



**Brown Bag Lunch:**  
**Thurs. Dec. 8, noon-2 p.m.**  
**O'Bleness Room 10**



TAV member Gladys Bailin Stern will discuss her recent journey to London aboard the *Queen Mary II* cruise liner and the theater she attended while in London. This trip was made possible through the Road Scholar program (formerly Elder Hostel). Come enjoy Gladys's stories. If you feel like bringing a holiday dish to share, you are welcome to do so.

**Medicare and You:**  
**Annual Open Enrollment**

The annual Medicare Open Enrollment period runs from October 15 through December 7. In this period, Medicare recipients can change their Medicare plans without penalty. STRS members also need to examine their choices, as STRS will not pay some premiums after Jan. 1. Several people in Athens can help TAV members determine the best choice for their situation.

\* TAV member Jane Woodrow notes, "Snider, Fuller, and Stroh offers help with signing up for Medicare, Medicare Advantage, Supplemental Plans and Part D drug coverage. It is a free service. They can look up your drugs for you and find the best plan to fit your needs--difficult for many of us to do on our own. Contact Amie Welch at 5 Depot St. (near the Station Project). Call 740-594-8385, or email [awelch@sniderfullerstroh.com](mailto:awelch@sniderfullerstroh.com)."

\* Krista with United Seniors (in the Community Center, 701 E. State Street) is a trained OSHIIP volunteer. She offers free service, listens to your concerns, looks up information regarding your drugs, and discusses various plans with you to find the best fit for your situation. OSHIIP does not sell insurance. You can make an appointment with Krista by calling 740-594-3535.

\* Brenda Swank spends Octobers through early December talking to customers about all Medicare plans. She is usually in Wal-mart on Mon.-Sat afternoons. She is very well informed. I don't know if she has access while she's in Walmart to the same database that Amie and Krista use. Brenda's services in Walmart are free. Call 740-593-5573 to make an appointment to speak with her at the office, or at Walmart. She also gives advice over the phone. Brenda is a licensed insurance broker with Mathews Insurance.

**Whoever you call, please set aside at least an hour for this very important discussion.**

**December Calendar**

**Every Tuesday, 10:30 a.m.,** Chair Yoga, OSU Extension office, 280 W. Union St., \$5 donation per person per session.

**Every Tuesday, 12:30 p.m.,** Informal lunch gathering of members and friends at Bob Evans Restaurant, hosted by Ellsworth Holden. (**Note: No gathering Dec. 6**)

**Wed., Dec. 7, 11 a.m.,** Public Information Team meeting, ACEnet Conf. Room B.

**Thurs., Dec. 8, noon,** Brown Bag Lunch meets at *O'Bleness Hospital room 10*. This meeting is open to the public. See story, left.

**Mon., Dec. 12, 1 p.m.,** Membership Team meeting, ACEnet Conf. Rm. B.

**Mon., Dec. 12, 2 p.m.,** Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B.

**Tues., Dec. 13, 10 a.m.,** Board meeting, The Plains Library meeting room

**Wed., Dec. 14, 3 p.m.,** Health and Wellness Team, ACEnet, Conf. Room B.

**Wed., Dec. 21, 1 p.m.,** Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

The TAV office will be **closed** between Dec. 25 and Jan. 1. Members can always call Gregg at 740-447-0500 with any questions or concerns at any time.

**Handyman Update**

The Village has engaged Shawn Stallings as the handyman. Shawn has been most recently the handyman for ACEnet, so his skills are well-honed. He lives with his wife between Athens and Marietta. Welcome, Shawn!

### The Athens Village Voice

Stay connected and engaged.  
Your feedback is always welcome.

Gregg Andrews, Executive Director  
Susan Gilfert, Administrative Assistant  
Shawn Stallings, Home Maintenance Coordinator  
John Barrington, AVV Editor

**Address:** 94 Columbus Road, Building B, ACEnet  
Campus, Athens, OH 45701-1312

**Office phone:** 740-447-0500

**Office hours:** MON.-THURS. 10 A.M. TO 2 P.M.  
AND 2ND AND 4TH FRIDAY EACH MONTH  
10A.M. TO 2 P.M.

**After hours:** Members may call the phone number  
above. Please leave a message.

**E-mail:** [TheAthensVillage@gmail.com](mailto:TheAthensVillage@gmail.com)

**Website:** <http://www.TheAthensVillage.org>

#### Board of Directors

**Ed Baum, President**

**Georgann Penson: Vice President**

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#### *Sponsors*



Members and guests can look for **THE ATHENS VILLAGE "EVENT HERE TODAY"** sign, which indicates where events are being held. George Weckman graciously donated TAV signage. Thanks a million, George!



