

THE ATHENS VILLAGE VOICE



Save money, have fun, enjoy yourself by learning the art of negotiation at May 1 Brown Bag lunch



Are you thinking of buying a car? Selling or buying a home? (Perhaps downsizing to get a more manageable home?) Finding a lawn/yard caretaker? Purchasing new carpeting? Hiring a mover? Making any other major deal?

“Negotiation: Its Art; Its Science” is the title of Ed Penson’s talk at our May 1 Brown Bag lunch, starting at 12 noon on Thursday, May 1, in the ACEnet building C conference room. You will see our “Athens Village Event Here Today” two-sided sign as you drive into ACEnet’s location at 94 Columbus Road.

Ed is founder and past president of Penson Associates LLC, which confers with university presidents, boards, faculties, and systems of higher education, as well as corporations, businesses, and governments.

He earned his master’s degree at OU in 1951, after which he earned his PhD at the University of Florida. Returning to OU, he was a faculty member for 20 years, and succeeded to three different administrative appointments — dean of regional campuses, vice president for student affairs, and associate provost for academic services.

He later became president of Salem College in Massachusetts, then chancellor at the University of Wisconsin at Oshkosh. After retiring there, he returned to Florida, where he founded Penson Associates. He and his wife Georgann returned to Athens in 2009 and immediately were among the charter members of The Athens Village.

Our Brown Bags are open, so feel free to bring a friend to this meeting. If you need a ride, call Patty. See page 2 for more details.

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. (No class April 29th. Sylvia is out of town due to a family emergency.)

Th, May 1, noon, Brown Bag Lunch, ACEnet conference room C. (See story above.)

Tu, May 20, 10 a.m., Board meeting, ACEnet conference room B.

We, May 21, 2 p.m., Caregiver Support, ACEnet, conference room B.

We, May 28, 1 p.m., Get the Most Out of Your Membership, ACEnet conference room B.



Thanks to Villagers who came out to define our goals and to begin work on bringing them about.

Moving Forward: a Success

By Ed Baum

Four Major Initiatives were identified by Athens Villagers over a day and a half meeting (April 23-24). These four initiatives were chosen as most important to undertake over the next year or two:

1. Develop Professional Services for our members in such areas as law, medicine, finance, and living arrangements. Senior citizens need information and the opportunity to have help in making best decisions and filing proper papers.
2. Increase Public Awareness of the Athens Village and Its Services especially among the “Next Generation Villagers.” Many villages have reduced-rate members who often are also volunteers.
3. Increase Involvement of Members in order to attend to the needs and interests of Villagers.
4. Construct a “Quality of Life” System, including safety and a continuum of member services. Villagers, their families, and others can report instances of stairs without handrails, uneven bricks, broken sidewalk sections, etc., that might endanger senior citizens and others.

The Village Board and special committees will work on actions that will move these initiatives forward.



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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Board of Directors

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Steve Grimes

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Michael Ward

Mark Your Calendar: June 5 and July 3

The first Thursday of each month at noon join TAV members and friends for our Brown Bag Lunch. Future topics include: "What are my choices when I stop driving," and "Reducing the Risk of Falling."

Village Board adds new members to complete terms



Board members, left to right: Row 1 — Margo Marazon; Sue Foster; Norman Cohn; Dru Riley Evarts; Steve Grimes.

Row 2 — Ed Baum, treasurer; George Weckman, vice president; Ellsworth Holden, president; Patty Mercer, director; Jean Drevenstedt; Anita James, secretary; Mike Ward.

Learn more about Pain Management

Thursday, May 15, 2pm, O'Bleness, room 10, SeniorBEAT will host Timothy D. Law Sr., DO, MBA, who will answer questions about managing pain. Dr. Law is the medical director of the Ohio Musculoskeletal and Neurological Institute, director of Rural and Urban Scholars Pathways and assistance professor of Family Medicine, Ohio University Heritage College Osteopathic Medicine/ Department of Family Medicine. Program information at 592.9300.

More about our Brown Bag lunches: Come and enjoy

If you have never been to a Brown Bag lunch, or have not been for a while, come on May 1 and try one out, or try it out again, as the case may be. Ed Penson's topic of "Negotiation: Its Art, Its Science" is applicable to everyone and could actually result in your saving Big Bucks.

Ed, who (with Ed Baum) led the recent Strategic Planning session, not only led the first one right after our Village was established, but was also the person who introduced the idea of strategic planning rather than allowing an organization to act at random as various issues arise. During Ed's academic career, he taught with distinction, then moved through a number of administrative roles, as listed here on page 1. The University of Wisconsin awarded him an honorary doctorate in recognition of his accomplishments.

But what about YOU and this Brown Bag lunch? You will prosper, both from Ed's topic and from the other announcements and Village concerns discussed under the leadership of our director, Patty Mercer. She will be seeking your opinion on things that come up for our Village. Our Brown Bags aren't just about eating and listening. They are about eating and interacting!



AARP Safe Drivers Course is set for May 20, Aug. 13, Sept. 23, & Nov. 4



To avoid scenes like this, and for your own peace of mind and that of your family, enroll in one of this year's remaining Safe Drivers Course sponsored by AARP. Please make note of these dates and the content of the course. Reminders will be

repeated in *The Athens Village Voice*, but the full description of the course will not be repeated again this year.

The big news about the course for now is that it has been completely redesigned, according to its trained volunteer teacher, John Keener. So even if you have taken it before, you might want to sign up again in order get the new experience, materials, and evaluations.

