at her home. She sees her doctor soon to determine when she can try walking. She intends to be at the Jan. 22-23 Strategic Planning sessions with the rest of us. She is glad to receive calls at 592-2241.



Marcia Johnson: Marcia is walking better after weeks of physical therapy at The Laurels. She may be able to go home soon. In the meantime, she would enjoy visits to Laurels Room 202 and calls to 592-3147.



Kathy Evans: A left-knee replacement has kept Kathy on the sidelines for several weeks, but she is improving constantly and is almost ready to drive again, thanks to her expert caregiver, Max. The two of them together managed Christmas dinner for eight at their home. She would welcome calls at 592-2665 or e-mails at evansm@ohio.edu.



Call 447-0500 if you need a ride to or from our vital Jan. 22-23 meetings.



GO, GO, GO for 2014

GO (Get Organized) is what most of us want to do and really should do in order to make life easier for ourselves now and a whole lot easier our future caretakers or heirs.

January is National GO Month, for which we have a special GO event in Athens — a professional home/office organizer, Aubrei Krummert, will be at the Athens Public Library at 2 p.m. on Jan. 11 to give tips on getting organized and further valuable information of staying that way.

A member of the National Association of Professional Organizers, Krummert will show techniques for organizing both the home and the office. She also will discuss particular problems presented by the audience and will offer practical advice on how to pull off easy solutions for problems you may present. This session is free and open to the public.

Learning more about Facebook



Put **7 p.m. Thursday, Jan. 16**, on your calendar to be at the Athens Public Library to learn (or improve you ability) about how to set up a personal Facebook account and how

to manage it to your satisfaction.

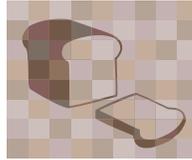
Web wizard Jon Metcalf will present an easy-to-comprehend visual demonstration on how seniors can set up a personal Facebook account. He will explore how to use this site to create a social profile; provide multiple forms of contact information; and communicate with friends and family through public and private messages, live chat rooms, and uploaded photo albums. Jon will also show how to build a networked Facebook community with other people who share similar social identities, lifestyles, and interests.

This senior citizen workshop is free and open to the public. If you wish, you may bring a device along so you can give his suggestions a try.

CSA is offering winter program of fresh food

Community Supported Agriculture, specifically Green Edge Organic Gardens in this case, is making fresh organic fruits and vegetables, eggs, bread, honey, and maple syrup, as delivered on a regular schedule to established pickup stations, for 20 weeks this winter.

If you are interested in this, contact them at 740-448-4021 or greenedgegardens@gmail.com to make arrangements.



There are various setups. You can choose whether to make a pickup once a week for the 20 weeks or once every other week (10 pickups). You can also choose whether to have a “full share” (veggies,



bread, cheese, eggs, milk, apples delivered once a week) or a half share (basically the same things delivered every other week).

There is also a “veggie only” share and (for less frequent delivery) a “sweet share” (honey and/



or maple syrup). Delivery is not to individual homes, but to one of four stations (Athens Community Center, Green Edge Farm,



OU’s Human Resources Building, or Hyacinth Bean Florist). If you can’t get out, you probably could get a friend or cab to pick yours up.

You may go to the website for more information (greenedgegardens.com) or call or e-mail to ask for the application blank to be sent to you by ground mail.



The 120-acre Green Edge Farm, with its 10 high-tunnel greenhouses, provides most of the vegetables. Its partners for other items include the Village Bakery, Sticky Pete’s Pure Maple Syrup, Shagbark Seed and Mill, Snowville Creamery, Integration Acres, High Bottom Farm, Cherry Orchards, and Cantrell Honey.

Occasionally, all of Green Edge’s slots fill up, but it is always worth a call or e-mail to see if they have space or if you can get on the waiting list. You also can work out dividing shares among friends.

Shade River also does a CSA in the summer, but does not have a winter program now. You can contact Shade River Ag at 589-6000.



Your help is needed to find Lane’s replacement



Patty has interviewed one candidate and talked with two others about the possibility, but she still needs your help in find a person who could attend to our needs at any reasonable hour rather than work it around other obligations. Please think hard about potential home maintenance people you know that would be happy with part-time work. Let her know.