



BROWN BAG LUNCH

**Thursday, July 30
Potluck Picnic
12 noon**

How about a picnic potluck instead of a brown bag lunch on Thursday, July 30? Instead of bringing a sandwich or other one-person serving, you could think about a salad, casserole, snack, bread offering, dessert or whatever to share with the group as a whole. Guests are welcome to the brown bags, as always. We will not have a scheduled speaker this time, but be visiting among ourselves. Please come to the Lions Club picnic shelter across the street from The Plains Elementary School, 90 Connett Road, The Plains. We will be spreading out our largesse and beginning to serve at 12 noon.

We have much to talk about, not only neighborly things among the people with whom one happens to sit, but more major Village business, such as a possible increase in membership dues in 2016. The shelter can handle us rain or shine, so bring yourself and anyone else you wish.

Every Tuesday, 10:30 a.m., Chair yoga, Sylvia Marrs, instructor, OSU Extension office, 280 W. Union St.

Every Tuesday, 12:30 p.m., Informal lunch gathering of members and friends at Bob Evans.

Wed., July 1, Entertainment options, (See p. 4)

Fri., July 3: TAV office closed after 1 p.m. for the holiday weekend.

Mon., July 6, 2 p.m., Hearing Aid Support Group. Open to the community (See p. 3)

Mon., July 6, 3:30 p.m. Health and Wellness Team meeting, ACEnet Conference Room B.

Tues., July 7, 10 a.m., Board meeting, ACEnet Conference Room C-front.

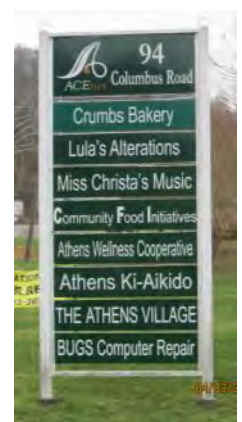
Wed., July 8, 11 a.m., Public Information Team, ACEnet Conference Room B.

Wed., July 15, 1:30 p.m., Caregiver Support, Leslie Flemming, facilitator, ACEnet Conference Room B.

Thurs., July 16, 2 p.m., Membership Team, ACEnet Conference Room B.

Wed., July 22, 1 p.m., Get More Out of Your Membership, ACEnet Conference Room B.

Thurs., July 30 noon, Brown Bag Lunch, (story, left)



The Athens Village

Our Mission

The Athens Village enables members to live independently, comfortably, and safely in their homes.

Our Vision

The Athens Village is a dynamic, responsive community of members who support meaningful and fulfilling lives for one another.

Transition

The Athens Village is sad to note the passing of Marcia Johnson on June 14 in Cary, North Carolina. Marcia was a TAV member from 2010 until spring 2015, when she left Athens to be closer to her daughter and family. Her husband, Monroe, plans to stay in North Carolina with family.

The Athens Village Voice - Stay connected and engaged. Your feedback is always welcome.

Patty Mercer, director
Susan Gilfert, administrative assistant
Lane Hoisington, home maintenance coordinator
94 Columbus Road, Building B (ACEnet campus)
Athens, OH 45701

Office and cell: 740-447-0500

After hours: Call the cell phone number; calls are forwarded to the home phone of the director; please leave a message.

E-mail: TheAthensVillage@gmail.com

Web site: www.TheAthensVillage.org

Board of Directors

Ellsworth Holden, president

Ed Penson, vice president

Anita James, secretary

Ed Baum, treasurer

John Barrington

Dru Riley Evarts

Jack Flemming

Sue Foster

Steve Grimes

Margo Marazon

Michael Ward

Office Notification:

Closed July 3 afternoon

The office will be closed on Friday, July 3, after 1 p.m. Assistance to members during closure will still be available via phone (740-447-0500).

Your taxes at work! There is a grant-funded initiative in operation at the Athens City-County Health Department called **Healthy Connections**. A variety of resources are available, including cooking classes and a lifestyle coach. A list of these resources is available at the office. Lauren Hedrick, R.N. is the contact at the Athens City-County Health Dept., 740-592-4431 x 230.

