



BROWN BAG LUNCH

WHAT HAPPENS WHEN I STOP DRIVING?



Thursday, October 2, noon to 1:30 PM

O'Bleness Memorial Hospital

55 Hospital Drive, Room 10

If and when people decide to give up their keys and stop driving, how can they manage the day-to-day details of life here in Athens County? Groceries, medical appointments, entertainment, etc.... This is the topic to be discussed at the brown bag lunch. Members and guests are invited to "meet and eat" at noon. The conversation will begin at 12:30 PM.

The panel of presenters includes:

Cliff Warren, Athens On-Demand Transit manager

Mike Turner, United Seniors director

Nathan Brite, ATown Delivery Services owner

Michael Lachman, Athens Public Transit transportation service manager

Each presenter will share what their organization or company can do to help in this situation. There will be an opportunity to ask questions and make your needs and concerns known. Additional information about other services will also be available for you to take.

Smart Driver™ Course: November 4th, 9:30 AM to 3 PM
O'BLENESS HOSPITAL, Rm. 8



Call to Register 592-6658

AARP Members \$15 Non Members \$20

AARP Driver Safety first launched in 1979 to help to keep older drivers independent, safe and confident while on the road. Today, AARP Driver Safety continues to meet the needs of older drivers through leading educational programs that include the AARP Smart Driver™ Course, Driving Resource Center, CarFit and We Need to Talk.

ANNUAL MEETING THURSDAY OCTOBER 23rd

AT THE DAIRY BARN ARTS CENTER

4 PM TO 7 PM

Dairy Barn Cash Bar

4 PM to 5 PM

Enjoy a libation, socialize with
friends, view the

Quilt National Retrospective Show

A View of the Past

Quilts from 1979 to Present

5 PM to 6 PM

Upstairs Member Potluck

Don't worry; there is an elevator

Members bring Salads, Vegetables &
Desserts (servings for 4-5).

Board provides Chicken, Beef, & Brisket
Sandwiches & Sauces from Kiser's

6 PM to 7PM

The Annual Meeting

In November The Athens Village will be

FIVE YEARS OLD

Let's Celebrate

Don't want to drive?

Call Patty at 447-0500

by October 10th to register
for the Athens On-Demand
Transit option

\$2 one way





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>

Board of Directors

Ellsworth Holden, president

George Weckman, vice president

Anita James, secretary

Ed Baum, treasurer

Jean Drevenstedt

Dru Riley Everts

Sue Foster

Steve Grimes

Margo Marazon

Michael Ward

BB lunch

Help get the word out about The
Athens Village.

Bring a friend to The Brown Bag
Lunch.



Remember Your Flu Shot

Athens County Health Department

Call 592-4431

Check with your Physician

Or go to your favorite Pharmacy

“GROWING UP IN ATHENS” BOOK PROJECT
Asking Participation of Athenians

The “Growing Up in Athens” book project is a collaborative effort of the Athens County Historical Society, the Athens Community Arts, Parks and Recreation Department and a committee of Athenians dedicated to producing a book which showcases the stories, memories and poetry of Athens natives.

This project is open to anyone who grew up in Athens or the surrounding area. If you would like to contribute your story, memory or poetry all you need to do is fill out a Participation Form and return it to the committee. You can also request to record an oral submission that will be recorded by one of the committee and transcribed.

Each memory will need your name, the year the story is taking place and the address or description of your childhood home or place in which the story is set. Please include any photos that would enhance your story. It is helpful if you can scan them in high resolution and send them via email to growingupinathens@gmail.com. If you prefer to mail the photo will be scanned and returned to you if you.

If you would like to participate, please contact the committee at growingupinathens@gmail.com for forms or more information. Participation forms will be available at the Athens County Public Library, Athens Community Center and the Athens County Historical Society & Museum.

Please watch our local newspapers for a “kick-off” event in October. All you Athenians living out of town but that grew up here are encouraged to participate! Mary Diles, is helping write the book.

A Note From The Program Committee

Our planning session last April resulted in recommendation, among others, to have meetings for TAV members with local professional people who could give us the benefit of their expertise in various areas of concern to us as we age. The first of these meetings was held last June with Cory Corrigan and other financial advisers at the Ohio University Credit Union. Much good information was shared.

