

Brown Bag Lunch-Picnic, Thursday, July 28, Noon—1:30 p.m. Richland Ave. Park



How about a picnic potluck instead of a brown-bag lunch on Thursday, July 28? Instead of bringing a sandwich or other one-person serving, you could think about a salad, casserole, snack, bread, dessert, or whatever to share with a small group. Guests are welcome, as always. Please bring a dish to share with 4 or 5 others. There is playground equipment at this park; any children in your life are welcome, but no child care or supervision is available. We will be spreading out our largesse and beginning to serve at 12 noon. There is a shelter at the Richland Avenue Park, so this event occurs rain or shine.

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 farewell to Patty Mercer, and meet Gregg Andrews, the new executive director chosen by the Board of Directors.

Directions: The park is located just off the corner of Richland Ave. and Dairy Lane, on what used to be the Athens Asylum grounds. The entrance to the parking area is the first right on Dairy Lane. Look for the TAV event sign on your right.

July Calendar

- 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 Restaurant, Ellsworth Holden, host.
- Wed., July 6, 11 a.m., Public Information Team, ACEnet, Conf. Rm. B. 
- Mon., July 11, 1 p.m., Membership Team, ACEnet, Conf. Rm. B.
- Mon., July 11, 2 p.m., Hearing Aid Interest Group, facilitated by Richard Dean. Open to the community. ACEnet, Conf. Rm. B. (See page 4.)
- Wed., July 13, 3 p.m. Health and Wellness Team, ACEnet, Conf. Rm. B.
- Wed., July 27, 1 p.m., Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.
- Thurs., July 28, Brown Bag Lunch at Richland Ave. City Park (details, left)

Executive Director changing at TAV

Gregg Andrews, presently serving as director of Housing and Community Development, Hocking Athens Perry Community Action (HAPCAP) will step into the role of executive director for The Athens Village, assuming Patty's myriad duties and responsibilities. Gregg comes on board on Aug. 15 after his retirement from HAPCAP.

Patty Mercer, TAV's much-beloved and long-time executive director, has announced that her last day with TAV is coming soon. She is looking forward to a health and wellness sabbatical to deal with family concerns before looking for fulltime employment. Patty will be on vacation from TAV July 19 to Aug. 15, then return to transition Gregg into his new duties until Aug. 26.



We wish Patty the very best. We will miss Patty and her skills, her friendliness, and her excellent advice and concern for TAV members! A farewell party, and an opportunity to meet Gregg, is planned for the monthly Brown Bag Lunch, a potluck picnic on Thursday July 28, at the Richland Ave. Park.



*The Athens Village
Voice*

Stay connected and engaged. Your feedback is always welcome.



Patty Mercer, director
Susan Gilfert, administrative assistant
John Snyder, home maintenance coordinator
John Barrington, AVV editor

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

Board of Directors

Ed Baum, President

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Transportation News

The joint City-University partnership program **Bobcat Pass** will allow Ohio University students, faculty, and staff to ride for free with their university ID on all APT routes.



Simply show your ID to the driver when boarding.

Now you can use your new Bobcat Pass privileges by using your university ID, to enjoy travel to summer fun at the City Pool, the Athens Library, or a variety of other destinations. For further news and announcements, you can catch up with APT at <http://www.athenstransit.org/>

To ask questions, please contact Transportation Coordinator, Michael Lachman at 740-589-3782 or at Michael.lachman@hapcap.org.

The Village Shuttle



As a member of The Athens Village, if you have transportation needs that other public services have not been able to meet, please call the office at 740-447-0500 and make your request for assistance known. Volunteer drivers have been trained and are ready to assist. Additional information about participating as a rider or a driver will be mailed to members this month.

July TAV Birthdays:
Please wish these members
HAPPY BIRTHDAY!
Chuck Atkins William Hummon
Jean Drevenstedt Lorraine Myers
Sharon Fales Don Shamblin
Don Fucci Bob Sheak
Natsu Taylor

Please Welcome
New Members
Bruce Ergood
Bob and Jo Kappes
Helen King
Charles and Claire Ping
Herta Schade

Transitions: Facing Difficult Conversations



Transitions, our new interest group, will tackle the topic of difficult conversations and how to handle them with family, friends, and other stakeholders in our lives.