Membership Renewal



It's that time again, friends. Membership fees are due by September 30, 2015. The fee is still \$400 per year for singles, and \$700 per year for couples. This price has not changed in 8 years!

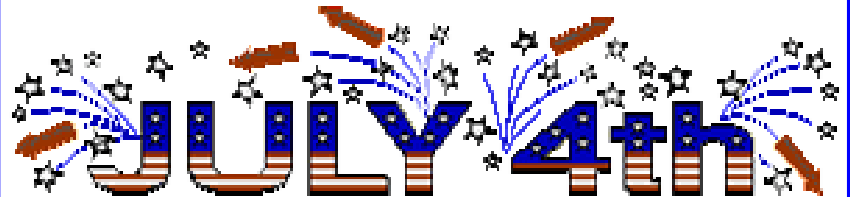
What a bargain! Invoices will be going out at the end of August. Payment can be by check or by monthly automatic withdrawal. Sorry, credit cards are not an option at the moment.

Something to think about: A price increase will likely need to go into effect in October 2016 if more members are not enrolled. To keep up with current expenses, at least twenty new members need to join The Athens Village. We mentioned the need on p. 2 of the May 2015 newsletter, and in June, two new members joined TAV. Good work! Please encourage your friends, neighbors and other potential members to attend the monthly *Get More Out of Your Membership* meetings on the 4th Wednesday each month at 1 p.m.

Athens Public Library will have an AmeriCorp volunteer starting in October who will offer Guiding Ohio OnLine services. We



have been invited to make requests for the curriculum. If you have computer skills that you would like to improve, or new ones you have always wanted to learn, call or e-mail the TAV office.



Who doesn't like fireworks to celebrate the nation's independence? The **Athens** fireworks will occur on East State Street on Friday, July 3, starting at 10 p.m. Bring your own seating for outside. There will be a Senior Queen (must be at least 55 years young!) chosen and crowned! Registration is \$5 inside the Athens Community Center from 4:30, with the Queen chosen at 6 p.m. **Athens' parade** will be on Saturday, July 4, at 9:30 a.m. Line-up on College Street from 8:30 a.m. The parade route starts down Court Street at 9:30 to Carpenter, and ends at the Athens Library.

Nelsonville's fireworks will occur on Saturday, July 4th, starting at 10 p.m. on the Hocking College campus, 3301 Hocking Parkway. No parade in Nelsonville is noted.

[TAV Hearing Aid Interest Group](#)

The Hearing Aid Interest Group, a monthly gathering facilitated by TAV member Dick Dean, assists potential and actual hearing aid wearers to better understand hearing loss and hearing aids. The intention is to make members aware of the various features of hearing aids and how to more successfully use hearing aids and overcome frustrations in difficult situations.

**The next meeting is Monday, July 6, at 2 p.m.
Conference Room B, ACEnet, 94 Columbus Road
Invite a friend!**



Ohio Brew Week is July 10—18 this year. New leadership has lots of ideas; please click [www.ohiobrewweek.com] for more information, or check local stores for printed schedules. The schedules usually appear just before the Brew Week, and they go fast! On Wednesday, July 15, there will be a Keg and Case Homebrew competition from 5-9 p.m. at ARTS/West, 132 W. State Street.

Fun Ways to Keep Active, Physically and Mentally

Thursdays at 12:30 p.m. through July 16 and starting again August 6. United Seniors, Community Center. On-going **Tai Chi** sessions.

Wednesday, July 8, 6:30-8 p.m., Athens Public Library. Dan Asadi will discuss *The Rubaiyat of Omar Khayyam*. Bring your own copy of the book if you wish.

Thursday, July 9, 4:30-6 p.m., Community Food Initiatives, 94 Columbus Road, Athens, 740-593-5971. Workshop on “Fun with Ferments,” learning how to kraut your veggies. \$5 registration not necessary, but appreciated.

