

THE ATHENS VILLAGE VOICE



Electric Aggregation to be BBLunch subject



Roger Wilkens, founder and executive director of the Center for Creation of Cooperation, will be our speaker at the June 5 Brown Bag Lunch. CCC's current focus is organizing renewable energy consumer cooperatives in Appalachian Ohio.

This topic is particularly appropriate to Villagers now because we will soon be besieged by letters from electricity providers who will want us to sign up with them before a community aggregation can be established. Roger will explain the schedule for bringing a

community aggregation on line and available to all of us.

An educator with nearly 40 years' experience, he has worked with various types of cooperatives, including those involving workers, producers, and consumers.

Roger was co-founder of ACEnet (Appalachian Center for Economic Networks), where we now have the Athens Village office and meeting rooms. As one of ACEnet's early co-directors, he helped establish cooperative training to some of Athens' cooperatives, including Casa Nueva as a prime example, and he directed ACEnet's Flexible Manufacturing Networks project.

Earlier he had been director of River Valley Community School. Most recently, his consulting company, Energy Planning Associates, LLC, was awarded a contract to administer the Athens City/County Electrical Aggregation program.

Please encourage other members and potential members to attend this program. Lunch will begin at 12, the speaker at 12:30. Your individual questions will be answered during the Q & A period.

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.

Th, June 5, noon, Brown Bag Lunch, ACEnet conference room C. (See story above.)

Tu, June 17, 10 a.m., Board meeting, ACEnet conference room B.

We, June 18, 2 p.m., Caregiver Support, ACEnet, conference room B.

We, June 25, 1 p.m., Get the Most Out of Your Membership, ACEnet conference room B.



*Welcome to
new member*

*Anna
Hedges*

Wellness Co-op Open House to include Village —June 14

After five months in our new home at ACEnet (94 Columbus Road), Director Patty Mercer has suggested that we participate in the Wellness Co-op Open House, scheduled for 1-4 p.m. on Saturday, June 14.

We will set up a small table outside Building B from which we will greet open house attendees stopping by, and invite them inside for more information and refreshments. There we will show them the conference room, explain what The Athens Village is, and offer handouts they may take with them. Terri Rogers' delicious short-breads and other goodies will be served with coffee and tea.

A power point about The Athens Village will be running, there will be handouts, the membership list will be shown (but not given to nonmembers to take with them), and questions of visitors will be answered. One of our most consistent activities, the chair yoga directed by Sylvia Marrs, will be shown in a short demonstration.

What can you do for this special day? If you have not been out to our new quarters yet, come so you can familiarize yourself with the layout. You can go into the A building and see what wellness facilities are there to help you in the future. You could offer to help staff our table outside or be a greeter inside to help make visitors feel welcome. You can help answer questions about the Village, or ask some of your own if you like. Prior to the day, you could contact people who have asked you about The Athens Village or who you think *could* profit from membership, and invite them to attend.

(A list of Wellness Co-op Open House members is attached to this newsletter)



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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July BBLunch set for 10th

We've been doing our Brown Bag lunches on the first Thursday of the month, but that would be the day before a major holiday in July. Therefore, that luncheon, presenting information about Universal Design with Meg Thomas, will be on July 10, same time & place. Tell others — not the 3rd, but the 10th.

PRAC group to move ahead on goals

Everyone will remember our thrice-delayed Strategic Planning session April 23-24. The complications of moving our office and the historically intense winter had played havoc with our calendar, but not with our creativity. Under Ed Penson's and Ed Baum's instructions, we met for a day and a half to find what directions Athens Village members want to go over the next few years.

Four major goals emerged, and they were discussed in the May *Village Voice*. 1) Educate our members about professional services, 2) Increase public awareness of The Athens Village, especially among "The Next Generation Villagers," 3) Increase involvement of members, and 4) Construct a "Quality of Life" system, including safety and a continuum of member services.

This is where PRAC comes in. The letters stand for Planning & Resource Advisory Council, the group that works toward achieving the four goals. In its



May meeting, our Board decided that it should organize PRAC and that President Ellsworth Holden should find people to serve on it.

The PRAC groups were to include both Board members and other Village members, as well as representatives of our Advisory Council.

