



Brown Bag Lunch:

Thursday, September 29



Topic: Changes in Medicare, 2016-17

Alicia Nighland from the Ohio Senior Health Insurance Information Program will present the program. Medicare health and drug plans change every year! Are you keeping up? Open Enrollment is Oct. 15 – Dec. 7, and it's your time to review your coverage. Alicia from the Ohio Senior Health Insurance Information Program (OSHIIP) will visit the Athens Public Library on Sept. 29 to discuss the "ins and outs" of Medicare. Attend the presentation to learn about the differences between your Medicare benefits, such as supplemental insurance policies, Medicare Advantage plans, and prescription drug coverage. OSHIIP is a free service through the Ohio Department of Insurance and provides unbiased answers and insurance counseling on issues important to people of *any* age on Medicare. OSHIIP does not sell insurance.

Venue: Athens Public Library, 30 Home St.

Time: 12 noon to 2 p.m.

This presentation is open to the public.

Save the date: October Brown Bag, Thurs., Oct. 27

Featured: Gerri Van Noy, Benefits Counselor

Area Agency on Aging, O'Bleness, Room 10

September Calendar

Every Tuesday, 10:30 a.m., Chair Yoga, Sylvia Marrs, instructor, OSU Extension office, 280 W. Union St. Ending Sept 7.

Every Tuesday, 12:30 p.m., Informal lunch gathering of members and friends at Bob Evans Restaurant hosted by Ellsworth Holden.

Wed., Sept. 7, 11 a.m., Public Information Team meeting, ACEnet Breakroom, Building C.

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

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

Tues., Sept. 13, 10 a.m., Board meeting, ACEnet, Building C.

Wed., Sept. 14, 3 p.m. Health and Wellness Team, ACEnet, Conf. Rm. B.

Wed., Sept 28, 1 p.m., Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

Thurs., Sept 29, noon. Brown Bag Lunch meets at the *Athens Public Library*. This meeting is open to the public. See story, left.

GET READY! TAV Annual Meeting

Thursday, September 29, 5 - 7 p.m.

The Athens Village conducts an annual meeting of the entire membership. **JUST ONE!** This year, due to the change in the calendar approved by membership last year, the meeting will be held in late September rather than the usual October gathering. We have again reserved the Richland United Methodist Church. The Board will again provide a main entrée, paper plates, plasticware, cups, and water/coffee/tea. Members are asked to bring a side dish, salad, or dessert to share. We hope to see fifty or more members in attendance at the annual meeting. The venue is accessible with an elevator to assist mobility. Please advise the TAV office if you need assistance moving from your car into the building. Members will be receiving additional information about the meeting in a mailing which will also include the annual renewal invoice. See page 7 and 8 for important information on issues and concerns to be addressed and voted on.

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 Ellsworth Holden**
- Jack Flemming Margo Marazon**
- Don Fucci Georgann Penson**
- Mark Reininga**

Sponsors



From the President's Desk: The Village Movement

From its beginnings a decade and a half ago, the concept of an "aging in place village" has grown so that there are now about 200 villages in operation in the United States with another 200 in the process of development. Anita James and I attended a meeting of Ohio "villages" in Columbus last month where we learned of several new ones being formed in our state.

Each village is unique, but they all share the goal of helping their members to remain in their own homes as long as possible. Many common elements are present in villages such as handyman assistance, transportation, and social activities, but many differences exist as well. Some rely primarily on volunteers with low yearly fees, and others charge up to \$1,000 yearly for membership.

Each year an annual meeting of village representatives is held. This year's gathering will occur in Columbus, October 16-19. It is an opportunity to learn more about the village concept and the activities taking place in many villages. It is designed to improve the performance of all villages. If you might be interested in attending, let Gregg know. For more information go to www.vtvnetwork.org

Ed

Our New Handyman:

Ron Williams



We would like to welcome our new handyman, Ron Williams, to The Athens Village. Ron brings a well-rounded knowledge of the trades and a personality that we believe you will feel very comfortable with. Ron and his son are "Williams and Sons Construction," serving the Athens area. Ron lives in the Athens area with his wife Judy. Don't hesitate to schedule Ron by calling the Village office.

Office Hour Changes

The TAV office at 94 Columbus Rd., will be open
Monday through Thursday 10 a.m.-2 p.m.,
2nd and 4th Fridays 10 a.m.- 2 p.m.
1st and 3rd Fridays The Alzheimer's Association will make use of our facilities. (See page 5.)

**Membership
Invoices Mailed**



The fiscal and membership year for our Village is October 1-September 30. Dues invoices were mailed out to members at the end of August. Please be aware that payments are due no later than October 1. You might be interested to know that as of August 17, 2016, TAV has 111 members with an average age of 79 years. 77 members are women and 34 are men. Age range statistics:
60-69 years old= 12 members 70-79= 47
80-89 = 43 90+ = 9
Unknown = 1

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.



