

Two Different Ways to Support The Athens Village



**Ready to RAID THE FREEZER?
APRIL 28, 4 TO 6 P.M.**

April's Raid benefits **The Athens Village!** The raid will be held at ACEnet, 94 Columbus Rd. Raid menus can be viewed at www.gourmetyourway.biz.

Can't make it to Raid? Pre-order and a custom pick-up time can be arranged. For additional information, call 740-589-6456 or email info@gourmetyourway.biz

**For a delicious way to support
The Athens Village, RAID MILO'S FREEZER !**



**O'Bleness Hospital
Race For A Reason**



April 23rd, 2016 Athens, Ohio

The Athens Village is participating in the Race for a Reason on Saturday, April 23. We welcome our members, family and friends—any one interested in showing support for 'aging-in-place' in Athens County—to walk with us. The Athens Village executive director, Patty Mercer, plans to participate in the 3K (1.86 miles) walk which begins at 10 a.m. Look for her in the

bright blue 'Active Ager' t-shirt!

The Active Agers debuted at the August 2015 annual American Heart Association Race. (The team, pictured right: Claudia Hale, on tricycle, Patty Mercer, center, and Anita James, far right; not shown, Margo Marazon).



The 5K race begins at 9:45 a.m. Register for the race online at: <http://ohioraceforareason.com/races/> and type in "The Athens Village" as your Reason. If you need assistance with the process or have questions, call the office at 740-447-0500.

From the \$20 registration fee, \$10 will be donated to The Athens Village. If you can't join walkers on race day, you can still make a donation. Be sure to register prior to the event in order to designate **The Athens Village** as the donor. Same day registrations will not be permitted to designate the reason. Log on now to register! Please share this fun way to support your organization with your family and friends.

The Athens Village Voice

Stay connected
and engaged.
Your feedback is
always welcome.

*Building B*

Patty Mercer,
director

Susan Gilfert, administrative assistant
Lane Hoisington, home maintenance
John Barrington, AVV editor
Atira Parker, social work intern

Address: 94 Columbus Road,
Building B, ACEnet Campus,
Athens, OH 45701

Office phone: 740-447-0500

After hours: Members may
call the phone number above.
Calls will be forwarded to the
home phone of the director.
Leave a message.

E-mail: TheAthensVillage@gmail.com

Web site: www.TheAthensVillage.org

Board of Directors

Ed Baum, president

Anita James, secretary

Steve Grimes, treasurer

John Barrington	Ellsworth Holden
Jack Flemming	Margo Marazon
Sue Foster	Georgann Penson
Don Fucci	Mark Reininga

**Member Benefits: The Purpose of TAV**

The founding members of The Athens Village predicted that three things could spoil the plan to remain living in their own home. They made it their mission to create programs to ameliorate problems and stress around these:

1. **Taking care of the home, daily maintenance and major overhauls, as needed.** The Athens Village has been successfully been assisting with this, thanks to the expertise of our home maintenance coordinator, Lane Hoisington and maintaining our list of "Village Vetted Vendors." Information from this list is available by talking with Lane or any office staff. See your member handbook for additional details about the categories.
2. **Taking care of acute situations, annoying problems or topics you are curious about.** Anyone on staff can tackle these situations. If we don't have the answers, we go to the membership, the community and other experts to find the information and hands-on support members request.
3. **Getting from A to B when driving is no longer comfortable or safe.** This has been the biggest challenge of all the services requested. Thanks to efforts at a community level, there are numerous projects which create a patchwork-quilt solution the transportation question. These are listed below. A flier will be available soon with additional details.

But most importantly, The Athens Village and RSVP/COAD are rolling out a pilot project in May which is designed to fill the gaps in services the community projects cannot provide. The RSVP/TAV Volunteer Driver Project will offer rides based on the availability of the drivers. Additional details will be provided to members as soon as possible.

In the meantime, please explore the services below to see how your transportations needs might be met. (Additional details can be obtained by calling the office, 740-447-0500):

- Campus Area Transportation (CATS), 740-593-1702
- CATS Late Night Service, 740-593-4040
- Athens Transit, 740-592-2727
- Athens On Demand Transit, 740-597-2404
- United Seniors of Athens County, 740-594-3535
- GoBus, 1-888-954-6287
- Lantz Repp, Athens Mobility Coordinator, 740-767-4500, Glouster office;740-594-8499 x.203,COAD office



George Weckman graciously
donated TAV signage.

Members and guests
can look for
**THE ATHENS
VILLAGE
EVENT HERE
TODAY** sign, which
indicates where events
are being held.
Thanks, George!

*Building C*

Student Volunteers Available until...

Four OU students contacted our office and offered to assist TAV members this semester. Visits have been fruitful and fun! For details, see below. Please contact the office at 740-447-0500 if you would like to be involved. They may have a couple of hours, in between studying for finals, for one last visit or two! (Classes end April 22)



Thanks for the Spring Semester, 2016, Student Volunteers for their energy and attention to members and in the community at large:

Morgan Beul, graduating senior, communication sciences and disorders and geriatric certificate. Morgan has volunteered at The Laurels and is a member of AGES. For The Athens Village, she has shared her computer skills, and visited the yoga class and lunch group at Bob Evans.



Riley Carpenter, junior, communications, minor in social work. Her focus has been ‘gerontechnology.’ She co-coordinated the *Athens Tech Fair* and provided individual assistance to members.