The following have consented to serve; Board members Sue Foster, Steve Grimes, and Ellsworth Holden; members not on the Board Patricia Black, Max Evans, Joanne Prisley, Gladys Bailin Stern, and Jane Woodrow; and Advisory Council members Paula Horan Moseley and Mike Turner.

The next steps for PRAC include identifying actions to achieve the four goals, specifying talent, equipment, facilities, finances, etc., needed; creating a time line, staff needs, other operational details, and identifying actions needed and possible impediments with which to deal. More later. Stay tuned.

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Get nutrition advice June 3rd to build senior muscles

Our friend Dr. Brian Clark, director of the Ohio Musculoskeletal and Neurological Institute (OMNI), is offering a seminar designed to share pragmatic advice about nutrition and muscle health as people grow older. It will be held 2-3 p.m. on Tuesday, June 3, at the Athens Community Center.

Guest seminar speaker will be Michael Tieland, PhD, a researcher in the Division of Human Nutrition at Wageningen University in the Netherlands. Currently a visiting scientist at OMNI, he will be sharing his scientific findings and insight on dietary strategies to promote healthy aging.



Michael Tieland

The decline of muscle mass and physical performance has a major impact on the quality of life as we grow older. From his research, Dr. Tieland will be able to suggest scientifically proven nutrition and exercise strategies to help us. This seminar is for The Athens Village, SeniorBEAT, and any other seniors who hear about it, so it might be wise to get there early to get a good seat.



Short Notes

Mobility Forum: Patty Mercer and Dru Riley Evarts will be going to Columbus on June 18 for an Elder Mobility Forum, sponsored by the Ohio Department of Aging. There is more room in Patty's car for others to go along. Call Patty if you are interested in finding out more.



High Society Jazz: Sunday, June 27, is the next performance of the High Society Jazz Band, 3:30-6 p.m. at Kiser's in the Eclipse Company Store in The Plains.



Help With Drug Bills: If you need help with paying for drugs or know someone who does, the Area Agency on Aging (AAA8 in this area) has trained benefits counselors who can help. Many people who could save as much as \$325 a month with this help are not enrolled in it, even though it has been available since 2009. Inquiries about the plan can be had by calling 1-800-331-2644.



National VtV Meeting: The next national convention of the Village to Village Network will be held in the Washington, DC, area September 29—October 1. Patty will be officially representing us, and both Ed Baum and Anita James also will be attending. This is very beneficial since the sessions break out to have three simultaneous discussions. Please let Patty know if you are interested this year. It's a beautiful drive that time of year, and there's a special hotel rate for early registrants. Meals are covered by the registration fee.



Swallowing Research: Graduate student Taeok Park is doing research on the value of exercises to enhance swallowing ability of older people. After a short training program, most of this is done at home. If you are interested in learning more, contact her at tp1454808@ohio.edu. If you don't have e-mail, let Patty know of your interest.



Business Before Hours: The next Chamber of Commerce's Business Before Hours gathering is 8 to 9:30 a.m. on Wednesday, Jun 18. (It is always on the third Wednesday of the month.) This one is at Hampton Inn, 986 E. State St. It's a good chance to tell other people about the Village, to line up speakers, etc. Try to drop in, have a little breakfast, and make friends for our organization. You will be glad that you joined in.

Are your finances in order?

by George Weckman

Save the date: Tuesday, June 24, at 3 p.m.

Athens Village members are invited to the OU Credit Union Crewson Meeting Room (944 E. State S.) for an instructional presentation on organizing and analyzing financial resources. Cory Corrigan will review essentials of this analysis and be available for appointments in which details of an assessment can be examined.

All people should review their financial statuses annually, especially during retirement. Medical, housing, and other expenses can challenge one's money management strategies.

This valuable opportunity is being offered to Village members only. It is a first step in fulfilling the first of the four new goals that grew out of our Strategic Planning session in April. (See the page 2 story on the beginning of PRAC work on this and other goals.)

Bill's Corner: monthly helpful hints

by Bill Shevel



Scams!!! BE AWARE! There are people out there who are very good at preying on seniors. They do their homework and by the time they get to your front door, or as I was recently reminded, your e-mail inbox, they know exactly what to say to separate you from your money and/or personal information. Here are a couple of tips to help keep them at bay.

