



**Southeast
Ohio** | Aging & Disabilities
Resource Network

Area Residents Can Benefit from Housing Program .Home Accessibility & Repair Options Offered if your are eligible. To qualify you must meet specific Income guidelines

There is no place like home. For individuals trying to "age in place" or those with disabilities working for independence, one program through the Southeast Ohio Aging & Disability Resource Network (ADRN) is making a difference.

Administered through the Buckeye Hills Area Agency on Aging 8 in its 8-county southeast Ohio region, the \$500,000 Housing grant was awarded by the Development Services Agency. Grants are available to fund handicap accessibility modifications for income eligible individuals under 60 years of age with a disability or home repairs or modifications for seniors 60+ who own their home or have a life estate in the property.

"For residents who qualify, monies may be used to assist with the costs associated with accessibility modifications such as widening doorways, wheelchair ramps, handicap modifications of a bathroom or kitchen and other home repair," said Joe Gage, AAA8 Housing Coordinator.

For more information, call 1-800-331-2644 or visit www.areaagency8.org. The SE Ohio ADRN is coordinated by The Buckeye Hills Area Agency on Aging 8.

Support for Staying at Home

Most people prefer to stay in their home or apartment for as long as possible. The best way to make this a reality is to plan ahead of time to make the amenities in your home as safe and accessible as possible.

Home Modifications

Living at home longer may mean renovating a home to make it more accessible. This can include such things as installing ramps to bypass stairs, building a bedroom on the main floor, placing grab bars in the shower, changing the height of kitchen countertops or making a bathroom safer and more accessible. The National Resource Center on Supportive Housing and Home Modifications is a good resource for those looking to make such modifications. Go to the center's website at <http://www.homemods.org> and click on the link to the "Safety Checklist and Assessment Instrument."

Getting Help

Keeping a house running smoothly requires a lot of hard work. If you are no longer able to keep up with the demands, you may need to hire someone to do laundry, buy groceries, run errands, clean the house or perform any necessary repairs. There are a number of services that can be brought in to assist. You can hire someone, such as a personal care aide or home health aide, to help you out a few hours a day or around the clock.

Transportation

Declining health often causes a decline in independence and mobility. Many seniors lose the ability to drive or simply feel uncomfortable behind the wheel at night. Investigate transportation options in your area so you can maintain an active social life, get medical care and shop for necessities. Finding new ways to get around, even after you are no longer driving, may allow you to stay

Meet Joe Gage:

Joe Gage serves as the ADRN Housing Coordinator. He is also a certified Aging-In-Place Specialist through the National Association of Home Builders (NAHB). The Aging in Place program was developed to address the growing number of consumers that will soon require housing modifications.



These professionals are remodelers, general contractors, designers, architects and even health care consultants.

Gage is responsible for the Housing grant administration across the 8-county region. He can help eligible residents answer questions such as "how can I make my kitchen more functional; how do I modify my bathroom or home entrance and what type of contractor should I use?"



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.

Susan Kaneshige, editor. Contact 592-2880 or kaneshigesuzy@aol.com with ideas or suggestions.

For assistance, call

Patty Mercer, director

Office and cell: 740-447-0500

ACEnet, Building B, 94 Columbus Rd., Athens, OH 45701.

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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Brown Bag lunch

Help get the word out about
The Athens Village.

Bring a friend to The Brown
Bag Lunch.



AWARENESS MATTERS - NOW AND IN THE FUTURE

By Chip Rogers, Wonder Hills Subdivision

"Do not go gentle into that good night," is a poem by Dylan Thomas. Thomas serves to remind us that the process of aging is relentless. As a result, we should be aware of the process and we should prepare ourselves for the future.

The Athens Village offers not only an awareness of aging but an awareness of what it is that we can do for ourselves and how we can prepare to meet it, head on, in our personal comfort zone.

There's no question that we are aware of the process. We don't move as fast, we don't take as many chances, and we do all that we can to be safe and secure. That's what The Athens Village is designed and prepared to do. Keep us safer and more secure.

