

THE ATHENS VILLAGE VOICE



Fall prevention subject of Sept. BB lunch

Leatha Clark, a board-certified physical therapist, will deal with falls — a subject of concern to all seniors — when we meet for our monthly Brown Bag lunch at 12 noon, Thursday, Sept. 4, in Room 10 of O’Bleness Hospital. She will discuss and demonstrate how to avoid falls, how to get up if we do fall, and strengthening exercises to help us stay on our feet. She also will get into rearranging our living spaces for optimal fall prevention.



Dr. Clark is a physical therapist at OMNI (the Ohio Musculoskeletal and Neurological Institute), where she does research on both older adults and young children. Her BS in engineering is from the University of Illinois, her MS in environmental science and forestry from SUNY. After a decade of research at the Department of Neurology at the University of Wisconsin, she earned her Doctor of Physical Therapy degree at SUNY’s Upstate Medical University.

She has visited our BB lunch before in connection with OMNI’s Healthy Aging Research, but this is her first speech and demonstration. This would be an ideal program to which to bring friends. Nearly everyone is interested in preventing and handling falls. Lunch will begin at 12 noon, and the talk will start by 12:30.

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.

Tu, Sept. 2, 1:30 p.m., Cross Cultural Coffee Hour (See story, page 3) ACEnet, conference room B.

Th, Sept. 4, noon, Brown Bag Lunch (See story above.)

Tu, Sept. 9, 10 a.m., Board meeting, ACEnet conference room C.

We, Sept. 17, 2 p.m., Caregiver Support, ACEnet, conference room B.

Th, Sept. 18, 1 p.m., *First Meeting*, Hearing Aid Interest Group, ACEnet Conference Room B.

We, Sept. 24, 1 p.m., Get the Most Out of Your Membership, ACEnet conference room B.

Th, Sept. 25, 2p.m., *First Meeting*, Healthy Aging Group, Exercise 2 p.m., Diet 2:45 p.m., ACEnet conference room B.



*We will miss
NORM
&
PEG
(sob),
but we will never forget them.*

5th birthday to be part of our Annual Meeting

Well, OK — so we didn’t have our first Athens Village meeting until November 2009. But the Cohns and the Fosters and others had worked for months and months to get everything together and the first 40 persons signed up. So having our fifth birthday celebration at this year’s Annual Meeting is just fine! It’s a time when more of us are together than at any other time of the year.

Put 4-7 p.m., Thursday, Oct. 23, on your calendar. Our Village will sponsor what The Dairy Barn Arts Center calls a “Community Thursday.” The Retrospective Quilt Show will be hanging then, and our sponsorship means that not only our members but anyone else they choose to invite may see the show free. So invite as many as you like for as much time as they would like in the 4-7 time slot. A cash bar run by the Dairy Barn will be available throughout this time.

As for our own members, we may view the show from 4 to 5 p.m., then go to the second floor, either by stairs or elevator, for a potluck supper, to which members are asked to bring a side dish. After it is over, the formal Annual Meeting will be held, 6-7 p.m.

If you have questions about the Annual Meeting or need a ride to it, call 447-0500 to get Patty’s help.

Back to regular hours

Summer is over, school has resumed, so that means Patty Mercer will be in her office **8 a.m. to 2 p.m. weekdays.**

Patty always welcomes visits to the office in ACEnet Building B, but it is wise to call 447-0500 before you stop in to be sure she has not been called elsewhere in line with her duties as our director. That number also reaches her at other times of the day or night.



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.

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

Norm Cohn

Jean Drevenstedt

Dru Riley Evarts

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Michael Ward

Future BB lunch plans

Oct. 2: "What happens when I decide to stop driving?"

Anna Hedges is in The Laurels, Room 210 for about four weeks. She would love to have visitors. Both Gifford Doxsee and Jean Wistendahl can be visited at Lindley Inn.

Cohns send thanks for the open-house farewell



Mayor Paul Wiehl, center, shares his appreciation for the Cohns' contributions to Athens.