### *From the President's Desk:*

## Being a Senior in Athens



More than once I have had to explain that when I talk about seniors in Athens, I am not referring to fourth year university students. Sometime it surprises people to learn that there are more than 7,000 senior citizens in Athens County (defined as someone 60 years of age and older).

It is more surprising to some that a variety of senior programs and activities are directed towards us. For example, there are several senior lunch groups. The Athens Senior Club (annual membership \$10) meets at the Community Center on the second Wednesday each month, beginning at 11 a.m. for lunch and program with well over 120 attendees. The Albany Senior Club meets for lunch at the old schoolhouse in Albany on the third Wednesday each month (usually about 60 attend). Both groups sponsor periodic trips, both day and multi-day trips such as a recent five-day trip to Niagara Falls.

Many exercise programs exist, in addition to our own yoga class. SeniorBEAT has a program developed by the Arthritis Foundation on Tuesday (12:30 p.m. at the Community Center), Wednesday (10 a.m. at The Plains United Methodist Church), and Saturday (10 a.m. at O'Bleness Hospital). Silver Sneakers has several classes at the Community Center, including a general program on Monday and Friday at 8:30 a.m., and a new "Stability" program on Friday at 1 p.m. There is also a senior swim group at Beacon School, MWF at 3 p.m. (A \$1 fee goes to the lifeguard.)

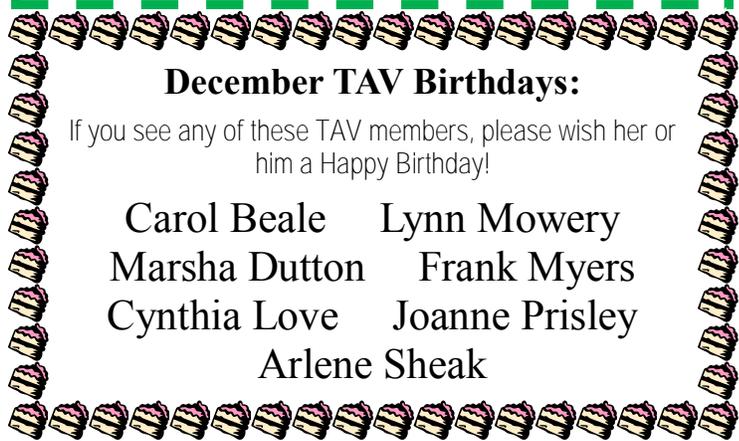
Many other opportunities abound... but it is not always easy to find them. I'll note some more next month.

*Ed*

### December TAV Birthdays:

If you see any of these TAV members, please wish her or him a Happy Birthday!

- Carol Beale    Lynn Mowery
- Marsha Dutton    Frank Myers
- Cynthia Love    Joanne Prisley
- Arlene Sheak



## TAV Now a Kroger Beneficiary

The Athens Village has been added to the list of beneficiaries of Kroger Community Rewards Program. This means that TAV members and friends can continue shopping at Kroger as usual, but through *your* efforts, Kroger can share its profits with TAV.



### Here's how you can help:

\* Register your Kroger Plus points card on your computer, and choose The Athens Village (#76313) as the organization you wish to benefit.

If you would like help in receiving a points card and/or registering it, please call the office (740-447-0500). Susan Gilfert, TAV administrative assistant, can come to your home and/or computer to assist you in this process.

**To date, two households have chosen TAV. In December, \$27.70 will be given to TAV by Kroger. Thank you!**



Brown  
Bags  
Planned  
for 2017

- > **Jan 26:** Aubrei Krummert of Real World Organizing, speaking about organizing and de-cluttering.. Rec. by TAV member J. Woodrow.
- > **Feb 23:** Brooke Hollowell, OU Prof. of Communication Sciences and Disorders. Topic: TBA.
- > **March 23:** Free-ranging discussion of **Home Health Care** concerns, moderated by Kelley Brar, R.N. Request of M. Thomas, TAV member.
- > **April 27:** Roger Wilkens, Southeast Ohio Public Energy Council (SOPEC) director, talking about advances in alternative energy, including technology and legislation.
- > **May 25:** Jenn Bennett, new director of WellWorks. Facility tour and short talk.

