



Brown Bag Lunch:

Wed., October 26, noon-2 p.m.

Topic: One Door Opens Many: AAA8 is the Front Door to Caretaker Resources

Venue: O'Bleness Hospital, room 10

Speaker: Gerri Van Noy,

Area Agency on Aging

AAA8 benefits counselors are trained and ready to help people with questions on Caretaker services and resources. Gerri VanNoy, SWA, CIRS-A, will share information about options, and how AAA8 can connect residents to the community resources and services that can best meet individual needs. As the coordinator of The Southeast Ohio Aging & Disability Resource Network (ADRN), Ms Van Noy and AAA8 streamlines services and supports for older adults, people with disabilities, families and caregivers. AAA8 can find help for housing modification, in-home caregiving, transportation, long-term care and other health and wellness services.

This Brown Bag has moved to Wednesday because of conflict with the SeniorBEAT celebration at the Dairy Barn on Thursday Oct. 27.

Save the date: November Brown Bag, Thurs., Nov. 17, 12:30-2:30 at the Athens Public Library. Dr. Brian Clark of OMNI will talk about the research TAV members helped with, and what that research implicates.



October Calendar

Every Tuesday, 10:30 a.m., Chair Yoga, OSU Extension office, 280 W. Union St. \$10 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., Oct. 5, 11 a.m., Public Information Team meeting, ACEnet Bldg B

Mon., Oct. 10, 1 p.m., Membership Team meeting, ACEnet Conf. Rm. B.

Mon., Oct. 10, 2 p.m., Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B.

Tues., Oct. 11, 10 a.m., Board meeting, **The Plains Library meeting room.**

Wed., Oct. 12, 3 p.m. Health and Wellness Team, ACEnet, Conf. Rm. B.

Oct. 17-19, Columbus. National Village to Village Gathering. Office closed.

Wed., Oct. 26 1 p.m., Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

Wed. Oct. 26, noon. Brown Bag Lunch meets at *O'Bleness Hospital room 10*. This meeting is open to the public. See story, left.

Review of TAV's 7th Annual Meeting, Thursday, September 29, 5 to 7 p.m.

The Athens Village conducted the annual meeting of the entire membership. This year, due to the change in the calendar approved by membership last year, the meeting was held in late September rather than the previous October gatherings. We were again at the Richland United Methodist Church. Following a delicious potluck dinner, President Ed Baum made introductions and announcements. Secretary Anita James presented minutes from the 2015 meeting, which were approved and adopted. The State of the Village was presented by Patty Mercer, Executive Director Emerita and Gregg Andrews, Executive Director. Treasurer Steve Grimes provided a current update of the 2015/16 budget as well as the 2016/17 TAV budget. Additional business with amendments to the Code of Regulations were adopted. Board member elections were held. Continuing nominees Georgann Penson and Don Fucci were seated on the board as were new members Steve Pierson and Louis Wright. An enjoyable round of "Table Talks" provided ideas for programs & services. After a brief question and answer period, the meeting was adjourned. More comprehensive notes will be available on www.TheAthensVillage.org/news in about a week. *Written by Gregg Andrews*

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.
2nd and 4th Friday of the 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

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

Board of Directors

Ed Baum, President
Sue Foster, Vice President
Anita James, Secretary
Steve Grimes, Treasurer

John Barrington Don Fucci
Jack Flemming Ellsworth Holden
Georgann Penson Steve Pierson
Louis Wright

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!

Membership dues deadline is
October 1!
Don't forget to pay annual dues.

From the President's Desk:



Happy New Year!

Wait a minute, you might think, new year isn't for another three months... or is it? In the United States we celebrate it on January 1, but in many cultures around the world it is different. For example the Aztec new year is February 23, the Nepalese on April 12, and the Jewish varies between the middle of September to the middle of October. In fact, Muslims just finished celebrating their new year (Oct. 1-2).

For TAV our new year began on Oct. 1. Our annual meeting last week elected two new members (and two continuing members) to the board who began their official duties on Saturday, Oct. 1. Our budget began Saturday.

It is traditional for many of us to make new year's resolutions. So, if this is TAV's new year, my resolutions for TAV might include: getting the Village Shuttle up and running, insuring that we identify the needs of our members and work to meet them, and having functioning Village Teams.

Although the board (and TAV) began anew on Oct. 1, our teams follow a traditional calendar year, Jan. 1 to Dec. 31. Our teams do much of the work of our village and they need new members. One of my personal resolutions of this new TAV year is to call many of you and ask you to serve on one of our teams: the Public Information Team, the Health and Wellness Team, or the Membership Team (see page 3). I hope that if I call you, you will say yes.

Ed

October TAV Birthdays:

Leslie Flemming Sammi Huwe
Ellsworth Holden Robert Kappes
Louis Wright

Office Hours

The TAV office at 94 Columbus Rd., will be open
Monday through Thursday 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.

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 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 assist you in this process. To date, two households have chosen TAV and in three months \$12.20 was painlessly raised on behalf of TAV. Thank you!