There will not be a meeting in July. Topics for August are warmly welcomed; please email facilitator Leslie Flemming with your suggestions: flemmingleslie@gmail.com

TAV Now a Kroger Beneficiary

The Athens Village has been added to the list of Kroger Community Rewards Program. This means that you can continue shopping at Kroger as usual, but Kroger will share its profits with TAV. Here's how you can help:



- * Register your Kroger Plus points card, and choose The Athens Village (#76313) as the organization you wish to benefit.
- * If you use your phone number at the register, call 877-576-7587 to get your Kroger Plus card number.

Members must use their registered Kroger Plus card, or use the phone number that is related to their registered Kroger Plus card, when shopping for each purchase to count. Invite friends and family to designate TAV.

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



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!



Next Freezer Raid: July 14

Gourmet Your Way offers tasty food for your freezer, prepared by gourmet chef, Jonathan Milo Leal and his staff! This event is called "Raid Our Freezer." You may recall that The Athens Village was the nonprofit partner of the Raid in April. Several members have mentioned that they enjoyed learning about this alternative for elegant, healthy eating choices, right in the comfort of their own home.

The menu for this event can be [downloaded here](#). A printed copy can be requested by calling the office at 740-447-0500. Samples of items offered include Greek Feta Burgers, Beirut Burgers, and Bourbon-Grilled Steaks. Grilled Mexican Corn, served hot off the grill on July 14, will be FREE with any purchase!

If you are unable to attend the actual event, Jonathan and his staff can take your order and arrange another pick-up time. If you are a member of TAV, the office can arrange for a volunteer to pick up and deliver the items to your home. Just call the office, 740-447-0500.



The July 14 Raid benefits the Ohio Museum of Discovery (www.ovmod.org), a

hands-on discovery museum with interactive exhibits and creative experiences for visitors of all ages making learning more fun through interactive exhibits and hands-on activities.

Future Brown Bag
Lunch Topics
Save the Date

September 29 = Medicare Changes, at ACEnet (94 Columbus Rd.)
Alicia Nighland, speaker from Ohio Senior Health Insurance Information Program (OSHIIP)

October 27 = Area Agency on Aging 8

Hearing Aid Interest Group

Next meeting: Mon., July 11, 2 p.m.

94 Columbus Road, Conference Room B.

Richard Dean will address issues concerning hearing aids and problem solving at the July 11 meeting. He is bringing information on a new type of implant that can replace hearing aids. **This new device is fully covered by Medicare.** Users have found that it is of great help to their hearing.



Membership Team Update

The Membership Team proposes to cut back on the number of telephone surveys of the membership, to only six times per year. Three months will be just a check-in, and three months will be no phone contacts.

In an effort to help members stay connected and get needs met, here are a few opportunities mentioned by members:

- ◇ Gardening buddy—would you like help or can you offer help?
- ◇ House cleaner—is your favorite person looking for additional work?
- ◇ Resealing a black-topped driveway—who has done yours successfully?

Call the office to share this information.

Next meeting: MONDAY July 11, at 1 p.m., 94 Columbus Rd., building B conference room.



Handyman's Hints: Don't Be a Victim of Door-to-Door Home Repair Scams

Summer is typically a season for con artists to come to your door and offer to do work "because they are in this neighborhood, doing a job for a neighbor."

- Be aware of anyone coming to your door to make an offer that you did not request.
- The scammer uses high-pressure techniques and usually asks for payment first "to order supplies." Don't give in to pressure!
- If you think a repair is needed, ask for bids from other contractors. Call the TAV office (740-447-0500) for a list of vetted, reliable names.

Notice of Observation Treatment and Implication for Care Eligibility (NOTICE) Act

Beneficiaries who spend three or four days in a hospital under outpatient observation status are often surprised to learn that they don't qualify for Medicare coverage for a subsequent skilled nursing facility (SNF) stay. Surprise turns to shock when the billing statements arrive. Because the hospital stay doesn't meet Medicare's three-day prior inpatient stay rule – a prerequisite for a Part A coverage of SNF care – they're liable for SNF bills.