**Location will change month to month. Not at ACEnet.**

## Highlights from the 11/17 BBL

Brian Clark, PhD, from the Ohio Musculoskeletal and Neurological Institute (OMNI) gave a summary of local research to a small but enthusiastic and appreciative group of TAV members. Several TAV members have participated in OMNI research in the past, and Brian shared how their efforts have helped move the field of gerontological research forward. OMNI is a corporate sponsor of The Athens Village.





## Hearing Aid Interest Group

Next meeting: Monday, Dec. 12, 2 p.m.  
94 Columbus Road, Conference Room B.

At each meeting, Facilitator Richard Dean addresses issues raised by attendees concerning hearing aids. He has information on a new type of cochlear implant that can replace hearing aids. Users have found that it is of great help to their hearing.

**The new device has full Medicare coverage!**

**Upcoming:** Dr. Dean is proposing a panel presentation in early 2017 about this new device. This presentation will be open to the public, with invitations going to Senior-BEAT and United Seniors members. Watch this space for further information.

## It Takes TeamWork

### All TAV teams need new members!

### Please volunteer!

#### Public Information Team

Task: Charged with keeping The Athens Village before the eyes of the Athens County public in whatever way possible. Meets 1st Wed., 11 a.m. at ACENet.

#### Membership Team

Task: Charged with member retention and recruitment; identifying the needs and methods to provide support to members to build relationships; conducting phone surveys of members, 4-6 times per year. Meets 2nd Mon., 1 p.m. at ACENet.

#### Health and Wellness Team

Task: Charged with assessing member needs and creating programs concerning safety and wellness; assisting with development and maintenance of projects/events for the membership. Meets 2nd Wed., 3 p.m. at ACENet.

### Membership Team Update

We must expand the membership of The Athens Village. It is also essential for us to retain the membership support we already have. One of the ways to do this is through regular phone contact with each member. In this way we learn if there are services we can provide to help our members continue living in their homes, and we can remind members that they might be expected from time to time to assist other Village members. Occasionally we just call up to say hi.

As always, we need people who are willing to regularly call a short list of members so we can continue to maintain regular contact with our full membership. If you would like to assist in this important work, please contact either Gregg or Susan at the Village office.

Next meeting: **Mon., Dec. 12, 1 p.m., at ACENet.**

### Public Information Team Update

The team announces a new brochure, reflecting personnel changes. TAV director, Gregg Andrews, has volunteered to be Team chair until a committee member is available. Need more Team members, please!

Next meeting is **Wed., Dec. 7 at 11 a.m. at ACENet.**

## Health & Wellness

### Team Update

By Gladys Bailin Stern

The H & W Team met on Wed., Nov. 16 to discuss topics that the team might take up. We are pleased that Athens City Council and Ohio University have created a joint Housing Task Force, and we are awaiting any report that might emanate from the work of this city council committee. Paula Moseley, Athens City Service-Safety Director and H&W Team member, said she would pass along pertinent information she receives. Other topics discussed by the Health and Wellness Team that continue to interest TAV members:

#### **Transportation**

Problems involve getting around when you can no longer drive, or night driving, and long distance driving. Though this is listed as a TAV service, many members are not using the service satisfactorily. How can this work better? BTW, The Village Shuttle project (see p. 5) needs more volunteer drivers for the Shuttle program to work.

#### **Medical Equipment Lending Library**

Some members may have walkers, canes, or other equipment that they own but don't use, which might be made available to other Village members.

#### **Awareness of scams, fraud and swindling**

So much fraud exists on digital devices and telephones that we feel members need to be apprised of these scams so as not to become a victim. A program on how to spot scams might be a good program for the membership.

#### **Nutrition Information**

#### **Computer Assistance**

Training for programs such as Excel or Quicken

#### **Updating the TAV Vendor List**

This list is a valuable TAV resource. It is released only on request for a specific service, and only to members. Call the office (740-447-0500) with requests or recommendations.

