

BROWN BAG LUNCH

Thursday, June 25

Greet and eat, 12 noon

Talk starts at 12:15 p.m.



Creativity and the White House Conference on Aging



Come chat with Stacia Davis Moore who recently joined in conversations on creativity and aging during the National Center for Creative Aging's Summit in May. This meeting ran in line with the White House Conference on Aging.

Today we realize a high need to enhance the support of growing population requirements by developing chances for all ages to join together, to share stories, and to "be" creative together. The arts and creative pursuits can build bridges that lessen isolation while enriching lives, young and old. Our sage elders are vital leaders who can impart wisdom on coming generations, the arts provide a vehicle and a voice!

The Ohio Arts Council has joined in this belief through the development of a new initiative called **Artful Aging Ohio**. Athens hosted the very first pilot residency and a second is under way. Additional residencies are occurring statewide. Hope remains to have Ohio University play a significant role in evidence-based research that can be utilized in reports to drive decision making to support quality of life.

Members should feel welcome to join the fun **on Thursday, June 25 at O'Bleness Hospital, Room 10**. And, hey, bring a friend or two!

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., June 3, 11 a.m., Public Information Team, ACEnet Conference Room B.

Wed., June 3, 10, 17, 24 and July 1, 7-8 p.m. Concert Under the Elms, College Green. Bring your own seating. Free. (see p. 4)

Mon., June 8, 2 p.m., Hearing Aid Support Group. Open to the community for anyone wanting advice about hearing aids. (see p. 3)

Mon June 8, 3:30 p.m. Wellness & Safety Team meeting, ACEnet Conference Room B. (see p. 6)

Wed., June 10, 10 a.m., Board meeting, ACEnet Conference Room C-front.

Wed., June 17, 1:30 p.m., Caregiver Support, ACEnet Conference Room B. (see p. 6)

Wed., June 24, 1 p.m., Get the Most out of Your Membership, ACEnet Conference Room B.

Thurs., June 25, noon, Brown Bag Lunch, O'Bleness Hospital room 10 (in the basement).



Go Purple on the Longest Day



Break out your favorite shade of purple on **Saturday, June 21**. Longest Day is an opportunity to focus on Alzheimer's disease and the need for more education, support, and research! For additional ideas go to www.alz.org/wv/in_my_community_17085.asp. Bradley Cooper, Dick Van Dyke, and many others, including the cast of *The Big Bang Theory*, have taken the purple pledge to fight Alzheimer's: [click here to see the photos.](#)

WELCOME TO NEW MEMBERS

Deb Mingus AND Joann Dodd

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
ACEnet, Building B, 94 Columbus Road
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 Everts

Jack Flemming

Sue Foster

Steve Grimes

Margo Marazon

Michael Ward



Office notification: Closed June 1 & 2

The office will be closed on June 1 and 2. Susan Gilfert will be in the office from 10:30 a.m. to 2:45 p.m. on Wednesday, June 3, but attending a TAV committee meeting from 11 a.m. to noon.

Patty Mercer will return to the office on Thursday June 4. Assistance to members during the time will still be available via phone (740-447-0500).

Change the Whole World in a Day



Member Jane Woodrow recently brought this to our attention:

If you want something that lasts for days, plant flowers.

If you want something that lasts for years, plant trees.

If you want something that lasts for eternity, plant an idea.

WHEN I READ THESE WORDS years ago, I felt a spark in my mind. A cancer survivor, I have dedicated my life to "wellness," but living well is simply not enough. I dreamed of a "wellness" project that could inspire the seven billion people living on this planet in their shared dream: to live a better life.

This was the moment that Global Wellness Day began, a project I have been working on day and night for the last three years. On Saturday, **June 13, 2015, Global Wellness Day** will be celebrated in 30 countries on five continents. Thousands of Global Wellness Day Ambassadors are now working to make the world a better place. Join us!

According to international research, the most common disease throughout the world and the greatest danger facing mankind is unhappiness — but solving this problem that darkens our future is not as difficult as you might think. Just look in the mirror and become more aware: The solution is standing right in front of you!

The only secret of our Wellness Day Ambassadors is the realization that increasing one's own happiness and health is best achieved by inspiring someone else. You can make a big difference! Take a minute to think about what you, your yoga studio, church, ashram, hospital, or city can do on Saturday, June 13, to fan the flame of happiness on the Earth. Any event that helps people align themselves with wellness can change entire lives — and affect the lives of thousands more in a positive way.

