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### **BROWN BAG LUNCH FOR JANUARY**

Many interesting topics and guests are in the planning for Winter and Spring lunches and meetings!

The first one is the Brown Bag Lunch on January 29, (12:00 lunch, 12:30 discussion) Atul Gawande's book, *Being Mortal* at O'Bleness Hospital, Room10.

Copies of the book are available or orderable at local bookstores. It is important for us; it reviews the problems of healthcare agencies and institutions in modern America. The title indicates a focus on terminal illness but much in the book addresses other interaction with professional medicine.

- George Weckman

### OhioHealth O'Bleness Hospital

#### SeniorBEAT:

#### Urology physician will answer your questions about bladder control and other problems

Bladder control problems can affect both men and women at all stages of life, but aging can increase the likelihood of these issues. Among the problems of bladder control are urinary incontinence, frequency and urgency of urination, and difficulties emptying the bladder. In addition, although it is common for aging men and women to be sexually active, often they are reluctant to talk about associated problems, let alone ask their doctor. Unfortunately, many people do not seek help as they think the problems are a normal part of aging, but today many medical and surgical therapies are available.

Kristin Lowe, MD, a urologist with OhioHealth O'Bleness Hospital Athens Medical Associates, will speak to us at our **Thursday, January 15** meeting (2 p.m. at O'Bleness.)

Dr. Lowe has suggested that prior to our meeting SeniorBEAT members may submit questions that they prefer are anonymous or that they may have forgotten to ask their physician, so she can be prepared with specific answers. Nothing is off limits!

You can also bring your written questions to the meeting, and if there is time Dr. Lowe will be happy to answer them.

#### **SeniorBEAT QUICK LIST OF PROGRAMS**

Walking Group — Suspended until March.

Book Club — 2nd Monday of each month at 10 a.m. at WillowView Café.

History Group — 2nd Thursday of each month at 1 p.m., usually at O'Bleness.



## Home & Community-Based Support for Seniors, Veterans, People with Disabilities & Caregivers

To learn more about the Southeast OhioADRN and the Area Agency on Aging programs and services, call 1-800-331-2644 or visit on the web.

*The Southeast Ohio ADRN serves Athens, Hocking, Meigs, Monroe, Morgan, Noble, Perry and Washington Counties.*



## [Visit the SE Ohio Network of Care Web Resource](#)

The Network of Care features:

- An easy to use Service Directory
- A 40-volume Health Library
- A listing of Assistive Devices
- Online Training Tools for Prevention of Falls & Financial Abuse
- Ability to view content in large print and text-only versions and over 50 different languages
- Free Personal Health Record
- And much more!

SeniorBEAT Speakers Program — 3rd Thursday of each month at 2 p.m., usually at O'Bleness.

Singing Group — 3rd Friday of each month at 1 p.m., Athens Community Center.

Lunch Group— 4th Friday of each month at 11:30 a.m. at local area restaurants.

Chair Volleyball (CVB) — Tuesday and Thursday each week at 8:30 a.m. at the Market on State.

Arthritis Foundation Exercise Program — Saturday: O'Bleness at 10 a.m.

Tuesday: Athens Community Center at 12:30 p.m.

Wednesday: The Plains United Methodist Church at 10 a.m.

To join SeniorBEAT or for program information, call O'Bleness at (740) 592.9300. Membership is free.



## REPORT: 12 members attended the Tax Professional Session!

Brenda Sharp substituted for Don Cooley at the valuable tax information session for The Athens Village members.

A dozen of us had the pleasure of learning things we did not know we did not know. This was the meeting at the public library Tuesday 9 December from 1:30 to 3:00.

Here are a few of the items that were illuminating for me. These are my notes and do not constitute professional advice.

Questions should be addressed to your accountant or lawyer.

## On federal tax reports:

- The standard deduction for those who do not itemize is \$14,800, so it can be good strategy to bunch deductions in one year and take the standard the next year if you can have less than that amount to itemize.
- Medical deductions have to be personal expenses not covered by insurance that exceed 7% of one's



Milena Miller, friend and ally of The Athens Village, is in search of a "new-to-her" car. If you happen to have an extra one in your garage, she'd love to hear from you. Here is her wish list: 2006 or newer with less than 100,000 miles, well serviced and reasonable on gas. Milena can be reached at 592-4385 or 818-1207.



## Another proven activity to enhance healthy aging!

Berry Dilley will be offering classes during the Winter/Spring at The Factory Street Studio (FSS). There will be two movement workshops, February 1 and April 11, and a Couples Ballroom Dancing Class

starting Friday, January 9 for 6 weeks. Please check out the FSS website to see class descriptions. (Keep scrolling down as her classes are listed toward the bottom.) Please call Berry if you have questions - 593-8155. For registration information, call FSS at 594-2302.

adjusted gross income (AGI).