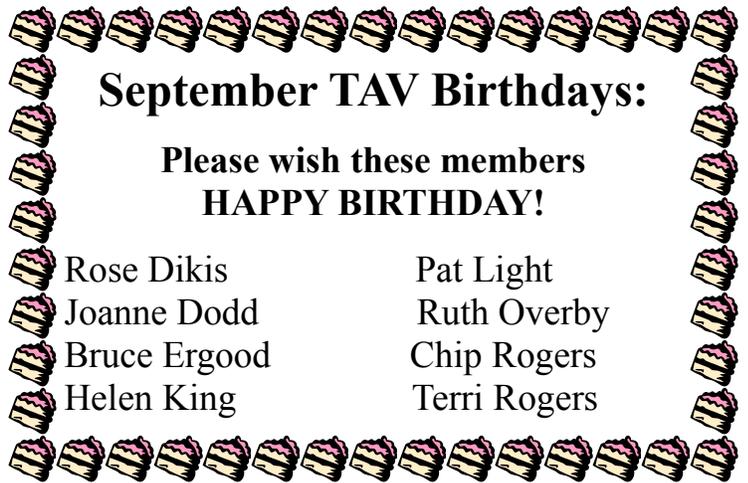
Here's how you can help:

* 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, only two households have chosen TAV and in three months \$12.20 was painlessly raised on behalf of TAV. Thank you!



September TAV Birthdays:

Please wish these members **HAPPY BIRTHDAY!**

- | | |
|--------------|--------------|
| Rose Dikis | Pat Light |
| Joanne Dodd | Ruth Overby |
| Bruce Ergood | Chip Rogers |
| Helen King | Terri Rogers |

Transitions:

Facing Difficult Conversations



Transitions, our newest interest group, tackles the topics of "difficult conversations" and how to handle them with family, friends, and other stakeholders in our lives.

Topics for October are warmly welcomed. Please email facilitator Leslie Flemming with your suggestions (flemmingleslie@gmail.com)

CULINARY CONVERSATIONS:

Dinner for Eight

Join a small group of Villagers and friends enjoying dinner and casual conversation.

Host: Dru Riley Everts

Venue: Pleasant Hill Winery
5015 Pleasant Hill Rd.

(Take a right off U.S. 33 as you drive south of Athens)

Date: Wednesday, Sept. 14, 6:30 p.m.

Have you visited the beautiful Pleasant Hill Vineyards? On Wednesdays, the Chef's Choice Italian entree, plus appetizer, salad, homemade bread, and dessert comes to \$24 per person for the five courses, plus tip. Wine is extra. Let's go before the weather is too cold to enjoy dining on the patio!

Menu at <http://www.pleasanthillvineyardsllc.com/default.html>

Contact Dru at evarts@ohio.edu or call 740-592-1231 **by Mon., Sept 12, please.** *If fewer than five people show an interest, the dinner will be cancelled.*

BON APPETIT!



Highlights from the 8/27 BBL

Our new TAV Director Gregg Andrews really enjoyed meeting a dozen members at the informal Brown Bag/Sweet Swap on Thursday, August 27. What started as introductions soon became brief autobiographies from members in attendance. The spontaneous comments were rich in personal history and truly fascinating. Yummy sweets were exchanged, and a good time was had by all. Patty thanked all who came, and thanked the membership of The Athens Village for their support over the years that she has been with TAV.

Hearing Aid Interest Group

Next meeting: Monday, Sept. 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 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.

It Takes TeamWork

Your Membership Team representative will be calling you soon. This month, no survey will be conducted. The object of the call this month will concern recent changes in TAV personnel and to answer any questions the TAV members might have.

Next meeting: Monday, Sept. 12, 1 p.m.
94 Columbus Rd., Building B Conference Room.

Public Information Team Update

The team will be focused on updating the brochure to reflect the changes in staff. If you are able to help distribute the new brochures to places you frequent, contact Jean Drevenstedt at drevenst@ohio.edu.

Health & Wellness Team Update

On Monday August 8, Gladys Stern and Jane Woodrow joined Michele Papai for an informative meeting about housing options in Athens. Michele is an Athens City Council member and co-chair of the Affordable Housing Task Force along with OU's Stephen Golding. This is a city/OU group that was tasked with researching recommendations for affordable housing in Athens City. Michele understands the interest that TAV takes in affordable senior housing.

The next Team meeting occurs Wednesday, September 14. 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](#) and 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. Thirteen additional participants are needed. For more information, call Fatimah Hani Hassan (PhD student) at 740-590-8642, or e-mail 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.

