



**Brown Bag Lunch:**  
**Thurs. Nov. 17, noon-2 p.m.**  
**O'Bleness Room 15**



Dr. Brian Clark of the Ohio Musculoskeletal Neurological Institute (OMNI) will talk about the research TAV members helped with, and what that research implicates for research in the field of aging. OMNI is a corporate sponsor of The Athens Village. We look forward to both a long and informative relationship with OMNI and an interesting talk by Brian at this Brown Bag.

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

Medicare Open Enrollment is October 15 through December 7. This is an annual period when you can change your Medicare plan without penalty. Our September Brown Bag speaker, Alicia Nighland from the Ohio Senior Health Insurance Information Program (OSHIIP), spoke on this topic. There are several people in Athens who can help you determine the best choice for your situation.

\* TAV member Jane Woodrow notes, "Snider, Fuller, and Stroh offices offer 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. Address is 5 Depot St. near the Station Project. Amie Welch is the person to contact. 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 offers free service, listens to your concerns, looks up your drugs, and finds the best plan. OSHIIP does not sell insurance. Susan Gilfert, TAV staff, is in training as an OSHIIP volunteer; she will be apprenticing under Krista at the Senior Center this year. You can make an appointment with Krista by calling 740-594-3535.

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

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

**November 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.

**Wed., Nov. 2, 11 a.m.,** Public Information Team meeting, ACEnet Conf. Room B.

**Tues. Nov. 8. Election Day.** TAV office open.

**Wed., Nov. 9, 3 p.m.** Health and Wellness Team, ACEnet, Conf. Room B.

**Mon., Nov. 14, 1 p.m., Membership Team** meeting, ACEnet Conf. Rm. B.

**Mon., Nov. 14, 2 p.m.,** Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B.

**Tues., Nov. 15, 10 a.m.,** Board meeting, *Athens Community Center this month only*

**Thurs., Nov. 17, noon,** Brown Bag Lunch meets at *O'Bleness Hospital room 15*. This meeting is open to the public. See story, left.

**Wed., Nov. 30, 1 p.m.,** Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

**Handyman Update**

Once again the Village is in search of a handyman. As most are aware, the Village hired Ron Williams in early September. Ron had worked out very well for the short time he was with us, but his growing business (Ron Williams and Son) along with personal obligations have resulted in his resignation. We will miss Ron, but plan to have a replacement hired by early November. We will keep members informed of our progress in filling this position via the Weekly Reminder e-mail.

### The Athens Village Voice

Stay connected and engaged.  
Your feedback is always welcome.

Gregg Andrews, Executive Director  
Susan Gilfert, Administrative Assistant  
Ron Williams, 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. 10:00 a.m.-2:00 p.m.  
and 2nd and 4th Friday each month  
10:00 a.m.2:00 p.m.

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

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

**Web site:** <http://www.TheAthensVillage.org>

#### Board of Directors

**Ed Baum, President**

**TBA: Vice President**

**Anita James, Secretary**

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**John Barrington**

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#### *Sponsors*



#### Office Hours

The TAV office at 94 Columbus Rd. will be open

**Mon. through Thurs.** 10 a.m. to 2 p.m.,

**2nd, 4th, 5th Fridays** 10 a.m. to 2 p.m.

**1st and 3rd Fridays** The Alzheimer's Association will make use of our facilities.

Set your clocks back an hour on Sat., Nov. 5. Enjoy another hour's sleep on Sunday morning!



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



If I listen carefully heavenward I can almost hear my mother's voice as she asked, when I came home from school, "What did you learn today?" In this case it would be, "What did you learn at the conference?" referring to the annual National Village Movement meeting in Columbus on Oct. 16 to 19. Over 270 village representatives met to share information.

I learned that there are now over 200 villages in operation in the U.S. and Canada with another 200 in various stages of development. Villages are organized in a variety of ways, some entirely volunteer, some associated with health care agencies, some large (hundreds of members) and some small. So popular is the village concept in Washington, D.C., for example, that there are now eleven in that city alone with two more in development.

