

THE ATHENS VILLAGE VOICE



Senior Creativity is rescheduled BBL subject

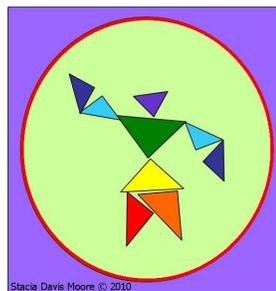


The importance of creativity during the aging process and its role in retention of cognitive skills will AGAIN be the subject of Stacia Davis Moore when she speaks at the Brown Bag Lunch at noon on Thursday, March 6, in Conference Room C of ACEnet, 94 Columbus Road. This is the same program we had planned for February, but it was postponed because of historically frigid weather then.

Stacia, who became familiar to us when she took the place of the vacationing Patty Mercer last year, 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 citizens' lives happier and more satisfying. In her talk and question-answering with our group, she will be emphasizing that "art" in this context means all sorts of art, including expressions through storytelling and many other forms.

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, 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.



Stacia Davis Moore © 2010

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, Mar. 6, 12noon, Brown Bag Lunch, ACEnet conference room C. (See story above.)

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

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

We, Mar. 26, 1 p.m., Get the Most Out of Your Membership, ACEnet conference room B.



Patty Mercer will be on vacation March 20-30. Bill Shevel will be gone March 24-27. Call 707-0952 or 591-5636 if you need help.

Forbes lists villages as No. 1 for over-50 plans

Forbes, widely recognized for its depth and balance in analysis of financial news, named "joining a Village" as No. 1 in a list of things that people over 50 should know about and adopt. Here is a Village to Village Network note about this:

"The January 10 issue of Forbes identified "joining a Village" as the number one tip in "50 tips for turning 50." Villages are changing the way baby boomers and elders age. They are consumer-driven, nonprofit membership organizations of adults over 50 who have chosen to remain in the homes, neighborhoods, and communities they love as they age. Serving more than 25,000 people in 120 Villages in 39 states, this critical movement is changing the aging paradigm for millions of Americans.

"The tipping point is here," said Judy Willett, national director of the Village to Village Network. "Villages are the wave of the future for the millions of people who want to be in charge of their own lives and age in their homes and communities."

"The Village to Village Network (VtVN), a nonprofit, peer-to-peer organization, enables Villages nationwide to serve their members with the support of the national movement. For the past five years, VtVN has built the capacity of Villages across the country by providing a webportal for sharing information and resources as well as annual national gatherings for Villages."

Our VtV Research Committee includes Peg Cohn, chair, Dru Evarts, Sue Foster, Meg Hummon, Jeanne Wells, and Art Woolley. They garner ideas from VtVN's website and inform our Board of trends elsewhere.



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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Missing Sara Green

When our Board was expanded from seven to 11 members in November 2012, Sara Green was in the first group of new members. Now continuing problems with her ankle since surgery on it last fall has forced her to resign in order to concentrate on corrective surgery and healing. She will be sorely missed by other Board members, who wish her well.

Patty Mercer & Janice Krebs welcome Bill Shevel to team



Janice Krebs

Patty Mercer

Bill Shevel

Patty Mercer has been our Village's director since Day One in September 2009. In fact, she graced the front page of the first edition of this newsletter that November. She had worked for ACVNA before that, and when the organization gave us space for an office and meeting rooms, it gave us Patty, too, by simply transferring her to our payroll for her half-time job, director of operations.

In November 2011, RSVP sent us Janice Krebs, who has been the volunteer of all volunteers ever since. She can do absolutely everything in an office and is very pliable with her time in order to serve our needs. Janice grew up in New Washington, Ohio. She went to Bluffton College, then got her master's degree at Ohio U. She taught in Vinton County schools for 35 year before retiring.

Bill Shevel is our newest staff addition, taking the place of Lane Hoisington, who had been our home maintenance coordinator from our founding until the end of 2013. Born in Long Branch, N.J., Bill came to Athens in 1973 to attend OU and earn a BSEd. In 1980 he began teaching at Athens High School, where he taught English; coached in football, basketball, and baseball; and advised both stage performances and the school paper. During the summers he painted houses, a trade he learned from his brother, a New Jersey paint contractor. Over those years he also learned to build, repair, and refinish decks, as well as other handyman skills. Today he owns his own business, Shevel Custom Painting and Decks, for which he can arrange his own time, just as he will do for us when we call on him. In fact, he has already known a number of our members as clients of his business. His services can be engaged just as Lane's were — by calling Patty and having her arrange it.

Our new sign is in the photo above. It will mark our meeting places.

Chamber of Commerce compliments Village

"Your centerpiece portrayed your organization perfectly, and your bookmarks are very nice," said the Chamber's Wendy Jakman after its annual dinner (our first as a member). Director Patty Mercer and member Rita Oberholzer represented us there on Feb. 13.

Our centerpiece, which was designed and built by Patty and her husband, Danny Yahini, centered on the theme "There's no place like home." The concept had been suggested by Danny, and he built the little house in which the centerpiece flowers were nestled. The whole idea emphasized our purpose and the bookmarks gave more information.



Keep your calling partner informed

The fact that The Athens Village has a Neighbor Network system working for those who want to be a part of it has been a blessing. All participants can be assured that they will be called at regular intervals and someone will come and check if there is no answer after repeated tries.



This works best if everyone remembers to let his or her calling partner know of any impending absence so that the caller will not be worried or take some unnecessary action if he or she does not get an answer when calling the receiving partner.

Here is an example that happened this month. Names are omitted to protect the guilty.