Members ONLY benefit

The chair yoga class previously taught by Sylvia Marr will continue to meet in October, same time, same place (Tuesdays at 10:30am, OSU Extension Office, West Union Street).

The new instructor is Molly Hajjar. Molly has practiced yoga for 15 years. She looks forward to the opportunity to teach and learn from members of The Athens Village through yoga.

Plans for November and moving forward are still jelling. Two additional yogis have expressed interest with working with our members. However, it may be necessary to adjust the schedule. If you have any interest in attending in the future, please call TAV's office and share your name.

Molly will have a release of liability form for members to sign. Suggested donation for attending is \$5 per session. If you are curious about the benefits of this type of exercise, now is the time to explore. Questions can be directed to Molly at [740-541-7094](tel:740-541-7094) or mh658815@ohio.edu

Hearing Aid Interest Group

Next meeting: Monday, Oct. 10, 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 is fully covered by Medicare!

Upcoming: Dr. Dean is proposing a presentation with experts in late October. This presentation will be open to the public, with invitations going to SeniorBEAT and United Seniors members. Watch this space for further information.

Highlights from the 8/27 BBL

Alicia Nighland from the Ohio Senior Health Insurance Information Program (OSHIIP) returned to Athens to update us all on Medicare changes for 2017-16. Open Enrollment for Medicare is October 15 through December 7 every year. Open Enrollment is an annual event when you review your coverage and provider. During this time, you can make any changes without penalty. Medicare clients are particularly advised to review their prescription drug coverage (usually Part D) and confirm that their coverage fits their needs.

It Takes TeamWork

All Teams need new members;
please volunteer

Public Information Team

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; news releases to local and regional media.) Meets 1st Wed., 11 a.m. at ACEnet

Membership Team

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

Assess member needs and create programs concerning safety and wellness, assists 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 there is a survey, and sometimes it's just checking up on how members are doing. Next meeting's topic is November's phone survey. Next meeting: **Mon., Oct. 10, 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., Oct. 5 at 11 a.m. at ACEnet.** If you want to help, please contact Jean Drenstedt at drenst@ohio.edu.

Health & Wellness Team Update

Recent talks with Athens City Council member Michelle Papai about affordable housing in Athens will be discussed at the next Team meeting on **Wed., October 12 at 3 p.m. at ACEnet.**

If you have ideas or concerns about topics affecting TAV members, contact Gladys Bailin-Stern (stern@ohio.edu) or Gregg Andrews (740-447-0500).

OPPORTUNITIES TO PARTICIPATE!

Muscle loss and aging

Brian Clark, PhD, Professor of Biomedical Sciences and Director of the Ohio Musculoskeletal and Neurological Institute (OMNI) at Ohio University is looking for adults who are at least 70 years old to help evaluate a questionnaire on muscle loss that occurs with aging. **Compensation is available for time and travel.** For more information, please download and read [this flyer](#), then call 740-566-9873 or email CTRU@ohio.edu.

Arts and crafts: supporting communication for people with dementia

The Ohio University Neurolinguistics Lab is currently offering a research opportunity to people who have been diagnosed with any form of dementia. Each participant who completes one arts-and-crafts session will receive \$20 in cash. More participants are needed. For more information, call Fatimah Hani Hassan (PhD student) at 740-590-8642, or email at fh268409@ohio.edu.

ARE YOU DIZZY?



Researchers at the Ohio University Clinical Neuropsychology Research Laboratory under Dr. Julie Suhr are examining the cognitive effects related to the various conditions causing dizziness. Eligible candidates will receive compensation for participating in this study in addition to a memory/dementia screening with clinical feedback. For more information, please contact Andrew Bryant at dizzy@ohio.edu or 740-593-0910.

Are You Caregiving for Someone With Dementia?

Researchers at Ohio University are studying how serving as a caregiver for one or more patients with dementia can affect the mental and physical health of the caregiver. Participants will receive free cognitive screening with feedback and a \$20 Walmart gift card. For more information, contact Alex Woody at 405-831-9165 or ww064211@ohio.edu.

ALZHEIMER'S ASSOCIATION TO INCREASE SERVICES IN THE ATHENS COMMUNITY

In an effort to make Athens a more dementia-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. Starting September 2, the Alzheimer's Association will host offices hours from 9 a.m. - 1 p.m. on the first and third Friday of each month in the ACEnet Building, located at 94 Columbus Road, Building B, Room 4.

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 more information regarding Alzheimer's disease, or to connect to information and support through the free 24/7 Helpline, contact the Alzheimer's Association at [800.272.3900](tel:800.272.3900). A complete listing of all community workshops can be found at www.alz.org/wv.

TAV member Jane Woodrow reads *American Psychologist*, and found these interesting articles in the May/June 2016 issue:

Brain Health

The best established protective factors are physical exercise and "meaningful engagement".

The best established risk factors are diabetes, elevated LDL cholesterol, hypertension, and stress.

To Age Well, Change How You Think and Feel about Aging

Believing that negative stereotypes about being old are true of you can actually predict that you will have worse memory performance, worse physical performance and can reduce survival and self-efficacy. We do unconsciously act on our beliefs.