The course runs for one full day, 9:30 a.m. to 3:15 p.m., with a 45-minute break for lunch on your own. It is mainly designed for drivers 50 years old or older, but any licensed driver is welcome.

Cost for this O'Bleness-sponsored AARP course is \$15 for AARP members and \$20 for nonmembers. It meets in Room 8 of the lower level of the hospital.

A trained volunteer teaches the course, which centers on how to handle problem situations, such as left turns, rights of way, roundabouts, interstates, and blind spots. No tests will be recorded, but self-administered quizzes will help you find how well-informed you are.

Many insurance companies offer a premium to those who complete this course. Participants are asked to bring their drivers' licenses, AARP membership card (if that applies) and payment in cash or check. Contact Keener at 592-6658 to register or have any questions answered. The course can be viewed at www.aarp.org.

Phone trees keep you informed



The Athens Village has formed two phone trees in order to serve members as completely as possible.

The **larger** of these is an Urgent Information Phone Tree, through which every member is called in order to get information out quickly and often to get responses to report to Patty in order to organize needs of Villagers.

The **smaller** of these, the Email Substitute Tree, is for the sole purpose of keeping rapid information flowing to members without email. It enables these members to receive routine messages sooner when timeliness is vital.

If you would like to serve on either tree, let Patty know.

Board adds members, completes offices

Anita James and Steve Grimes were elected to The Athens Village Board at its April 8 meeting. Both are completing unexpired terms of Board members who resigned for health or business reasons. James, a charter Village member (2009) is an OU associate professor emerita of communication science. Grimes, who became a Villager in 2010, is an OU distinguished professor of physics. As of May 1, James will assume the position of secretary of the Board so that Sue Foster can devote more of her time to her work as Board liaison to the Village's Advisory Council.

Bill's Corner: monthly helpful hints

by Bill Shevel

As I write this it is snowing . . . in April. . . so it may sound a little ridiculous, but it is time to check furnace/air conditioner filters. Most people have a single unit that both heats and air conditions their homes. Many do not realize that both the heating and air conditioning units use the same filter. Since this past winter was a rather cold one, your heating system has been working harder than usual. A dirty filter causes your furnace/air conditioning unit to work harder and use more energy, resulting in a higher electric bill. Now is the time to change out those filters.

There are two kinds of basic filters for most systems. The cheaper filters just filter out dust and debris to help keep your unit running smoothly. They cost approximately \$3 each and should be changed every month. The more expensive filters remove dust, debris, and most allergens, such as pollen and pet dander. These run around \$20 each and last up to three months. If you suffer from allergies or other respiratory problems I would recommend the second type of filter.

Keep in mind as you are looking into replacing your filter that each individual system has a specific size filter. You can find it listed on the outer edge of the filter. If you have trouble locating your filter or need help in replacing it with a new one, contact Patty at the office to schedule an appointment, and I can come by to assist.



Short Notes

High Society Jazz: Sunday, May 18, is the next date for the High Society Jazz band to play from 3:30 to 6 p.m. at Kiser's, located at the Eclipse General Store. Kiser's has been doing a buffet. It now has a liquor license enabling it to offer a selection of alcoholic beverages.



Generosity: Natsu Taylor donated an entire sheet of "Forever" postage stamps "to help defray costs of mailing newsletters."



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: The next Chamber of Commerce's Business Before Hours gathering is 8 to 9:30 a.m. on Wednesday, May 21. (It is always on the third Wednesday of the month.) This time it is at Precision Imprints, 26 E. State St. This gives us a good chance to tell other people about the Village. Try to drop in, have a little breakfast, and make friends for our organization.



The annual Caregiver Series will be at the Athens Public Library on Tuesday evenings from 6:45 to 8 p.m. May 6-27. It is open to the public and free of charge. Refreshments are served, followed by the presentation and discussion. Subjects include:

- May 6: Just Getting Old...or Medication side effects
- May 13: Restoring Nutrition in the Elderly
- May 20: Care to Make Time for your Self
- May 27: A Matter of Balance: Managing Concerns About Falls

Signs are up!

As you drive down Columbus Road now, you can see our sign in among those of other organizations that share ACEnet space with us at number 94.

As you enter the drive alongside this sign, Building C is on your right. In it is located the large conference room, where we have BBL lunches. Drive past it and you will see Building B on your left, where our office and smaller conference room are located.



Our two-sided metal sign is moved from Building C (where you see it here) to Building B (when it is needed there), depending on the size of a meeting. The Brown Bag Lunches are always in Building C because it has the larger conference room.

Types of functions held in Building B are meetings of the Board, committees, interest groups, demonstrations, special word parties, etc.

The most important thing in Building B is The Athens Village office, where you can go to get help, ask questions, offer help, introduce prospective members, etc. The always-helpful Patty Mercer will be glad to see you.

Attorney General invites seniors to Fraud Forum

Senior citizens are among the most common victims of fraud, according to a recent communication from Ohio's attorney general, Mike Dewine, who says there are thousands of reports yearly.

A Southeast Ohio Fraud Forum will be held 1-5 p.m., May 28, at the Lafayette Hotel in Marietta. An AG representative will both receive people's experiences with this and advise how Ohioans can best protect themselves and others from scams. Other financial issues also will be discussed if they are brought up by participants.

Patty Mercer invites members of our Village to carpool to attend this forum and bring the information back to the rest of us. Contact Patty if you would like to attend and help bring the info back.