- Charitable gifts of property over \$500 have to be reported on form #8283; if more than \$5,000, an appraisal form must be submitted.
- Gifts of IRA funds, do not have the special tax status they formerly had. Other tax-sheltered funds never had this anyway.

### Estate tax issues:

- There is no Ohio estate tax and the federal tax is on estates over \$5,340,000. Nevertheless gift tax returns must be filed on personal gifts over \$14,000 in one year even though no tax is assessed.
- These personal gifts per year include cash and property.

### Home care workers:

- Someone who provides health care or housekeeping in your home should have workman's compensation, social security, and unemployment insurance if you pay more than \$1,000 in a year.
- You are not the employer and do not pay these taxes if a home care agency provides this help or the aid person is an independent contractor for these services.

### Other matters:

- Do not write to the IRS. If you do it becomes an official communication subject to investigation.
- Watch out for scams. The IRS contacts taxpayers only by U. S. mail, never by phone or email.

- George Weckman

## **There is a new FLEX SilverSneakers yoga class in town!**

There is a new FLEX SilverSneakers yoga class in town! Age Flexibly is a philosophy of movement, mobility, mental acuity, and empowerment. Sarah Guthrie, the developer, offers movement classes designed for maintaining strength, flexibility, and balance throughout the decades, and suitable for every body. Classes are on Tuesdays and Thursdays at 12:10 until 1:00 at Central Venue at 29 E. Carpenter Street, just down from the Armory. Bring a mat, or buy one for \$20. Parking is available on street. Some accommodation can be made for those preferring to use a chair for the seated stretching. Non SilverSneakers members pay \$5 or \$3 low-income.

Sarah also provides research-based workshops for elders on navigating end-of-life care and planning, seminars for adult children caring for aging community members, and storytelling facilitation to aid in collecting personal life stories in a form that can be shared. Visit her website at [www.ageflexibly.com](http://www.ageflexibly.com) or call (740) 590-4542.

## **PUBLIC UTILITIES COMMISSION OF OHIO (PUCO) ENERGY PRESENTATION**

### **Have you noticed an increase in phone calls or door-to-door solicitations about switching your energy supplier?**

Do you wonder if you can save money by switching energy suppliers or participating in a government aggregation, but don't know where to go for impartial information and education? These questions were answered by Erin MacLellan, a representative of the Public Utilities Commission of Ohio (PUCO), who gave a free presentation on Monday, January 12 at ACEnet. Ms. MacLellan talked about Energy Choice, which gives consumers the opportunity to choose an electric or natural gas supplier from competitive suppliers certified by the PUCO. She discussed government aggregation, which allows local governments to negotiate energy prices on behalf of their residents and businesses. The city of Athens and Athens County have formed an aggregation to purchase electricity supply for their communities, and Ms. MacLellan will explain what that means as well as how to evaluate energy offers. She also covered consumer protection tips and consumer rights. To get written information from this presentation please call Patty Mercer at 740-447-0500 or visit the PUCO's new website: [www.energychoice.ohio.gov](http://www.energychoice.ohio.gov).

## **The Village Ambassador**

Created by Lincoln Park Village, January 2013

2502 N. Clark Street , Chicago, IL 60614 ; 773.248.8700 phone; [www.lincolnparkvillage.org](http://www.lincolnparkvillage.org)

Research to create this sustainable model to support aging in community was funded by MetLife Foundation.

The role of **Village Ambassadors** is to shepherd prospects through the process of becoming engaged members of the Village. The role of Village Ambassador is critical because it instantly and credibly demonstrates to prospects the Village's most important benefits – connection and customized attention.

The **Contact Ambassador** will reach out to interested individuals, engage them, help them to determine if the Village is right for them, and hope to make them a part of our growing community. Word-of-mouth has been shown to be one of the most effective ways to acquire new members. The Contact Ambassadors will complement the role of the Public Information Team. Across the country, Villages report that personalized gestures like this have been shown to be most effective in increasing membership. As an example of this type of outreach, Rita Oberholzer, Public Information Team member, recently hosted a small coffee klatch in her home for friends who might be considering membership in our Village. Director Patty Mercer attended to help answer questions.

The **Contact Ambassador** will support the new or non-engaged members by identifying, creating and facilitating opportunities to learn more about their interests and needs. The Connection Ambassador can also help members transition through challenging or unexpected situations. Information for referrals, programs and so on can be explored, involving staff as necessary. The Connection Ambassadors will complement the work of the Membership Committee.

**Training sessions for Ambassadors are already designed.** Volunteer descriptions have been created by the research study. These can be adapted to suit the needs of The Athens Village. New members are needed for this committee to implement this project. Please contact Patty (447-0500) or Ellsworth Holden, committee chair (593-8545) to participate. It is not necessary to be a member to take part in this activity. Feel free to invite friends who might be considering membership or have parents who are eligible for membership.

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