Effective in August 2016, the Notice of Observation Treatment and Implication for Care Eligibility (NOTICE) Act will require hospitals to inform Medicare patients about their observation stay status, hopefully alleviating surprise SNF costs. The NOTICE Act requires hospitals to inform patients who are hospitalized for more than 24 hours both orally and in writing, that they are in observation status. They must notify the patient no later than 36 hours after the patient starts receiving observation services. The written notice must explain that the patient is not an inpatient and the implications for cost-sharing in the hospital and coverage in a Skilled Nursing Facility. The legislation stipulates that the new notice requirement takes effect a year after the president signed the bill into law on August 6, 2015. However, the required oral and written notice will **not** include information about a beneficiary's right to appeal the observation status designation.

OSHIP counselors can help beneficiaries learn about their appeal rights. TAV members can call United Seniors of Athens County for assistance, 740-594-3535. The Center for Medicare Advocacy offers a [Self-Help Packet for Medicare Observation Status appeals](#) on its website. This helpful resource contains background information on observation status, tips, and pertinent Medicare rules and regulations.



ARE YOU DIZZY?

Are you 50 years of age or older?

Do you often feel dizzy, light-headed, or weak?

Do you sometimes have difficulty thinking?

Do you often have headaches or feel faint upon standing up?

Do you have a history of low blood pressure or orthostatic hypertension?

Researchers at Ohio University are examining the cognitive effects related to these symptoms. If ANY of these symptoms apply to you, you may be eligible to participate in this study.

Eligible candidates will receive compensation for participating in this study, in addition to a memory/dementia screening with clinical feedback.

For more information, or to see if you may be eligible, please contact Andrew Bryant at dizzy@ohio.edu or 740-593-0910.

This research is being conducted at the Ohio University Clinical Neuropsychology Research Laboratory under Dr. Julie Suhr.

Do You Help Care for Someone With Dementia? Are You Willing to Participate in a Study?

Researchers at Ohio University are studying how serving as a caregiver for one or more patients with dementia can affect the caregiver. Are you a caregiver for a person with dementia? If so, you can provide vital information! In exchange for participating, you will receive free cognitive screening with feedback and a \$20 Walmart gift card.

You may be eligible to participate if:

- ▶ You are over 50 years old.
- ▶ You provide at least five hours of care per week to an individual with dementia; you do not need to live with this person.
- ▶ You are able to read and write in English.

For more information or to participate this summer, contact Alex Woody at 405-831-9165 or ww064211@ohio.edu.

Complete Health Improvement Program (CHIP) Information Sessions

Nearly 600 people in Athens County have benefited



from the C.H.I.P., a scientifically proven lifestyle intervention program. The next Community CHIP class begins September 2016; registration is required.

Information sessions:

Thurs., July 14, 5:30-6:30 p.m. The Plains library

Tues., July 19, noon-1 p.m. Baker Center Room 341 and also **5:30-6:30 p.m.**, Athens Community Center

July 11, 2016: All Athens County Photo Contest Deadline



The Athens Soil and Water Conservation District will again host its annual All Athens County Photo Contest. More info: <http://www.athensswcd.org/education.html> Download the [entry form](#) here.

Dementia Research with Arts and Crafts

The Ohio University Neurolinguistics Laboratory is currently offering a research opportunity to people who have been diagnosed with any form of dementia (Alzheimer's disease, dementia with Lewy, vascular dementia, etc.).

This project offers activities in which participants describe pictures and engage in art and craft projects using painting and collage materials. Findings will inform clinicians, volunteers, administrators, and caregivers on how art and craft activities could support communication in people with dementia.

After passing the screening, those who wish to will be invited to participate. Each participant who completes one art and craft session will receive \$20 compensation in cash.

For more information, feel free to call Fatimah Hani Hassan (Ph.D. student) at 740-590-8642, or e-mail at fh268409@ohio.edu.