We are continuing to plan meetings like this, on Friday October 31st. Village members are invited to an information session on real estate concerns for retired people. It will be held at the Athens Public Library 1:30 PM-3:00 PM. The discussion will be led by Linea Warmke and Cherie Gall and will cover practical and legal issues concerning housing:

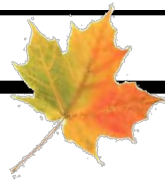
- getting money out of your house, e.g. reverse mortgages, renters or boarders
- selling your home, “under water” mortgages, taxes
- rental housing in Athens suitable for “seniors”
- wills, trusts, and inheritance

The program committee will also be working with Patty Mercer to provide interesting topics, speakers, and projects for the Brown Bag Lunches. In 2015 these will be held on the last Thursday of each month. Suggestions are very welcome. Send them to weckman@ohio.edu or 592-4382.

The third area the committee would like to plan consists of various interest groups, social occasions, and trips. Again, suggestions are most welcome. George Weckman, chair, Committee members: Patricia Black, Richard Dean, Margaret Thomas

Editor’s Note: One last Very Important Item A Great Big Thank You to Dru Riley Everts for all the time she has spent and effort she has made to be an A 1 Class Editor for the Athens Village Voice. I hope I will be able to live up to her standards and make as good an editor as she has been. I have asked her to continue on as my back-up and proof reader. So Dru will still be helping with TAVV. Suzy

OCTOBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 24 sundown to September 26	is the Jewish New Year Rosh Hashanah		1 International Day of Older Persons	2 12N: Brown Bag 1:A Matter of Bal- ance Begins	3	YOM KIPPUR
5	6	7 10:30:ChairYoga 12:30:Bob Evans 	8 11: Public Info Team PRAC 2:	9	10	11
12 	13 2: Hearing Aid Group	14 10: Board Mtg. 10:30:ChairYoga 12:30:BobEvans	15 2:Caregivers Support Meeting	16 Tai Chi for Arthritis 8:30 AM 	17	18
19	20	21 10:30:ChairYoga 12:30:BobEvans	22	23 4-7:Dairy Barn 4:Quilt Show 5:Potluck 6:Meeting	24	25 
26	27	28 10:30:ChairYoga 12:30:BobEvans	29 1: Get More Out of your Membership	30	31 	1:Legal Issues concerning housing Athens Library

-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, "What will happen if I stop driving?" O'Bleness Memorial Hospital, Room 10
 -October 8, 11 AM, Public Info Team, ACEnet conference room B
 -October 8, 2 PM, PRAC, Planning & Resource Advisory Council, ACEnet conference room C
 -October 13, 2 PM Hearing Aid Group with Dick, ACEnet, conference room B (See Below)
 -October 14, 10 AM, Board Meeting, ACEnet conference room C
 -October 15, 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 (Always the 3rd Wednesday)
 -October 23, 4 PM to 7 PM, Annual Meeting, Dairy Barn (See page 1)
 -October 29, 1 PM, Get More Out of Your Membership, ACEnet, Conference room B
 -October 31, 1 PM to 3:30 PM, Practical & Legal Issues Concerning Housing, Athens Public Library.
 See page 3 (*for members only*)

A MATTER OF BALANCE

United Seniors is hosting ***A Matter of Balance***. Class begins Thursday, October 2nd to November 20th, 2014, 1:00 PM to 3:00 PM. ***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.

HEARING AID GROUP WITH DICK

"Can you hear me?" Lie and say "No." Come and learn why. At the October 13 meeting learn more about two leading complaints. High Costs (alternatives) and Noise (how to cope with it).

AARP Drug Interaction Checker
<http://healthtools.aarp.org/druginteractions>
 Check for Medication Interactions, Herbals, and Supplements On the AARP Web site

COAD RSVP

Corporation for Ohio Appalachian Development
 PO Box 787, Athens, OH 45701
 594-8499
 Retired Senior Volunteer Program To Learn More Go To www.coadinc.org
 Mary Lewis, Manager mlewis@coadinc.org
 Sandy Shirey, Program assistant

Ohio Musculoskeletal & Neurological Institute (OMNI)

OMNI staff will be co-facilitating our new interest group on Healthy Aging, meeting at ACEnet in conference room B at 2PM.
 October 2: Participants were invited to summarize their current diet and fitness programs and to choose small improvements in each.
 October 9: Brian Clark, executive director, will facilitate discussion.

Caregivers Support Group is scheduled for the third Wednesday at 2 PM. In September, six members or their caregivers attended. The group is facilitated by Tammy McCarty, LSW. Rosalynn Carter's wisdom is that one day we all be either a caregiver or needing care. This group can help you plan ahead if you see changes in your future. Join us. If you are curious about the former first lady's work, see <http://www.rosalynncarter.org/> to learn more about the Rosalynn Carter Institute for Care Giving.