Road Trip!!

The Prairie Butterfly Walk and Plant Sale will



be held Saturday, July 18 at 9 a.m. The Appalachia Ohio Alliance demonstration site is just north of Rockbridge. If you'd like to carpool or convoy, contact the office at 740-447-0500. Additional details can be found at http://www.appalachiaohioalliance.org/ailec_event/prairie-butterfly-walk/?instance_id=360.

Volunteers Wanted

The RSVP Volunteer Program will offer advice and ideas on **Life After Retirement**



ment at monthly sessions beginning in August. of Athens County, in the Community Building on East State Street in Athens. RSVP staff and volunteers will have information on worthwhile volunteer work, ideas on starting a small business or a hobby, as well as contact and resume advice for people 55 and over who are applying for part-time work. Dates and times will be announced in early August.

RSVP serves as a matchmaker, linking community members with volunteer work they will enjoy! This gives volunteers a way to engage with members of The Athens Village and to learn more about our organization.

Benefits of volunteering through RSVP include supplemental accident and liability insurance while traveling to and from a worksite, and while working as a volunteer. Volunteers are eligible for mileage reimbursement. They are also invited to a number of events throughout the year, including networking meetings, an annual recognition celebration, and the nonprofit seminar, Mission: Possible. Perhaps most important, RSVP Volunteers are good models, showing community members the benefits of engaging in useful work while employed, AND after retirement.

SeniorBEAT Activities!!

Highlights from the OhioHealth O'Bleness SeniorBEAT newsletter

- Thursday, July 9, 1 p.m., at Athens County Historical Society and Museum, tour of museum and preparation/preserving facilities. 65 N. Court Street.
- Monday, July 13, 10 a.m., Willow View Café, O'Bleness Hospital. The Book Club will discuss "The Lincolns" by Daniel Epstein.
- Thursday, July 16, 2 p.m., O'Bleness Hospital Room 10. Learn how to prepare a disaster kit with Linda Solt, LPN.
- Friday, July 24, from 11:30 a.m., potluck/picnic at the Lions Club Picnic Shelter on Connett Road, The Plains.

Become a member of SeniorBEAT. It is free. Contact Joy Miller-Upton at 740-385-8451.

July 1: An Evening with Multiple Entertainment Choices

Option 1: Come Celebrate Artful Aging in Athens. The community is invited to attend the final event of the ten-week creative writing residency sponsored by the Ohio Arts Council and its new Artful Aging Ohio initiative. Poet Wendy McVicker has been leading participants from The Laurels, The Athens Village, and others. Participants have been reading and writing, as they consider how to move forward and remain vital as they age (a process begun as soon as they begin living.) Join the festivities on **Wednesday, July 1 from 6:30 to 8:30 p.m. at The Laurels of Athens, 90 Columbus Road.** You are invited to bring a favorite poem that relates to 'artful aging' or 'being mortal.'

Option 2: The popular Community band performs in the amphitheater behind Scripps Hall for the last time this season on July 1. Come early for this last "Concert Under the Elms," as it is very popular, and seating becomes limited by 6:30 p.m. the rain venue is the RTV auditorium.

Option 3: Baker Center is the venue to hear Dr. Charles Bolden, NASA administrator, give a talk about his vision for the future of his Agency and the future of space throughout the world.

(See p. 5)



Lane's Corner: Monthly Helpful Hints:

Part 2 of Securing Your Home

If you are like I am, I never think that someone will break into my home or car. But now we live in different times so we need to change our way of thinking. I recommend that you lock your car at all times because theft can happen day or night. In your house, I can help you find a lot of ways to secure windows & doors.

Leave a radio and a light on when you are going out, even in the daytime. If you will be gone longer than a few hours, I can help you with getting & setting a timer for lights. Again, NEVER LET A STRANGER INTO YOUR HOME! No matter how friendly!