One session that I attended focused on using volunteers and the questions arising about liability insurance for them. This is something that we will be exploring more over the next few months. For example, our Athens Village Shuttle is about to start officially. The drivers are volunteers, and we have questions such as how do we get more volunteer drivers and what potential liabilities might we face?

These annual conferences are good ways to learn more about how villages operate. If you like to plan ahead, the ninth national village gathering will take place in Baltimore early in November 2017. *Ed*

#### **November TAV Birthdays:**

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

Kathy Evans

Ann Fox

Meg Hummon

Betty Larson

Florence McGeoch

John Mitchell

Roberta Thibault

Margaret Thomas

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!





## It Takes TeamWork

### All 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 (e.g., creation and distribution of brochure; coordination and promotion of speakers bureau; distribution of news releases to local and regional media.)

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. Conducts 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 and events for the membership. Meets 2nd Wed., 3 p.m. at ACEnet.

### Membership Team Update

The Membership Team helps retain members, often by a phone call. Sometimes the call involves a survey, and sometimes the call involves simply checking up on how members are doing. Next meeting's topic is November's phone survey. Next meeting: **Mon., Nov. 14, 1 p.m., at ACEnet.**

### Public Information Team Update

The team will be focused on updating the brochure to reflect the changes in staff. Next meeting is **Wed., Nov. 2 at 11 a.m. at ACEnet.** If you want to help, please contact Jean Drevenstedt at [drevenst@ohio.edu](mailto:drevenst@ohio.edu).

### VENDOR RECOMMENDATIONS

Members LOVE input on whom to hire for various tasks. Once again, The Athens Village seeks vendor recommendations from you.

## Health & Wellness

### Team Update

By Gladys Bailin Stern

The H & W Team met on Wed., Oct 19 to discuss other 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 said she would pass along pertinent information she receives in the City office.

Bobbie T. suggested a book that we might want to download as a free E book from [aarp.org](http://aarp.org). The title: *Where We Live: Communities for All Ages, 100+ inspiring Ideas from America's Mayors*. It is also free to your Kindle from Amazon or Barnes & Noble online.

Other topics discussed by the Health and Wellness Team that continue to be of interest to 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 needs more volunteer drivers to actually work.

#### **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 Info**

#### **Computer Assistance**

Training for programs such as Excel or Quicken

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

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

**The next meeting is set for Wed. Nov 16, 3 p.m. at ACEnet.**

## 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).

## National Village to Village

### Gathering in Columbus, Oct. 17-19

TAV office was closed Mon. Oct. 17 through Wed. Oct. 19 for Gregg and Susan to attend the National Gathering of Village to Village. Village members from all over the U.S. gathered at the downtown Hyatt conference center to discuss mutual concerns and solutions. Gregg attended a couple of sessions dealing with organizational matters, which helped him understand his position better. Susan was a volunteer for the V to V administrators, which allowed her to understand the national organization better. Ed Baum attended one day with Gregg, and attended a couple of sessions (see Ed's note to members on page 2). Columbus was a warm and welcoming host to the 270 visitors from all over the US, including Alaska.

## The Village Shuttle update



The Village Shuttle project is still "in progress." 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). No regular driving shifts, just drive who, when and where as fits your schedule.

## Flu Shot Season!

Did you get your flu shot yet this year? Many places in Athens offer shots at varying costs. Call to make an appointment, and be sure to ask 1) the price and 2) what else you need to bring (e.g., your insurance card, a photo ID). As long as you're making an appointment, take a neighbor or Village member with you. Of course, you can always ask your physician's office also.

- ▶ The Athens City-County Health Department, 278 W. Union St. (by the fairgrounds). Call 740-592-4431
- ▶ Athens CVS, 23 N. Court St., 740-592-6024
- ▶ Athens CVS, 555 E. State St., 740-593-8501
- ▶ Athens WalMart, 929 E. State St., 740-594-3628
- ▶ Rite-Aid, 93 N. Plains Rd., The Plains, 740-797-2546.