Healthy Aging Into Your 80s and Beyond: Independent Living—Consumer Reports. Copy the link below and enter into your browser: <http://www.consumerreports.org/cro/magazine/2014/06/healthy-aging-into-your-80s-and-beyond.html>

THIS ARTICLE
 APPEARED IN THE
 OPINION SECTION
 SEPTEMBER 4, 2014 of



GUEST COLUMNIST

It takes a village

By George Weckman | A neighborhood of friendly folk creates a fine environment in which children can be safely nurtured. Many other people supplement the family in caring for young humans who cannot cope entirely on their own. Soon youngsters acquire the skills and knowledge to take care of themselves, although a village is still helpful in distress and temptation.

The same is true at the other end of life. As adults age they begin to lose those personal resources that carried them through most of life. They need a neighborhood of concern and assistance once more. That's the idea behind the Village Movement all over the U.S.

In our area The Athens Village is such a "neighborhood." People over age 60 join a scattered village, not a place but an affiliation of mutual care and attention. Like the children unprepared for the traffic of life, older people find many streets and avenues dangerous. Before they are swept away, they are wise to affiliate with a network of assistance.

The advantages and benefits are many and various. We do not decline in regular patterns. Needs vary, from personal mobility and transportation to nutrition and companionship. The Village cannot do it all, but it can provoke the development of services in our area and make connections with them.

Vital to villagers' safety is the care of their homes. Our Village includes a house maintenance coordinator who inspects, recommends, and helps provide the upkeep of our homes. We also have an office and a director to coordinate Village events and services. This is located at Acenet on Columbus Road. Meetings are held there and in many other locations. For more information see theathensvillage.org.

Whether join a Village or not, cultivate a neighborhood of friendly community, no matter what your age. We should not, cannot, live alone.

****George Weckman is a retired professor and director of music at Christ Lutheran Church. If you are interested in being a guest columnist, contact editor Joe Higgins at 592-6612 ext. 224 or jhiggins@athensmessenger.com.**

BEWARE OF SCAMS



Scams reported in our area:

1. A caller alleging to be from IRS is making threats that your home could be at risk for non-payment of taxes.
2. Driveway paving/repair companies who want money up front and don't finish the job or do it so poorly you wish that they didn't finish it are contacting area home owners.
3. Telephone scammers are calling customers claiming to represent AEP Ohio. The caller tells customers that power will be shut off unless a money pac, green dot or vanilla reload card is purchased to cover the amount the caller says is due on the account. AEP will never ask you to buy a money card for payment.
4. Folks in the area have been getting calls that their water bill is past due. The caller asks for their credit card number to pay the bill.

Joni Ross, assistant to the Athens County sheriff, advises if you suspect a scam call their office. 740-593-6633

Here is the advise the Sheriff's Office gives callers
Use Common Sense

**If it is too good to be true, it probably is!

**Do not give out any personal information over the phone!!

**Prepaid cards sometimes called Green Dot Cards are not traceable.

**Do not use them to pay unfamiliar contractors.

Lane's Corner: monthly helpful hints



As the weather becomes steadily colder, our beautiful autumn leaves are coming down. We need to be making plans for getting the dry leaves off our lawns, patios, and everywhere else for which we are responsible. We also should take care to avoid wet leaves because they can very easily become slipping hazards.

If you are like me, your garage could be facing just the right way to invite all of the blowing dry leaves into the garage – usually in locations in which the garage faces west or southwest or northwest. This situation creates a fire hazard. Because your exhaust pipe and muffler are very hot when you pull into the garage, they could cause dry leaves on the floor to burst into flame. So could newspapers, cardboard pieces, and other lightweight dry debris around there.

People who live within the Athens city limits can take advantage of its leaf removal program, for which the schedule will be set soon. Information on it can be found by calling 593-7636 or by email www.cityofathensoh.gov.

Fall is also a time in which you should have your roof gutters checked, possibly more than once if big trees or even several smaller ones are depositing their leaves in your gutters. If the leaves get wet and become "caked up" in the gutters, they could create a problem for you most of the winter. Gutters that fill up with leaves (sometimes frozen and sometimes just turned into solid globs, simply cannot convey water to where it should go. You should have your gutters cleaned out as soon as most of the leaves that usually come your way have fallen, and you may have to do it at least once more over the winter months. It's amazing how much stuff can get in there. If you have a heat pump to help heat your house, be sure to remove any leaves or other debris from around it, and keep that space clear all winter.

HOUSE CHECKS: If you intend to be out of town, you can arrange with me to go by and check your house on a schedule to which we would agree or after a power outage, water incident, or other emergency after which it is wise to be sure everything there is working properly. Just Call 740-447-0500.

Lane