Most people have a phone that will take photos or video. Take photos or a video of your house before you leave on vacation, so you have something to show the insurance company if there is anything missing when you return.



Questions? ALL YOU NEED TO DO IS CALL! IT'S ONE OF YOUR MEMBERSHIP BENEFITS! Just Call 740-447-0500. Lane

Notes of Appreciation from Members



Rose Dikis, pictured left, using her new garden path handrails, created by Lane. Rose notes that she feels much safer and is able to enjoy working in her yard with this special path and rails.

Marj Stone had arranged to have Lane be the contact person for any home emergencies during her vacation travels. She shares: "What a joy it is, as a member of The Village, to have Lane telephone me—360 miles away—to say, 'I have checked your house and it was not damaged by the large limb that fell in your front yard.' And to have access to such an organization, so when I was called and told of the limb and asked what I wanted done, I immediately was able to say, call The Village. There are many good aspects, such as this, for belonging to The Village and knowing Patty is at the ready. Lane is the TOPS. Thanks so much. Marj."

International Space University



This summer school program, hosted by Ohio University, June 8 through August 7, provides graduate-level training to the future leaders of the emerging global space community. Space professionals are attending from across the globe - more than 110 participants and 150 faculty. Online readers can read the [Post article from June 11](#) here; or the [Messenger article from June 5](#) here; offline readers can request a copy by calling the office at 740-447-0500. Events in July include:

- **NASA Administrator Charles Bolden will talk on Wednesday, July 1, from 8:30 to 10 p.m. in Baker University Center Ballroom** about his vision for the future of the agency and space throughout the world, including planetary and Earth science, and future human exploration.
- **"Star Wars" Night at the Copperheads July 9, at 7:30 p.m. at Bob Wren Stadium.** The Southern Ohio Copperheads host a special "Star Wars" theme night. Join the SSP15 participants at Bob Wren Stadium for a fun, family-friendly night of baseball and Star Wars-themed games and activities. Don't forget your best costume!
- **ISU Rocket Launch on July 18 from 1-5:30 p.m. at the OHIO Airport in Albany.** SSP15 participants will test their homemade high-powered rockets. It is a real-world challenge, and the team with the best performance will be recognized for their hard work. This is an event open to the public at no charge and visitors of all ages are welcome!

The "Gourmet Your Way's Freezer Raid" was held Thursday, June 11, but many goodies are still be available. Click [<http://www.gourmetyourway.biz/images/Raid%20menu%2006-11-15a.pdf>] to see the menu, then call Johnathan at 740-589-6456 to request a time and date to pick up your order at 94 Columbus Road.



June Brown Bag Features "Artful Aging in Ohio" Advocate



Stacia Davis-Moore gave a stimulating brown bag lunch presentation on Thursday, June 25. She had attended one of five Regional White House Conferences on Aging (Cleveland) in April, where she provided input to lead the conversations on aging that will take place July 13 in Washington, D.C. See this link and join in to raise our voices from southeastern Ohio. <http://www.whitehouseconferenceonaging.gov/>

Stacia works in cooperation with the Ohio Arts Council. This taxpayer-funded group has developed a new initiative called **Artful Aging Ohio**, which is dedicated to giving seniors an opportunity to learn about the arts and engage in hands-on art making. For example, in Athens, Patty Mitchell conducted a workshop and exhibition called "Winter Wonderland." Wendy McVicker has just finished a poetry workshop, based on Atul Gawande's *Being Mortal*. Stacia wants to make Athens and south-east Ohio a testing ground for more programs. Stacia earnestly requests input from TAV members about ideas for future programs.

Stacia recently returned from a facilitator training session at Miami of Ohio's Scripps Gerontology Department. She also attended a Washington, D.C., summit for the National Center for Creative Aging in May, where best practices were shared by individuals and organizations that described the benefits of a variety of arts practices for quality-of-life improvement to all ages.

CULINARY CONVERSATIONS:

Dinner for eight

Join a small group of Villagers to have dinner together somewhere in Athens on a monthly basis. Invite friends!