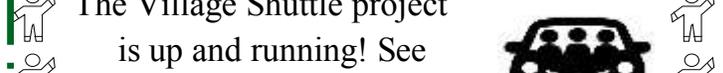
**Next meeting is set for Wed. Dec. 14,  
3 p.m. at ACENet.**

**A Votre Sante / L'Chaim / Na Zdrorvje /  
Salud / To Your Health**

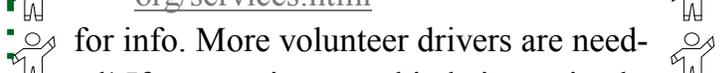
- **Tues, Dec. 6, First Presbyterian Church, Nelsonville, 6 p.m.,** *Healthy Cooking for the Holidays* workshop with Ruth Dudding. Sponsored by Community Food Initiatives.
- **Wed., Dec. 7, ACEnet, 4 to 6 p.m.,** *Gourmet Your Way Freezer Raid*. Info at <http://www.gourmetyourway.biz/images/Raid%20menu%202012-07-16b.pdf>. Benefits Community Food Initiatives.
- **Wed. Dec. 14, O'Bleness Cafeteria, 6 p.m.,** *Women's Health Panel* will discuss questions and research in women's health. Sponsored by OhioHealth.

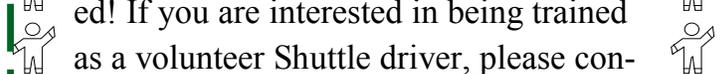


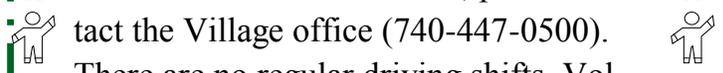


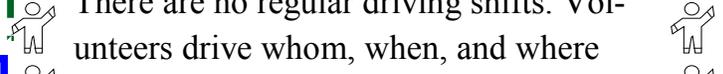


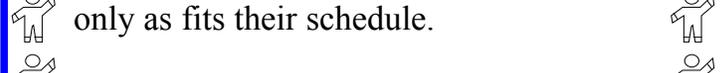


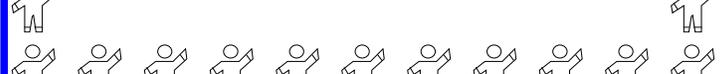














**The Village Shuttle Update**

The Village Shuttle project is up and running! See <http://www.theathensvillage.org/services.html>



for info. More volunteer drivers are needed! If you are interested in being trained as a volunteer Shuttle driver, please contact the Village office (740-447-0500). There are no regular driving shifts. Volunteers drive whom, when, and where only as fits their schedule.

**A Note from Gregg**



TAV has achieved a couple of important accomplishments over the past few days and weeks. We *finally* have a handyman on board, and requests for those services are being processed as quickly as possible. One might think filling the handyman position would be a quick and simple process. It seemed this position would be great for an older, maybe retired individual with some skill, time, and a desire to supplement the social security check. Unfortunately, that person never materialized. There were many interviews, job offers, and even start dates set, with changes at the last minute that prevented the position from being filled. I know this was a very frustrating time for TAV members wanting to have tasks completed as fall arrived, as it was for staff.

With that behind us, we are pleased to announce that Shawn Stallings has been hired to fill that position (see p. 1). Long-time handyman Lane Hoisington set the bar very high for any incoming handyman, but I feel confident Shawn has the ability to do the job well.

The second accomplishment I would like to mention is the implementation of the village shuttle. This effort was started long before I arrived, but has become a reality within the last few weeks. To make this effort a success, TAV members are needed to be trained as volunteer drivers through the Retired Seniors Volunteer Program (RSVP). Without your participation, the village shuttle program will not prosper. If you have the ability to volunteer as a driver, or if you have questions, please call Susan or me at the office (740-447-0500).

**ALZHEIMER'S ASSOCIATION TO INCREASE SERVICES IN THE ATHENS COMMUNITY**

In an effort to make Athens a more age-friendly community, the Alzheimer's Association's West Virginia Chapter is working with The Athens Village to increase services and education for families facing Alzheimer's and dementia in the Athens area. The Athens Village will host office hours from 9 a.m. to 1 p.m. on the first and third Friday of each month for Morgan Pavol of the Alzheimer's Association.

On these days, community members may stop by to pick up educational materials, discuss local resources, or meet with a care consultant to help assess the needs of their family member, assist with planning and problem-solving, and provide supportive listening.

Individuals wishing to find out more about services offered through the Alzheimer's Association or to schedule a free care consultation should contact [800-272-3900](tel:800-272-3900).