Saturday, Aug. 23, was eventful. More than 70 friends came by the Cohns' home to offer best wishes to Norm and Peg. They express their thanks:



"We want to thank you and the board for bringing the open house to us yesterday. It was a bittersweet occasion for us, but the only way we'd ever have been able to say goodbye to so many of our friends. And it was fitting that we did it here where we had the first meeting about The Village. We'll remember it well! Please give our thanks to all our friends on the Board. You are all doing a fine job with The Athens Village!" Peg and Norm

Norman and Peg Cohn
Schenley Gardens, Apt 105/107
3890 Bigelow Blvd., Pittsburgh, PA 15213

Two new interest groups to have initial meetings soon

The Healthy Aging and the Hearing Aid interest groups are being inaugurated in September. Both will meet in ACEnet Conference Room B.

The **Hearing Aid** group, led by Richard Dean, will meet at 1-2 p.m. on Thursday, Sept. 18. This group is for those who feel they are not getting the help they should from their hearing aids. It also includes those who have stowed their hearing aids in a drawer somewhere. Dick not only taught and did research in the medically related pathologies, but he is also a hearing aid user of many years' experience. Members just considering whether it's time to get hearing aids also are welcome at this meeting.

The **Healthy Aging** group, led by Ellsworth Holden, will meet in two parts, and members are welcome to come for the first (healthy exercise) and stay for the second (healthy eating) or come for either segment only — whichever fits to each person's needs and schedule. The exercise people will meet at 2 p.m. and the healthy eating people 2:45 p.m., with the expected end of the meeting to be by 3:30. Neither of these areas represents Ellsworth's academic area, which was management information systems, but he is well known for his interests in exercises and eating healthily.

If you are interested in either of these interest groups but cannot make it to the first meeting, call Dick at 593-9497 or Ellsworth at 593-8545 to make your interest clear and suggest your time preference.

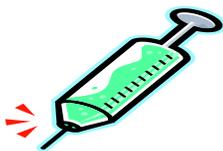


Short Notes

High Society Jazz Relocates to OU Inn: The High Society Jazz group is locating to the OU Inn for its Sept. 28th and future dates. They will be in the Galbreath Room, which is located on the ground floor. The time is the same, 3:30 to 6 p.m. fourth Sunday of each month. Refreshments are available at the main floor bar, and the Inn welcomes people to stay afterwards for dinner at their Cutler's restaurant.



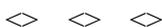
Put a Flu Shot on Your Agenda: Flu season is coming, and flu shots are highly recommended, especially for senior citizens. The Athens County Health Department will announce a beginning date soon, and some pharmacies are already giving the shots.



Most health insurance policies cover the cost, so take your card with you. Most places appreciate the courtesy of your having made an appointment to get your shot. The Health Department number is 592-4431. Numbers for the pharmacies (including those in Kroger and Walmart) are in the phone book.



Help From ODA: The Ohio Department of Aging is very eager to answer questions or help senior citizens find their ways through any situation related to aging. It encourages calls Monday through Friday, 8 a.m. to 5 p.m., at 1-866-243-5678.



Coaching People on Balance: We need more people who are interested in learning how to become a balance coach and are ready to take the training required for it. To volunteer, you should be willing to take eight hours of coach training and to add 2.5 hours annually thereafter to keep up to date. The rewards of helping keep people, particularly older people, stay on their feet are immeasurable. Coaches need good communication and interpersonal skills, enthusiasm, dependability, ability to lead small groups, ability to perform the range of motion lessons being taught, and ability to carry up to 20 pounds. Let Patty Mercer know if you would be interested in enrolling in a training class to become a coach. A class is being scheduled for October.



Notice that our Sept. 4 Brown Bag lunch has been relocated to O'Bleness Room 10. (See p. 1 story.)

Opportunities abound for members to benefit themselves & community

Ohio University and Athens provide us constantly with opportunities both to benefit ourselves and to be as active as we wish for the community. Here are a few:

Help & companionship with Transitions students: It's time right now to let Patty know whether you would like to have a student (or perhaps two if those matches are made) to come to your home approximately two hours a week in order to help you with anything you agree upon (computer issues, photo labeling and organization, yard work, etc.) You can find what others have had these students do by referring to an article about it on p. 2 of the August 2013 *Athens Village Voice*. If you no longer have that issue, ask Patty to send you a copy. Patty will meet with the students the first week in September, so have your requests to her as soon as possible.

Athens On-Demand Transit could help more people: This service, which comes to your house to pick you up, has free space on weekday evenings between 5 and 7:30 p.m. Remember, you must be registered in advance to use this service. Call 597-2404 for questions.