While members of The Athens Village are well aware of the organizational benefits, many of our friends and neighbors have not been as well informed, or prepared. One of the missions of the organization is to raise the awareness. Especially of the beneficial aspects of membership and the sense of comfort and security that comes with membership. Like insurance, you may not need it now but eventually you will have the need and you'll be happy to have it.

In my neighborhood I share The Athens Village Monthly Newsletter and any other Village announcement that may appeal to neighbors and friends. I preface my transfer of information with, "Incase you have a need or an interest." The message is for not only elders but in the generations who are coming after. It is important to develop the interest today for those who may care to take advantage of what The Athens Village has to offer in the future.

We don't need to hide our light under a bushel. We share our thoughts with others. We have every reason to be proud of The Athens Village and what we have to offer.

Meet the Public Information Team



The Public Information Team (PIT) is in charge of keeping The Athens Village before the eyes of the Athens County public in whatever way possible.

Some examples are: creation and distribution of a brochure telling about The Athens Village; coordination and promotion of a speakers bureau; and news releases to local and regional media.

At the annual meeting members will have an opportunity sign up to take our new brochures to friends and community groups or destinations. The Village membership is invited to share ideas and community contacts with the committee.

Members include (from left to right) Rita Oberholzer, Chip Rogers, Jean Drevenstedt (chair), Dru Evarts and Joanne Prisley.



NOVEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>OU Physical Therapy free screening for Balance, Falls, Posture on November 3rd O'Bleness Conference Room 8 and 10. Contact Christina @ 440-655-3769 or ch732606@ohio.edu. Walk-ins welcome!</p>	<p>A Matter of Balance Class hosted by United Seniors begins Thursday, October 2nd to November 20th, 2014, 1:00 PM to 3:00 PM.</p>	<p>Tai Chi for Arthritis will be offered October 23rd, 2014 to December 18th, 2014, 8:30 AM to 9:30 AM. To sign up, call United Seniors, 594-3535. Ask for Joyce Lewis.</p> 	1		
<p>2 change your clocks & batteries</p> 	<p>3  The key to life is balance</p>	<p>4 9:30 Smart Driver 10:30: Chair Yoga 12:30: Bob Evans</p> 	5	<p>6 12: Brown Bag Lunch</p> 	7	8
9	<p>10 2: Hearing Aid Group How to be more satisfied with a hearing aid experience by: understanding the lasting problems when wearing hearing aids.</p>	<p>11  10: Board Meeting 10:30: Chair Yoga 12:30: Bob Evans</p>	<p>12 11: PIT 2: PRAC</p>	13	14	<p>15  MARKET SATURDAY</p>
16	17	<p>18 10:30: Chair Yoga 12:30: Bob Evans</p>	<p>19 2: Caregiver Support Meeting</p>	<p>20 Last day for A MATTER OF BALANCE</p>	<p>21 1:</p>	22
23/30	24	<p>25 10:30: Chair Yoga 12:30: Bob Evans</p>	<p>26 1: Get More out of your membership</p>	<p>27  Thanksgiving</p>	<p>28 Black Friday Shop, until you drop!</p>	29

- Every Tuesday, 10:30 AM, Chair yoga, OSU Extension office, 280 West Union St.
- Every Tuesday, 12:30 PM, Informal lunch gathering of members and friends at Bob Evans.
- First Thursday, 12 N, October 2, Brown Bag Lunch, O'Bleness Memorial Hospital, Room 10
- November 4., 9:30 AM, AARP, Smart Driver Course, O'Beness Hospital, Rm 8
- November 11, 11 AM, Public Info Team, ACEnet Conference room B
- November 11, 2 PM, PRAC, Planning & Resource Advisory Council, ACEnet Conference Room C
- November 10, 2 PM Hearing Aid Group with Dick, ACEnet, Conference Room B, 94 Columbus Road
- November 11, 10 AM, Board Meeting, ACEnet Conference Room C
- November 19, 2 PM, Caregivers Support Group. Members are invited to attend if care giving is a past, present or future concern. Tammy McCarthy, LSW, Facilitator. ACEnet Conference room B 3rd Wednesday)
- November 26, 1 PM, Get More Out of Your Membership, ACEnet, Conference room B
- November 27, Thanksgiving