"So often, families are unaware of the free resources available through the Alzheimer's Association," said Carolyn Canini, Program Director of the Alzheimer's Association, West Virginia Chapter. "We are excited to be a small part of making Athens a more dementia-friendly community by providing care and support to families on the Alzheimer's journey."

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.

Condolences on Members Passing

David Horn passed away on August 27.

A memorial service will be held on October 1.

William Beale's memorial service will be held on Saturday, September 24

Members leaving Athens

Chuck and Ruth Overby are leaving Athens in September to be closer to their daughters.

Chinese Delegation Visits The Athens Village



Two groups from China visited Ohio University August 21-23. Both groups focused on aging issues, but with slightly different agendas. Both groups are interested in learning ways to support China's need to address their aging population with talent, services, and infrastructure.

In addition to tours of other facilities throughout Ohio, the delegation visited The Athens Village office August 22. TAV Director Patty Mercer provided an overview presentation of The Athens Village and was available to provide insight on aging issues in the community.

A Big Thank-You From Patty Mercer



Dear Members,

I am so very grateful for having had the opportunity to work with everyone in The Athens Village! Without a doubt, it has been the most exciting journey of my professional career. I appreciate your kind words, notes, and gifts shared at the brown bag picnic last month. And thanks to Lyle and Florence McGeoch for the vote of confidence in the face of transition, being the first to renew their membership! The past couple of weeks have been a real pleasure as I have worked with your new Director, Gregg, to share as many details as possible about TAV's inner workings. The Village is moving forward—*you all are in great hands!*

Sincerely,

Patty

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/

Thurs., Sept. 1, 7 p.m.: *The History of Petticoats and Today's "Punked" Petticoats*. Talk by clothing historian Melinda Fulk.

Thurs., Sept. 15, 6 p.m.: *What to Do When There Is an Active Shooter*, an emergency training seminar presented by Athens police officer Ron Brooks.

Sat., Sept. 17, 2 p.m.: *TRE: A New Way to Let Go of the Traumatic Effects of Stress*, a demonstration of exercises to relieve stress by Heidi Pendergast.

Sat., Sept. 24, 10 a.m. to 5 p.m. A variety of workshops connected to the *Steampunk Spectacle: Full Steam into the West* event. More info at

<https://www.myacpl.org/events/2016-09-24/?category=-26&limit>

The library is closed September 5 for Labor Day observance.



Sept. 16-18: PawPaw Festival, Lake Snowden, near Albany. More info and schedule, <http://ohiopawpawfest.com/>
Admission: Seniors: \$10 one-day pass with ID; \$20 weekend pass

OU Theater presents *The Library* by Scott Z. Burns, directed by Shelley Delaney, a compelling drama about violence in America and the narratives shaped in the aftermath of a tragic school shooting.

Dates: Sept. 28-Oct. 1 and Oct. 5-8, 8 p.m. each night. Talkbacks on Oct. 5-6 **Tickets:** \$7 for seniors
Venue: Forum Theater, RTVC Bldg.

WHAT'S HAPPENING AT ARTS/WEST

132 W. STATE ST., 740-592-4315

Fri., Sept. 9, 7:30 p.m. Art opening, *Spectacular! Spectacular! Steampunk*

Fri., Sept. 16, 7:30 p.m. *Moon Tunnel Literary Reading Series*



O'Bleness SeniorBEAT Activities

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

- History Group, **Thurs., Sept. 8, 1 p.m.**, George Eberts, speaker, about the Athens Mental Asylum, now The Ridges.
- Book Club, **Mon., Sept 12, 10 a.m.**, *The Wright Brothers* by David McCullough
- Speakers Program, **Thurs., Sept. 15, 2 p.m.**, Dr. Joseph Verdier from the Athens City-County Health Dept.
- Lunch Group, **Fri., Sept. 23, 11:30 a.m.**, will meet at Gigi's Country Kitchen, 105 N. Plains Rd., The Plains.

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

Film Entertainment

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., Sept. 6, 6:30 p.m. *National Theater Live: One Man, Two Guvnors* (2011). Tickets \$18

Tues., Sept. 13, 6:30 p.m. *National Theater Live: A View From The Bridge* (20??). Tickets \$18

Wed., Sept. 14, 7:30 p.m. *Snowden* (2016?). Tickets \$18.

Sun., Sept. 18 and Wed., Sept. 21, 7 p.m. *Dr. Strangelove* (1964). Tickets \$12.50

Tues., Sept. 20, 6:30 p.m. *National Theater Live: The Audience* (2013). Tickets \$18

Tues., Sept. 27, 6:30 p.m. *Threepenny Opera* (maybe 1963?) No ticket information.

Athena Cinema, 740-592-5106,

<http://athenacinema.com/>

Sat., Sept. 10, 7 p.m. *Miss Sharon Jones* (2015) Documentary on blues singer. \$8/\$4 members.

Fall Sustainability Series: Sept 7, 21. Free.