A "roving host" will provide details to those who call to participate—including the day, time and place, transportation options, and cancellation details, should they be necessary. Volunteer now to be the "roving host" for August!

**China Fortune, 20 W Stimson
Friday, July 10 at 7 p.m.
Steve Grimes, host**

Reservations are due to the office by 7/7 :
[theathensvillage@gmail.com] or 740-447-0500

BON APPETIT!

Health and Wellness Team

IT TAKES TEAMWORK

Membership Team

The Health and Wellness Team's focus is on health, safety, and quality of life. Its goal is to create a resource library, to create lists of vetted services and resources, and to develop programs that members can attend to learn and enjoy. The team welcomes your suggestions. In June, members were asked about medical alert systems. It is not too late to respond.

- ◇ **Do you already have a medical alert system? How did you decide to purchase it?**
- ◇ **Have you had reason to use it?**
- ◇ **Was the experience satisfactory? Why or why not.**
- ◇ **Are you thinking of buying a medical alert system?**
- ◇ **What features are important to you?**

Respond to:

Gladys – stern@ohio.edu, 740-592-2063

The Membership Team, led by Jack Flemming, has decided that regular contact with the membership would be a benefit to all. The team has been assigned a set of members, so you should be hearing from the same person about a different topic on a monthly basis.

The first project the members of that team agreed to undertake was to call everyone to update contact information and to talk about the Neighbor Network telephone reassurance project.

Team members are Jack Flemming, Joe Berman, Dick Brackin, Ellsworth Holden, Betty Larson, and Pat Light.


They will be assisted by Ambassadors, which to date include John Barrington and Max Evans.

Additional team members and Ambassadors are welcome. Please consider joining this effort to keep members engaged. And thanks for participating.

Summertime Entertainment Options

Ohio Valley Summer Theater, in its 64th season, presents *Mary Poppins* from July 16 through August 2. Performances will be held Thursday, Friday and Saturday, at 8 p.m., and Sunday matinees at 2 p.m., at the Elizabeth Baker Theater on the OU campus in Kantner Hall (School of Theater building). Tickets for the general public are \$15; tickets for seniors and children are \$12. Tickets can be ordered online through <http://marypoppinsovst.bpt.me/> (a service charge applies), or by calling the box office at 740-447-1029 to leave requests. The box office opens an hour before each show, usually not during business hours.



 **Quilt National 2015** is the current exhibition at the Dairy Barn. Hours are 11 a.m.-5 p.m., Tuesday-Friday; noon to 5 p.m., weekend. Admission is \$10 for adults and \$8 for seniors. On Thursday evenings, from 5-9 p.m., admission is \$5; cash bar is available. On Thursday, July 16, admission is FREE because the Decorative Arts Center of Ohio is sponsoring the evening.

Senior discounts

- ◆ The [Columbus Zoo & Aquarium tickets](#) are normally \$17.99 for adults and \$12.99 for seniors. You can purchase discounted admission tickets to the Columbus Zoo and other amusement parks in Ohio through the **OU credit union**. Go to <http://www.oucu.org/home/resource-center/news/exclusive> and scroll down to amusement parks. Click on the link for the Columbus Zoo ticket discounts. (Login = oucu; password=beco) OUCU's discounted senior tickets at the Zoo are \$7, but parking remains \$8 even with advance purchase. The Columbus Zoo also offers **50% discount to seniors on Tuesdays, no advance tickets required**. Parking will remain \$8 even on senior discount day.
- ◆ The Athens Kroger store offers Columbus Zoo discounted tickets for seniors (\$11), that can be used any time. Kroger also sells discounted tickets for Kings Island, Kings Island combined with Cedar Point, and *Tecumseh*, the outdoor drama performed evenings in Chillicothe.
- ◆ A link to additional discounts is listed in the June *Athens Village Voice*. Call the office to request a hard copy at 740-447-0500.