By Belgin Aksoy from Sakarya, Turkey

Originally printed in Spirituality & Health (Mar/Apr 2015), p. 88

The Athens Village

What are we here for? What do we do?

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.

TAV Hearing Aid Interest Group

The Hearing Aid Interest Group, an ongoing monthly meeting 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, June 8, at 2 p.m. Conference Room B of ACEnet, 94 Columbus Rd. Invite a friend!**



On the topic of the challenges facing those with hearing loss, Gladys Balin Stern recommends the following book as very funny and thought-provoking: **Deaf Sentence** by David Lodge (2008). The novel is about a UK professor burdened with increasing high-frequency deafness.

Slate magazine mostly agrees that it is an enjoyable read; [online readers can click to the review here](#). Also, an unnamed *Sunday Times of London* reviewer who is similarly afflicted with deafness [contributes a review](#) that online readers can read here. Offline readers may call the office [740-447-0500] to request a printed copy of these reviews.

SPEAK UP FOR SENIORS!!

Join in the quest for elderly independence. Contact your U.S. legislators to ask for support of the Reauthorization of the Older Americans' Act (OAA). The OAA funds critical services that keep older adults healthy and independent—services such as meals, caregiver support, transportation, legal services and more. The Act is overdue for reauthorization. **Please** take 5 minutes to call your U.S. Senators and Representatives.

Action Steps:

- ⇒ Call your member of Congress—main switchboard (202) 688-3851 and follow the prompts to be connected to your elected officials on Capitol Hill. You will most likely be connected to a "staffer" and all you have to say is "I would like to encourage Senator XXX to support the Older Americans Act."
- ⇒ Don't know who your member of congress is? [Click here!](#)
- ⇒ Write a letter-sample contents: **"The Older Americans Act is celebrating its 50th anniversary this year. As a constituent, I urge Senator/Rep. XXX to fund, reauthorize, and protect the Older Americans Act by restoring appropriations to at least fiscal year 2010 levels, passing a reauthorization, and removing the continued threat of across-the-board sequestration cuts. Thank you for your consideration."**
- ⇒ Call the TAV office for assistance. 740-447-0500

Golden Buckeye Card!

Wonder what it's good for? Call the office to request a list of places in Athens County where your Buckeye Card is good for some sort of discount or free service. The list can be emailed or postal mailed to you. Look for this sign in the window of the shop.



Volunteers Wanted



The Athens Village is expanding our relationship with the federally and state-funded Retired Senior Volunteers Program (RSVP). Presently we have one volunteer who provides office support once a week for 2-4 hours. We hope to encourage more community members to volunteer for us in a variety of roles such as offering respite for caregivers, providing technical assistance, and so on. The RSVP program offers a ready, tried, and true method to do this. *If you know of folks over the age of 55 who would like to be involved, please have them contact Sandy Shirey or Mary Lewis, 740-594-8499, Corporation for Ohio Appalachian Development (COAD), 1 Pinchot Lane.*

RSVP serves as a matchmaker, linking community members with work they will enjoy! It will give 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 celebrations, and the nonprofit seminar, Mission: Possible.

SeniorBEAT Activities!!

Highlights from the OhioHealth O'Bleness *SeniorBEAT* newsletter

Tues., Book Club, 10 a.m. Willow View Café, O'Bleness

- ◆ June 8, *The Other Queen* by Philippa Gregory
- ◆ July 13, *The Lincolns: Portrait of a Marriage* by Daniel Mark Epstein
- ◆ August 10, *The Widow's War* by Sally Gunning

Thurs., June 11, History Group, 1 p.m. in room 8 of the hospital, Emily Prince from Stuart's Opera House will give a presentation about this historic Nelsonville theater and the April 12 fire.

Thurs., June 18, Speaker's Program, 2 p.m. in room 10 in the hospital. Lindsey Richards and Sarah Cappelletty will present info about OU's Respite Program to relieve caregivers' stress.

Fri., June 22, Lunch Group, 11:30 a.m. at Restaurant Salaam, 21 W. Washington St., Athens.

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

Share Your Story

Storytelling has a long history in human civilization. Storytellers were the historians and librarians of ancient tribes and peoples, keeping culture alive before the written word was invented.