Contact Jane at jzwoodrow@hotmail.com for more information.

National Village to Village Gathering in Columbus, Oct. 17-19

TAV office will be 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. will gather at the downtown Hyatt conference center to discuss mutual concerns and solutions. Gregg will be driving back and forth from Athens every day. A couple of Board members will be joining Gregg on one day or another of the conference. Susan is staying the entire conference in Columbus at a friend's place.

Fall Prevention Workshop in Athens

Venue: Athens Community Center on Wed. Oct. 19 from 12:30 to 2:30 p.m.

Sponsor: Ohio University Division of Physical Therapy and the United Seniors of Athens County.

[Download flyer here.](#)

Activities include:

- * Fall risk screening
- * Home exercises to treat balance deficits
- * Fun activities to challenge balance
- * Information of further treatment for balance deficits if needed.

We welcome all members of the community.

Please contact Jim Christoffel, SPT

Ohio University Division of Physical Therapy

jc262113@ohio.edu for more information.



Athens County Recycling Day
Sat., October 15, 8 a.m. to noon, Athens County Public Recycling, 9009 Sand Ridge Road, off St Rt 13 North. Both shredding and recycling. More information and pricing at <http://ahswd.org/wp-content/uploads/2016/01/Athens-Co-Recycle-Shred-Day-Fall-2016.pdf>

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/

Tues. Oct. 4, 6 to 8 p.m., *Public Forum* on raising the income tax in Athens by 0.2%. Hosted by League of Women Voters.

Wed. Oct. 5, 7 p.m. *The Most Beautiful Cemetery in Chile: A Dual-Language Poetry Experience*. C. Formoso.

Sat., Oct. 8, 7 a.m. *Morning Bird Walk at the Ridges*. Meet at Kennedy Museum doors. Severe weather will cancel.

Sat., Oct. 15, 2 p.m. *Grantmanship Writing: Going after the \$\$\$ is Just Pure Logic!* Talk by Dr. Trevelya Ford-Ahmed, WV State.

Tues., Oct. 18, 7 p.m. *The Poetry of Place: Cathy Cultice Lentes*. Share poetry of places.

Sat., Oct. 22, 2 p.m. *Meet the Author: When Grandma Gatewood Took a Hike* by Michelle Houts,

Sat., Oct. 29, 2 p.m. *Tornadoes and the Monster Storms That Spawn Them: The Science Behind the Chase*. Speaker: Dr. Jana Houser, OU ass't prof. of meteorology.

O'Bleness SeniorBEAT Activities

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

-Book Club, **Mon., Oct. 10, 10 a.m.**, *Lila* by Marilynne Robinson

-History Group, **Thurs., Oct. 13, 1 p.m.**, *Southeast Ohio History Center* tour of the new museum on 24 W. State St.

-Speakers Program, **Thurs., Oct. 27, 11 a.m. to 1 p.m.**, 20th anniversary of SeniorBEAT at the **Dairy Barn**. Includes lunch, so no Lunch Group on 4th Friday this month.

RSVP please! Lunch is by reservation only! 740-592-9300.

-Lunch Group, see **Speakers Program** above.

For more details, call Joy MillerUpton at 740-385-8451 or email jmillerupt@aol.com

Stuart's Opera House, Nelsonville / 740-753-1924 /
<http://www.stuartsoperahouse.org/>

ABC Players presents *Stuart Little*

October 21-22 at 7 p.m. and October 22-23 at 2 p.m.

More info at www.abcplayers.org

Selected Film Entertainment

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

Wed., Oct. 5, 7 p.m. *Cheshire, Ohio* (2015). Documentary about corporate dominance; talkback with director follows.

Thurs., Oct. 6, 7 p.m. *Pulp Fiction* (1994)

Thurs., Oct. 13, 7 p.m. *Donnie Darko* (2001)

Sat., Oct. 15, 7 p.m. *Author: The JT Leroy Story* (2016)

Wed., Oct. 19, 7 p.m. *The Last Ocean* (2012). Documentary about overfishing in Arctic Sea. Panel discussion follows.

Thurs., Oct. 20, 7 p.m. *Edward Scissorhands* (1990)

Wed., Oct. 26, 7 p.m. *How to Let Go of the World* (2016). Documentary about climate change. Panel discussion follows.

Thurs., Oct. 27, 7 p.m. *The Rocky Horror Picture Show* (1975)

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., Oct 8 at noon. AND Wed., Oct. 12 at 6:30 p.m. *The Metropolitan Opera: Tristan und Isolde*. Adult \$24 Senior \$22.

Tues. Oct. 11, 6:30 p.m. *National Theater Live: The Deep Blue Sea*. All tickets \$18.

Tues., Oct. 18, 6:30 p.m. *Bolshoi Ballet: The Golden Age*. Tickets \$18.

Sat., Oct. 22 at 12:55 p.m. AND Wed., Oct. 26 at 6:30 p.m. *The Metropolitan Opera: Don Giovanni*. Adult \$24 Senior \$22.

Tues. Oct. 25, 6:30 p.m. *National Theater Live: Frankenstein*. Tickets \$18.