CAMP Creative Arts Medicine Program

740.566.OMNI omni@ohio.edu

An arts based workshop for caregivers 50 years of age or older currently caring for a family member (Parent, Spouse or Child) The Laurels, 70 Columbus Rd, Athens OH 45701 Wednesday Evenings 6:30-8:30 p.m. November 5, 12 To arrange your "time-out" contact: Stacia Davis Moore 330.388.7330

MARKET SATURDAYS 2014

Free bus rides all day to and from the E State Shopping District.

November - Saturday, 11/15/14
December - Saturday, 12/13/14

Mark your calendar!

Ride in style – Save on gas – Reduce traffic congestion




MARKET SATURDAYS 2014

Kroger, ALDI, New Market world grocery, Save-a-Lot, Athens Farmers Market runs 9am - 12 Noon, Walmart, Elder Beerman, Hibbe_ Sports, Staples, Big Lots, Sherwin Williams, Lowes, Radio Shack, Verizon, Sprint, and ATT, CVS, Dunhams, Athena Grand Cinema, Dollar Tree, Tractor Supply, NAPA Auto, Don Wood, First National Bank, OU Credit Union, Friendly Paws, AND MORE...

Terms and Conditions: Promotion is offered only for direct trips to and from the zone of travel between 252 E State Street (Athens Flower Shop) and Holzer Clinic. Rides originating outside this promotional zone that require a transfer (e.g. The Plains) are not eligible for a free fare, but rides traveling

Tell your driver where you are going to claim your free ride!



BROWN BAG

DID YOU SEE?

The Village movement highlighted on CBS Sunday Morning, October 19th. If you were unable to view the show live, go to <http://www.cbsnews.com/sunday-morning/>, or vtvnetwork.org.



He's got a point. Nobody eats a flamingo on Thanksgiving.

Lane's Corner: Monthly Helpful Hints



It's time to finish up those little outdoor projects. Among these are taking down the screens and putting up the storm windows, and closing the under-house vents if you have a crawlspace,

As you are doing this checking, look and feel around windows or doors to find places that need caulking. If you are not confident about doing this job, I can do it for you or recommend a specialist who will tighten up your house. However you get it done, you will save a great deal on your heating bill this winter by seeing to the caulking.

If you have a heat pump, check around it to be sure there is no trash or debris near enough to interfere with its operation, and make a note to do this several more times over the winter especially after high winds or storms. Cover your air conditioner unless the manufacturer has specifically instructed not to do so. If you are not sure what is best for your AC unit, call or write your dealer to ask about it, or go online to the manufacturer's site to find information. This is also a good time to have your heating system checked, change filters, and have your chimney(s) and/or vent pipes checked. If you have a fireplace and have not had that chimney inspected lately, a call to the chimney sweep might be advisable.

Indoor plants that had been put out to enjoy life with their sturdier cousins for the summer should be brought in soon. Listen to the weather reports, and bring those plants in as soon as you hear any threat of frost. Also, as soon as you determine that you won't be watering the garden any more this year, unhook your hoses, drain them, and store them in the garage, barn, or shed until watering is needed again in the spring.



SENIOR RENEWAL LEVY

Fellow seniors, as Fall approaches, please remember our Athens County neighbors who need help with their meals. Watch for the Senior Renewal Levy on the November ballot. This is a renewal which means no increase in property tax—but it does mean our homebound neighbors can continue to receive Meals on Wheels, and many seniors can enjoy fellowship, a nutritious meal at the meal sites and other services. There are quite a few levies on the ballot this year—please watch for this one and vote to feed our neighbors in Athens County.