1. Nothing is ever so urgent that a person coming to your front door knows better than you that something on your property needs to be done NOW! If this happens tell them, "I'm expecting company and could you please come back tomorrow. My son will be here then and you can speak with him." Chances are you will never see the person again. Call for me to come over to see what this "immediate need" is and whether I can take care of it or recommend someone who can.

2. Nothing in an e-mail is ever so urgent that it needs to be done immediately. If it did, you would have been contacted directly by phone.

More to follow in the next newsletter.



Medical transportation is available by arrangement

If you need to get to a clinic or doctor's office, even as far away as Parkersburg or Columbus, it is comforting to know that there are at least two organizations in our area that serve these needs of senior or disabled people.

It can sometimes be at reduced or even no cost, or by donation. It certainly is worth checking out.

For instance, Aetna Medicare provides such transportation through Access2Care, a leading transportation company that coordinates trips to a doctor, specialist, physical therapist, laboratory, or follow-up pharmacy visits. To make arrangements with this service, call at least three days in advance to 1-855-814-1699 between 8 a.m. and 8 p.m.

Other services may require that you call more days in advance. An example of this is Southeast Ohio Transportation, which is headquartered in McConnellsville. They can transport people out of their own counties to medical locations in or out of state, as long as the place is out of Athens County (in our case). One has to call far ahead to get an appointment with this service.

There is no charge because these trips are mainly funded through a state/federal grant, but a donation is appreciated. The number for this service is 740-962-5345.

If you know of other ways a person can get to medical appointments, let Patty know so we can keep up a Village list for the benefit of other members.

Know of a good pest controller?



'Tis the season. Several members are asking for recommendations, and our vendor list would benefit from your favorites.

Maintaining our vendor list is an ongoing process. Feel free to contribute details about your favorites (and bad experiences) so that we can better serve all members.

Call or e-mail the office with details on this or any other service you recommend.

Tips given to enhance protection from fraud

Senior citizens can do a good deal to protect themselves and others around them from fraud, according to what Patty Mercer learned when she represented us at an Ohio attorney general's conference on the subject in Marietta on May 28.

Here is a sampling of points emphasized at the conference:

Charitable organizations are exempt from "do not call" lists, but if you request that one of these cease from calling you but the calls continue, you should report that charity to the Ohio attorney general. Call 1-800-282-0515, and you will be referred to the proper unit to follow up.

If a machine calls you and says that you can get on the "do not call" list by pressing #2, just hang up. If you press any number, the scammer will know your number is "live," and you will continue to get calls.

By sheer coincidence, Patty's seminar and Bill's column (see page 3) are about fraud and scams this month. If you would be interested in a Brown Bag lunch on this subject, let Patty know so she can arrange it.

AAA8 offers 3-part Alzheimer's preparation

People feeling possible early signs of Alzheimer's or observing them in others may be interested in participating in a three-part series on this subject, June 6, 13, and 20. It is being offered by the Buckeye Hills-HVRDD & Area Agency on Aging 8. The meeting is at the AAA8 office, 1400 Pike St., Marietta. Call 1-800-272-3900 to R.S.V.P.

Topics of the three sessions are "Understanding the Basics," "Resource Building," and "Dealing with the Changes." All three are both for the possible Alzheimer's person and the caregiver. Our Village office will assist in arranging carpools if asked to do so.

A special summer for "Getting the Most out of . . ."

The "Getting the Most Out of Your Membership" interest group meets on the last Wednesday of each month at 1p.m. in the conference room of ACEnet's Building B. For this summer, that would be June 25, July 30, and August 27. Mark them on your calendar.

Director Patty Mercer usually conducts these meetings, but because she was in Marietta on Village business on the day of the May meeting, Board Vice President George Weckman presided over that session. Topics included wills written to avoid probate, the Village's projects and concerns, the fact that people regard membership as a form of "insurance" in case they need it in the future, and the upcoming financial review session for members at the OU Credit Union (see story on page 3).

PRAC (see story on page 2) will be working this summer to find what members want and how to get it. Your participation in meetings such as this helps PRAC collect ideas on what members want.