Member Sheila Williams has brought TheMoth.org to the attention of the office. TheMoth.org is like an audio library; a point from which personal stories can be recorded and kept. From <http://themoth.org/tell-a-story>, anyone can prepare and give a summary of the story that he or she wants to record. The recordings are kept on the TheMoth website.

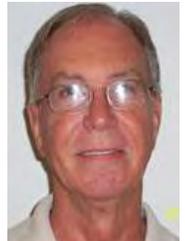
Williams suggested that members might like to listen to a few stories told by TheMoth subscribers, then tell stories of their own lives to other TAV members — an evening of storytelling. Shall we?



Ohio River Medical Mission: June 2-11 in Pomeroy. Free medical screenings for you and your pet. [Click here for the flyer.](#)

Lane's Corner: Monthly Helpful Hints

PROTECT YOURSELVES! In the past two weeks, two friends of mine have had break-ins into their homes. These burglaries took place in the daytime, between 10 a.m. and 2 p.m. The thieves took jewelry, guns, and electronics; and used a pillowcase from the bedroom to put their swag in.



In the summer, a lot of us just have a screen in our windows to catch a breeze, which is like saying "My windows are open, come in." You need to secure all windows and doors, day and night. Never leave the windows or doors open when you're not home. If you have deadbolts, use them. If you have a sliding door, the best lock is a 2x4 or 2x2 dropped in the tracks so the door will not slide.

If you're not home for a few nights, use timers for your lights; leave on a radio or TV (or put it on a timer); and have someone pick up your mail (or stop it at the post office). Most of all, have someone check on your home often. I can do that; just call the office.

DON'T FORGET! ALL YOU NEED TO DO IS CALL! IT'S ONE OF YOUR MEMBERSHIP BENEFITS! Just Call 740-447-0500.

Lane



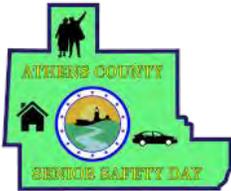
"Under the Elms" Concert Series Starts June 3



The popular Communiversy band playing on the College Green, starts Wednesday, June 3. Anyone who plays a brass, woodwind, or percussion instrument is welcome to join rehearsals on Tuesday evenings before each concert; contact the director, Andrew Trachsel, 740-593-1670 or trachsel@ohio.edu.

The concerts are free and out in the open. Bring your own seating, whether it is a lawn chair or a blanket on the grass. Children are free to run around and play on the grass of the College Green outside of the audience area. Audience members occasionally bring well-behaved pets.

Each concert begins at 7 p.m., but feel free to come early, bring your own food, and picnic. Rain or threatening weather moves the concert inside Memorial Auditorium; no food or pets allowed inside. Mark your calendars: the concerts are **June 3, 10, 17, 24** and a patriotic concert of brass-band music on **July 1**. Be sure to come early for the last concert, as it is very popular, and seating becomes quite limited by 6:30 p.m.



Athens County's First Senior Safety Day Deemed Success

It was a cold and cloudy day, but the spirits of around 300 participants were warm and happy. More than 25 tables and booths were set up inside the Athens County Fairgrounds. Participants included The Athens Village, United Seniors of Athens County, the local American Red Cross office, sheriff, police & fire departments from around the county (with dogs when available), local transportation services, and many others. Demonstrations of how to use a fire extinguisher correctly were popular. The OU Heritage College of Osteopathic Medicine had a trailer for free medical screenings. Athens County Job and Family Services compiled a brochure of transportation and education resources; [download by clicking here](#). Free hot dogs and beans were available after 11 a.m., and many tables were giving emergency & safety supplies away. The Sheriff's Office also announced door prizes to registrants. More than 20 TAV members stopped by the TAV table to lend their support; thank you all for coming. [Online readers can read a Messenger article by clicking here](#); offline readers may request a hard copy by calling the TAV office at 740-447-0500. Online readers can also hear & read the [WOUB report by clicking here](#).



Patty Mercer, Mary Lee Powell, Gladys Stern at the TAV info table



Big Changes at ACVNA



Community Visiting Nurse Association (ACVNA) will no longer be offering private-pay care as of June 26, 2015. The service can be prescribed by Medicare, Med-

icaid, or private physicians, but hiring any services on a private basis will no longer be an option. Contact the TAV office at 740-447-0500 to learn about alternatives.

May Brown Bag: Senior Scams!