A and B were long-time calling partners. On a recent Monday (A's day to call B), A did not call. B thought about this once in a while, but she was busy and not worried about herself. B thought A would call later when she had time. Besides that, B had to get ready for a meeting in Nelsonville.

Just before B left home for that meeting, a mutual friend, C, called to say she had phoned A three times that day and had never reached her. So B called one of A's neighbors, D, who said she also had tried to call A earlier in the day and had gotten no response, but she was too ill to go out in the bitter cold and walk to A's house and see if she was okay.

While B was winging to Nelsonville in another friend's car, she had visions of A piled up at the bottom of her stairs or collapsed in a snowdrift outside. She kept calling A and called others to go check on her, but E, F, and G did not answer their phones.

Finally, A reached H, who went right over. As he was arriving in his car, A (with her son and his friend) swept into the driveway also. They were returning from Columbus, where A had had a doctor's appointment that day.

The moral of the story is: Keep your calling partner informed when you won't be home to answer the phone. Prevent excessive worry. Save the world.

How to reach help during March 20–30

Call 707-0952 or 591-5636. Help will be arranged.

Successful 'Most out of membership' meeting answers people's questions



Left to right: Board member Dru Riley Evarts, new member Jack Flemming, prospect Francine Childs, new member Leslie Flemming; and prospects Lucille Kroutel and Faye Johnston.

When Patty Mercer dreamed up the "Getting the Most out of Your Membership" sessions more than a year ago, she had some definite things in mind — old members could check things out to make sure they were getting everything they had expected from the Village, newer members could find more about the Village, and prospective members could gather materials and find out if, when, and how they wanted to join. There were some good-sized groups at first, but as people had more questions answered, fewer attended. The meetings are at 11 a.m. on the last Wednesday of the month. Everyone is welcome.

The Feb. 26th group was especially inquisitive and responsive. Some of the topics covered were lock boxes to help make houses more secure, travel, handyman services, the neighbor network, phone trees, Village to Village research, the Village's FaceBook page, website, and other social media, emergency response systems, housekeeping services, and the Athens Time Exchange.

More TAV volunteers are needed

Thanks to Peg Cohn, Anita James, and Dru Riley Evarts for volunteering to help with the phone tree to get important messages to members quickly. More volunteers are needed for this and other projects. Call Patty at. 447-0500 to volunteer. We can help one another.



Short Notes

Norman Cohn Concert: George Weckman will accompany tenor Norman Cohn for a March 23rd concert (3 p.m., Lutheran Church). Among the selections will be works by Richard Strauss, Jules Massenet, Poulenc, Martini (1784), Liszt, Samuel Barber, Handel, Mozart, Tosti, and Donizetti. All are welcome to attend and bring friends.



High Society Jazz: The next three Sundays for the band to play at its new venue, Kiser's at The Eclipse's General Store, are March 16, April 13, and May 18, always from 3:30 to 6 p.m. Kiser's has been doing a buffet, from which you may choose a part or all, or not eat at all if you prefer. It now has a liquor license enabling to offer a selection of beers and wines.



Free Things to Good Homes: Several things in good condition can be found in the "freebie" section of last month's newsletter, or call 447-0500 to inquire about them.



Call, Write, or Visit: Among our members who are homebound or nearly so, or in a care facility, and could use encouragement are Sara Green, Marcia Johnson, Warren Reininga, and Jean Wistendahl. Call 447-0500 to find what is best for each.



Business Before Hours Would you like to represent our Village at the next Business Before Hours? It's 8-9:30 a.m. on Wednesday, March 19, at Mountain River Physical Therapy, 958 E. State St. You can meet Patty there, meet other members, tell them about the Village, line up speakers, etc. Let Patty know if you could help these folks understand about the Village.

Strategic Planning sessions set for mid-April

Strategic Planning is a very important part of how The Athens Village members work together to find what people want from their memberships and how to achieve it. After two weather-related delays this winter, we are hoping for mid-April. Stay tuned. Everything will be completely outlined in the April *Village Voice* so we can have a well-attended, productive session.

Bill's Corner: a monthly list of helpful hints

by Bill Shevel



Spring is coming . . . eventually. As the weather warms and the cold recedes, it's time to assess how your home and property fared through the winter. Once the snow and ice are gone and the temperature becomes bearable, take a walk around your home and look for any possible damage. Ice, heavy snow, wind, and debris can cause things to break, come loose, and separate from the house.

Because we had more snow and cold weather than usual this winter, you will want to check to make sure your gutters and downspouts are still attached properly to your house. The constant melting and freezing can cause gutters and downspouts to expand to the point of bursting. Trouble signs to look for are downspouts that are no longer connected to your gutters as well as gutters that have detached from the soffits.

Another item that can be checked for damage by walking around your home is your roof. Look for loose shingles lying on the ground around your home. Also, look up on the roof for loose shingles as well as shingles that are curling up on the edges. Loose or missing shingles will lead to a leaky roof and interior damage as well. While you are checking the roof, look for broken branches and other debris lying up there. They could cause damage or plug your gutters.

Salt, salt, and more salt — the battle cry for an icy sidewalk. It works wonders, but did you know that rock salt is terrible for concrete? After a winter's worth of putting down rock salt on your sidewalks and driveways, check to see if your concrete is crumbling. Loose concrete can send you tumbling, so be careful as you inspect for damage.

I would be glad to do any of these inspections for you. For this or any other of my services you may need, contact Patty at 447-0500, and she will pass along to me your name, phone number, and cause for concern. I will then contact you as soon as possible to schedule an appointment to come by. Every member gets four hours of my time for free each year.