Ali Fister, freshman, pre-social work. She has eagerly spent time assisting members with various projects including downsizing, de-cluttering, etc. and computer or other technology challenges.



Carley Sparks, senior, public health major. She concentrated on organizing resources in TAV’s office, researching future educational seminars, assisting Deb Sechkar, consultant for TAV’s Dementia-Friendly Town project – including conducting face-to-face interviews with TAV members who have experienced caregiver challenges due to cognitive issues.



Senior Safety Day

May is Older Americans Month across the nation. Athens County is highlighting this celebration with Athens County Senior Safety Day on **Thursday, May 19, 10 a.m.—2 p.m.** at the Athens County Fairgrounds. Many groups from around Athens County have been working for months to plan a fun and informational event for everyone.

Did you know that what you do to and for yourself throughout your lifespan has a greater impact on your wellbeing than genetics? Even as your abilities change with age, there is ALWAYS something you can do to be healthier, keep chronic conditions in check and live "Well Beyond 60!"



Information and Services Offered

Door Prizes Free Giveaways Home Safety
 Medical Screenings Vehicle Safety Inspections
 Emergency Preparedness Crime Prevention
 Special Needs and Mass Transportation
 Regional Senior Resources Free Lunch

The Athens Village Information Table

The theme will be “Make Retirement Sweeter—Join The Athens Village.” We will be giving away cookies in addition to sharing information about community resources, aging and our organization. **Volunteers are needed to help host at the info table (shifts of 1-2 hours to offer testimonials about being a member) and to bake cookies. Please call the office if you would like to share your time and energy for this good cause. (740-447-0500)**

A new TAV “Interest Group?!”

It is not too late to join the team! If you are interested in bowling (either to bowl or to watch-cheer-jeer-whatever,) **call Dru Riley Everts at 740-592-1231** to tell her your interest and the day and time of day most convenient to you. After she gets all the responses, she will meet with the Rollerbowl staff and negotiate the best deal we can get. Anyone is welcome to come and go for whatever sessions they want.





IMPROVING ACCESS TO CARE FOR PEOPLE WITH PARKINSON'S DISEASE

A research study is being conducted about access to specialized neurologic care for people with Parkinson's disease. Your input is important! You are able to participate in this study if you:

- ▶ Are 18 years of age or older
- ▶ Have been medically diagnosed with Parkinson's disease **or** care for someone who has Parkinson's
- ▶ Currently live in Athens County

You are **not** able to participate in this study if you:

- ▶ Have also been medically diagnosed with dementia
- ▶ Are not a family member of the individual you care for with Parkinson's

This research is conducted under the direction of Kristin Schuller, PhD Assistant Professor in the Department of Social and Public Health and Brooke Vaughan, PT, DPT, NCS Assistant Clinical Professor in the Division of Physical Therapy.

Fifty participants are being sought. For more information about the study: schuller@ohio.edu or (740)593-0528.

"How have you played as you've gotten older?"



I want to hear your story!"

Julie A. Brown, Ph.D.

I am seeking persons age 60+ who are willing to be interviewed about how they have played over the years, from childhood to current day.

If you are interested in volunteering for this study or would like to learn more, please contact me via email: brownj14@ohio.edu or call: (740) 597-2665, Department of Social and Public Health, CHSP, Ohio University.

Any information you provide will be kept completely confidential.

To Cancel "Clutter" in OU Outlook/CatMail Email

By Anita James

I did not ask for Clutter to be added to my OU Outlook/CatMail email account. Rather than saving me time, I spent more time going to the Clutter folder and searching it for misdirected messages. Here is how to cancel Clutter (Sorry, I do not have a Mac to offer instructions for that device.):

Same first step for each device:

- 1) Access your Outlook/CatMail account through the web sign-in, i.e., <https://mail.ohio.edu>

For a PC: After accessing CatMail:

- 1) Look for the gear symbol () on the upper right of the screen. Click on the symbol.
- 2) There will be a dropdown menu; go to the bottom of the menu and click on Options.
- 3) The menu moves to the left side of the screen. The third item listed is Mail. If Mail does not have a menu under it, click on the black triangle (▶) to release the menu items.
- 4) The first menu item is Auto processing. The second item under Auto processing is Clutter; click on Clutter.
- 5) There are two boxes under Clutter, **uncheck** "Separate items identified as Clutter." Click Save.

For an iPhone: After accessing CatMail:

- 1) Tap the big equals symbol (≡) on the left of the screen.
- 2) Tap the gear symbol () on the upper right of the screen.
- 3) There will be a dropdown menu; go to the bottom and click on Options.
- 4) The menu moves to the left side of the screen. Scroll down until you see Clutter (it should be the eighth item). Tap Clutter.
- 5) There are two boxes under Clutter, **uncheck** "Separate items identified as Clutter." Tap Done; then Done again on the Options screen.

For an iPad: After accessing CatMail:

- 1) Locate the three dots (⋮) at the lower right of the screen. Tap on the dots.
- 2) On the dropdown menu, tap on Options (the second item).
- 3) The menu moves to the left side of the screen. The third item listed is Mail.
- 4) The first item under Mail is Auto processing.
- 5) The second item under Auto processing is Clutter. Tap Clutter.
- 6) There are two boxes under Clutter, **uncheck** "Separate items identified as Clutter." Tap Save.

What you do on one device removes Clutter from all of your devices linked through OU CatMail.