Sheriff Rodney Smith and Detective Doug Crites made an impressive presentation on May 28. Members reported getting phone calls from persons who say they are from the IRS. These persons claim that the member has back taxes due to the IRS and threaten fines and jail time if the member does not pay immediately. The speakers offered solutions to these and other scams: 1. Don't Panic. 2. Tell Someone. 3. Don't worry about being rude—Hang up. The IRS can be reached at 800-829-1040. Access [IRS memo here](#). 4. Do not let strangers into your house. 5. Never share personal information.

The Sheriff's Office also asks members to call if they receive anything (e.g. call, mail) which seems odd or suspicious. The Sheriff's office phone number is 740-593-6633. It is also appropriate to call 9-1-1 if the scam is taking place in person.



ATHENS COUNTY SHERIFF'S OFFICE

Rodney Smith, Sheriff

13 West Washington Street · Athens OH 45701

CULINARY CONVERSATIONS:

Dinner for eight

Join a small group of Villagers to have dinner together somewhere in Athens on a monthly basis. Feel free to 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 July!

Ruby Tuesday, Friday,

June 12 at 7 p.m.

Ellsworth Holden, host

Reservations are due to Ellsworth by 6/10, via e-mail or phone:

ellsworth_holden@hotmail.com

OR 740-593-8545 (Please leave a message.)

BON APPETIT!

French Art Colony hosts the Gallipolis Garden & Tasting Tour

The Athens local office of AAA is part of the 3rd Annual Gallipolis Garden & Tasting Tour on Saturday, June 20, from 10 a.m. to 2 p.m.



Tastings from some of Gallipolis' local restaurants will be paired with unique garden tours in the town's National Register Historic District.

Tickets are \$20 per person and include both the tour and the reception. For more information, call 740-446-3834. Participants will enjoy nine gardens and food tastings from Laurel Valley Creamery, Tuscany Cuccini, Crossroad Bistro, Jimanetti's at the White House, Nybble Cafe, Brad Deal Catering, The Wounded Goose, and Honey Creek Barbecue. Tickets also include samplings of two wines for persons with valid IDs.

You can drive yourself. However, it might be more interesting to carpool or convoy with members of The Athens Village. Call the office, 740-447-0500, for assistance in coordinating.

The address of the French Art Colony is 530 First Avenue, Gallipolis, OH, 45631. Online readers can see the calendar and updates at www.frenchartcolony.org.

Hire a Copperhead!

The Copperheads are the local summer semiprofessional baseball team. The young men are available after June 8 to do painting, mowing, or other similar tasks (mostly outside jobs on a one-time basis.)



They do the work, and your payment is considered a donation to the team. Your donation helps to pay for the team players' room and board for the 2015 summer season.

Call Angie at WATH radio (740-593-6651) with your work request. She will ask you for your name, phone number, and what you want done and then contact the Copperheads' manager. He will call you back to make arrangements.

Go to the [Copperhead website](#) to see their schedule; those boys are busy! Most of the 2015 team players are from out of town; only Callery, Gianini, Botter, and Rudnicki are/were Ohio University students.

The Health and Wellness Team Takes Action

The Health and Wellness Team's focus is on health, safety, and quality of life. As research is gathered in relevant areas it will become the basis for a resource library, lists of vetted services and resources, and development of programs that members can attend to learn and enjoy.

Already our Village has provided such programs on avoiding falls, a creative writer's workshop, travelogues, and support groups on both hearing aides and caregivers. Handyman services by Lane Hoisington are also available. Options for future research ideas include: exercise, meal support, emergency notification systems, medical advocate programs, and housing options. The team welcomes your suggestions.

As its first project, the Health and Wellness Team decided on ways to help members select a medical alert system. To assist with this process, we have a few questions to answer. Please take time to share your experience.

- ◇ 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 or 740-592-2063;

TheAthensVillage@gmail.com

Caregiver Support Group Revived



Two coordinators, Sue Erlewine, RN (ret.) and Rev. Leslie Flemming, have agreed to facilitate the group, which meets the third Wednesday of every month at 1:30 p.m. at ACEnet Conference Room B. The group discusses the challenges that caregivers face daily. The goal of this group is to create a network of support — not just a monthly meeting.

It is for TAV members only (or family or caregivers of members). Please call the office if assistance needed in order to attend.

Leslie recommended the following: Caring for Mom and Dad: <http://www.pbs.org/wgbh/caringformomanddad/watch/>