Japanese researcher wants to talk with us: Dr. Junko Okuno is visiting Athens for an exchange program coordinated with the assistance of Arlene Sheak. Dr. Okuno's special interest is in dementia-related conditions. This will be an opportunity to share. We can also learn how the Japanese do deal with this challenge. The session is 1:30-2:30p.m. on Tuesday, Sept. 2, at ACEnet Building B.

Dementia caregivers being recruited to participate in a new online survey

Individuals who are serving as either formal or informal caregivers for persons with dementia are being recruited to participate in an online study, the "Dementia Caregiver Survey."

The researchers are interested in hearing the opinions of anyone over the age of 18 who is serving as a caregiver for individuals with dementia and who is willing to share his or her experiences. Participation in the study involves completing several self-report measures and would take about one-half hour of the caregiver's time. To participate go to: https://ohio.qualtrics.com/SESID=SV_dbZZmr9BLZdjosR

Our friend Julie Suhr, PhD, who has spoken with The Athens Village several times can provide additional information about the study; contact suhr@ohio.edu.



Nada Kerr dies at age 92

Nada Jean Smith Kerr, a Village member since 2012, died at O'Bleness Hospital on Aug. 8, two days after her 92nd birthday.



Nada was largely limited to her Sunset Drive home over the past few years, but she had always enjoyed close friends, family, and contributing to the world, according to her family,

who said she believed that life should be lived well.

Nada was the daughter of Frank E. and Myrtle Ginder Smith of Lancaster, where her graveside service and burial took place. Memorials can be made in Nada's name to the First Presbyterian Church, ACVNA Hospice, or the Foundation for Appalachian Ohio.

First summer picnic lunch is enjoyed

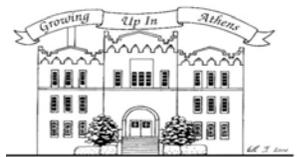
Our August lunch meeting was not the usual Brown Bag, but a delightful picnic at the Lions Club shelter in The Plains, with everyone bringing a dish to share. The day could not have been lovelier nor the conversation livelier. The group recommended that we make this an annual tradition and that we arrange the weather the same.

Picnickers at this table (clockwise beginning with the lower left corner) include: Rita Oberholzer, Margo Marazon, Gladys Bailin Stern, Lane Hoisington, Anita James, Ed Baum, Dru Riley Evarts, and Anne McClanahan. Photo by Patty Mercer.



"Growing Up in Athens"

This new cooperative book project is closely connected with the Athens Community Arts, Parks, and Recreation Department and the Athens County Historical Society and Museum. The committee working on this is interested in the stories of people who grew up in Athens. E-mail growingupinathens@gmail.com for information.



Interested in sign language?



Some of our Village members have inquired about the availability of sign language classes to enable people to better communicate with deaf or hard-of-hearing folks.

The closest program Patty could find is coming up with a session in Lancaster. It is a 10-week course meeting 6-8 p.m. on Tuesdays, Sept. 9 through Nov. 11. This would lend itself well to carpooling.

The deadline for registering for this class is Sept. 1. It is open to everyone age 14 and above. You can find complete details online at www.dsc.org, or let Patty help you to get the information you need. Call her, and she can navigate the web for you. If you are interested in this subject, let her know, whether you can go to this particular class or not. Perhaps she can locate an instructor willing to provide a class in Athens.



Lane's Corner: monthly helpful hints



We still have a couple of months of nice weather left, but thinking of the end of daylight saving time (Nov. 2) brings to mind some annual tasks we should all do on a chosen day in order to strengthen our own preparedness.

This annual "checkup day" need not be when the time change occurs, but everyone should have one day each year to be sure to attend to these matters. (Some choose their own birthdays, for instance, or the day we go from standard to daylight saving time.) Just don't choose a very busy day, such as Thanksgiving or Christmas. Too much else going on.

Batteries are among the most important things you can take care of on your checkup day. Make a list of the exact sizes you need for smoke alarms, flashlights, and other battery-driven equipment. Change batteries without thought of whether you are "wasting" energy in some of them. If that bothers you, use the partially spent batteries in children's toys or give them away. Just don't rely on them in something that may be called upon to save your life.

Another thing you can do on your checkup day is to refresh all emergency numbers (police fire, etc.) to be sure they are accurate and that everyone in the house knows where they are.