Sept. 23 and 24, 7 p.m. *Monty Python/Holy Grail* (1975). Quote-along version. **Tickets ???**

TAV Annual Meeting

Thursday, September 29, 5 - 7p.m.

Richland United Methodist Church, 60 Pomeroy Road

Please mark your calendar and plan on attending this unifying event!

The TAV Board will provide a main entrée, paper plates, plasticware, cups, and water/coffee/tea. Members are asked to bring a side dish, salad, or dessert to share.

Historically, about 50% of the membership has attended the annual meeting. Let's push it up to 75% or more!

The venue is accessible with an elevator to assist mobility.

Please advise the TAV office if you need assistance moving from your car into the building.

Tentative Agenda for the Annual Meeting of The Athens Village

Potluck dinner

Welcome – Ed Baum

Secretary's Report – Anita James

State of the Village – Gregg Andrews

Treasurer's Report and 2016-17 Budget – Steve Grimes

Amendments to the Code of Regulations – Ed Baum

Elections – Ed Baum

"Table Talks" Query of Members – Anita James

Q/A period with the Board – Ed Baum

Adjourn

Amendments to The Athens Village Code of Regulations

A review of our By-Laws/Code of Regulations revealed a conflict in two sections dealing with our calendar. The board recommends the following changes with the previous wording in *italics* and replacement wording in **bold**:

4.02. Each of the Officers of this Corporation will be elected annually by the Board of Directors. Each Officer will remain in office until a successor to the office has been selected and qualified. Annual elections will be held at the second regular meeting of the Board of Directors taking place at the beginning of the *calendar* **fi-**
cal year (**usually November**).

6.03. The Nominating Committee shall consist of five members appointed by the Board *at the same meeting in which the Board officers are selected during the first meeting of the calendar year* **at its May meeting**.

Nominee Biographies for The Athens Village Board 2016 –17

These are highlights from the biographies of the nominees for The Athens Village Board. In preparation for voting at the annual business meeting of The Athens Village, please read these. If elected, Sara Gilfert and Steve Pierson will replace Board members Sue Foster and Margo Marazon who have completed their terms and chosen to not run again. Georgann Penson and Don Fucci have been interim TAV Board members completing the terms of resigning Board members and desire to continue on the Board.

New Board nominees

Sara Gilfert

A well-known Athens artist, Sara has been a Village member since the group's inception in 2009. Her BFA was in ceramic art, her MFA in fiber art, and she has settled into working in paper art. Sara taught fiber art at Ohio University, and once owned and operated a fiber art store on Stimson Avenue. She is the founder of Paper Circle, a Nelsonville gallery and workshop, which has also been offering a summer program in art education to Nelsonville children for the last 16 years. Sara and her late husband Jim founded Athens Technical Specialists Inc., now on US 50 W opposite Rolling Hills; the company is now operated by their son Ted and his wife Una.

Steve Pierson

Steve has promoted the value of The Athens Village and been interested in its mission since its founding. A resident of rural Athens, he is now in his seventh year as Nelsonville's director of code enforcement; he also serves as assistant city manager there. He was elected to be an Athens Township trustee and is a board member of the Athens County Transportation Improvement District. He is in his 20th year on the Athens County Regional Planning Commission and 36th year as a certified union steward of the Carpenters and Joiners Local 200 in Columbus. In addition to these, he has served on a dozen other boards in the interest of the health, safety, and welfare of southeast Ohioans. His early work in the city of Athens included 14 years as director of development, enforcement, and facilities. A graduate of the Athens Foundation Leadership Athens County program, he has twice served as president of the Board of Directors of the United Seniors of Athens and a two-term president of Athens Civitan.

Continuing nominees

Don Fucci

Don arrived in Athens in 1969. He was a professor at Ohio University for 43 years in the field of speech and hearing. and retired six years ago. He is 75 years old and now has time to enjoy his hobbies: shooting, bike riding, golfing, working out at the gym, and photography. He and his wife Joan have two daughters and three grandsons. He has been a member of TAV for two years, initially joining because of the handyman service TAV makes available to members. After serving on the board by invitation to compete Michael Ward's term, he realizes that the Village is much more complex than that one service. Don cares about people and applauds the mission on the Village to help keep members in their home as long as possible.

Georgann Penson:

A member of the Athens Village since its founding, she returned to Athens in 2009 after retiring from her position as Director of the Public Information for the Northwest Florida Water Management District. Earlier, Georgann received her B.A. from Ohio University and then stayed to hold a number of different positions at Ohio University until 1975. Georgann received an M.P.A. in 1989 from the University of Wisconsin in Oshkosh with additional special coursework in the M.B.A. program. Then she moved to Florida, where she oversaw public information and educational programs for a sixteen-county area and represented the District on a number of statewide public information projects for nearly twenty years.