## Be sure to call your physician's office after you get the shot, and tell them you got the flu shot, when and where. Not only will this go into your medical record, but if you have a reaction to something later, your physician can use this information to help diagnose your condition. ##



## 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/)

**Tues., Nov. 1, 6 p.m.** *Know the 10 signs for the onset of Alzheimer's.* Talk by Morgan Pavol, Alzheimer's Association. FYI, Morgan uses the TAV office on 1st and 3rd Fridays every month.

**Wed. Nov. 2, 6:30 p.m.** *From Athens to Antarctica: A Peek into the Lives of Cold-Adapted Fishes.* Talk by Amanda Biederman, OU grad student.

**Thur., Nov. 3, 5:30 p.m.** *Dollars and Sense Drop-in Session* Sponsored by OU Credit Union.

**Sat. Nov. 19, 2 p.m.** *Backyard Beekeeping: Where a Hobbyist Adventure and Animal Husbandry Meet*  
Talk by Michael McAvoy, Athens beekeeper.

### O'Bleness SeniorBEAT Activities

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

-History Group, **Thurs., Nov. 10, 1 p.m.**, O'Bleness Room 8. Karen Newton, RN, about 1900s medicine.

-Book Club, **Mon., Nov. 14, 10 a.m.**, *At the Edge of the Orchard* by Tracy Chevalier

-Speakers Program, **Thurs., Nov. 17, 2 p.m.**, Dr. James Gaskell, from Athens City-County Health Dept, will talk about his recent Honduran medical mission trip

-Lunch Group, **Fri., Nov. 25, 11:30 a.m.** Gran Ranchero, 979 E. State St., Athens

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

Ohio University School of Theater presents *The Ladies Man* by Charles Morey. "A gut-busting bedroom farce."

**Performances** October 26-29 and Nov. 2-5, all starting at 8 p.m. *Talkbacks* Oct. 29 and Nov. 2.

**Venue:** Baker Theater in Kantner Hall. Tickets: \$7 for seniors

#### OTHER EVENTS

**Fri., Nov. 11, 10 a.m.:** Veteran's Day parade, Court Street

**Sat., Nov. 12,** 3rd Annual ReUse Competition, Hocking College

**Sun., Nov. 20, 2 p.m.** Walking Tour of Athens Asylum, \$15/\$10 for Museum members. Outside!

## Selected Film Entertainment

Athena Cinema, 20 S. Court St., 740-592-5106  
<http://athenacinema.com/>

**Wed. Nov. 2, 7 p.m.** *International Peace Parks Expedition.* Three short films, with panel discussion following. Free.

**Thurs., Nov. 3, 7 p.m.** *Wayne's World* (1992). Price?

**Fri Nov. 4 and Sat., Nov. 5, 7 p.m. each night,** *The Blues Brothers* (1980). Black suit & tie optional. For Dad's Weekend at OU. Price?

**Wed. Nov. 9, 7 p.m.** Athens Int'l Film and Video Festival Artist in Residence Ikhbayar Urchuud from Mongolia speaks. Price?

**Thurs., Nov. 10, 7 p.m.** *The Big Lebowski* (1998). Price?

**Wed. Nov. 16, 7 p.m.** *The True Cost* (2015). Documentary about the impact of fashion on people and the planet. Panel discussion to follow. Free.

### 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)

**Tues., Nov. 8, 6:30pm** *Bolshoi Ballet: The Bright Stream.* Tickets \$18

**Tues. Nov. 15, 6:30pm** *National Theater Live: Hamlet.* Benedict Cumberbatch stars. Tickets \$15

**Sun. Nov. 27 and Wed. Nov. 30, 7 p.m. each day** *Breakfast at Tiffany's* (1962) Tickets \$12.50