## For the Love of Athens—Reasons to Age-in-Place in Athens County



At the Athens Public Library  
30 Home St., 740-592-4272,  
[www.myacpl.org/athens/](http://www.myacpl.org/athens/)

**Thurs., Dec. 1, 6:30 p.m.** Meet the Author: *Rain No Evil* by Michele Zirkle Marcum

**Thurs., Dec. 8, 7 p.m.** Guest Author Presentation: *Angling Days* by Bob DeMott

**Thurs., Dec. 15, 7 p.m.** *The Geology of Athens County*, talk by John Knouse, local environmentalist.

**Sat., Dec. 17, 2 p.m.** *Poetry for Every Taste*, presentation by Patricia Black and friends.

### Holiday Celebrations

Various Athens groups perform special programs in December. Here are a few of them:

**Fri. Dec. 2, Sat., Dec. 3 (at 7 p.m.) and Sun.**

**Dec. 4 (at 2 p.m.), Stuart's Opera House, Nelsonville:** ABC Players presents *The Littlest Angel*, original script, music, and lyrics by the director, Celeste Parsons. TAV member Sylvia Abbott is in the cast. All tickets \$7, general admission. Box office: 740-753-1924 M-F, 10-5 p.m.

**Sat., Dec. 3, ARTS/West, 6 p.m.** "Madrigal Dinner" with SATB, Misfits Theater, the Athens Recorder Consort, and many more. Doors open at 5 p.m., fanfare begins at 6 p.m. Tickets \$50; benefits ARTS/West. More info at <http://artswest.blogspot.com/2016/11/madrigal-dinner-artswest-benefit.html>

**Sun., Dec. 4, 3 to 5 p.m., ARTS/West, 132 W. State St.** Holiday Craft Swap. Free admission.

More info at <http://artswest.blogspot.com/2016/11/holiday-craft-swap.html>.

Athens City Parking Garage upper levels (long-time meters) will be FREE on Thurs 12/1, 8, and 15 after 5 p.m. and all day Sat. 12/3, 10, and 17.

Two-hour meters in the garage must still be paid. Shop Athens!

### O'Bleness SeniorBEAT Activities

Become a member of SeniorBEAT! It's FREE!!!!

-History Group, **Thurs., Dec. 8, 1 p.m.**, Cyrus Moore will talk about Athens County bricks.

**O'Bleness Room 8.**

-Book Club, **Mon., Dec. 12, 10 a.m.**, plan books to read for 2017. **O'Bleness Cafeteria.**

-Speakers Program, **Thurs., Dec. 15, 2 p.m.**, Annual Holiday Party and storytelling. Donations of non-perishable food requested.

**O'Bleness room 10.**

-Lunch Group is not meeting in December.

For more details, call Joy MillerUpton at 740-385-8451 or email [jmillerupt@aol.com](mailto:jmillerupt@aol.com)

### Athena Grand, 1008 E. State St.

<http://athenagrand.com/>

Movie times recording 740-593-8822

Office 740-593-8800 (best time to call is 12 noon)

**Sat., Dec. 3, 12:55 p.m.**, The Metropolitan Opera: *The Magic Flute*. Tickets \$15

**Sun. Dec. 4, noon and Monday Dec. 5, 7 p.m.** *Spirited Away*: 15th Anniversary. Tickets \$12.50

**Tues Dec. 6, 6:30 p.m.**, National Theater Live: *War Horse*. Tickets \$15

**Wed. Dec. 7, 7 p.m.**, *Sherlock: The Abominable Bride*. Tickets \$15

**Sat., Dec. 10, 12:55 p.m. and Wed. Dec. 21, 6:30 p.m.**, The Metropolitan Opera: *L'Amour de Loin*. Adult \$24 Senior \$22

**Sun. Dec. 11 and Wed., Dec 14, 7 p.m.** *From Here to Eternity* (1953) Tickets \$12.50

**Tues. Dec. 13, 6:30 p.m.**, Bolshoi Ballet: *The Nutcracker*. Tickets \$18

**Tues. Dec. 13, 7 p.m.**, George Takei's *Alliance* on Broadway. Tickets \$18

**Tues Dec. 27 and Wed. Dec. 28, 7 p.m.**, *Doctor Who: The Return of Doctor Mysterio*. Tickets \$15