

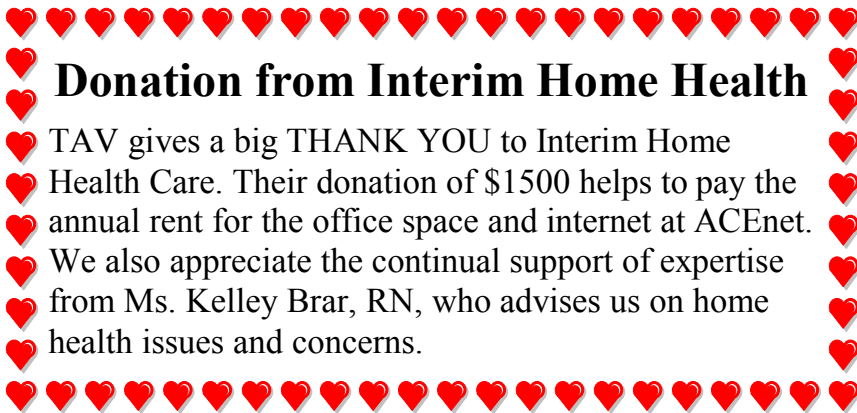
Brown Bag Lunch:

Thurs., April 27, Noon-1:30 p.m.

O'Bleness Room 8



Roger Wilkens, leader of the Athens Energy Institute, will share his take-aways from the October conference "After Fossil Fuels: Creating the New Clean Energy Economy" held in Oberlin, Ohio. The conference featured notable speakers such as Bill McKibben of 350.org, who brought a message about the urgency of addressing global climate change.



Donation from Interim Home Health

TAV gives a big THANK YOU to Interim Home Health Care. Their donation of \$1500 helps to pay the annual rent for the office space and internet at ACENet. We also appreciate the continual support of expertise from Ms. Kelley Brar, RN, who advises us on home health issues and concerns.

April 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., Apr. 5, 11 a.m.,** Public Information Team meeting, ACENet Conf. Room B.
 - Mon., Apr. 10, 1 p.m.,** Membership Team meeting, ACENet Conf. Rm. B.
 - Mon., Apr. 10, 2 p.m.,** Hearing Aid Interest Group, open to the public. ACENet, Conf. Rm. B.
 - Tues., Apr. 11, 10 a.m.,** Board meeting, Athens Community Center.
 - Wed., Apr. 19, 3 p.m.,** Health and Wellness Team, ACENet, Conf. Room B.
 - Wed., Apr. 26, 1 p.m.** Members' informal gathering with Gregg, ACENet conf. B.
 - Thurs., Apr 27, noon,** Brown Bag Lunch meets at **O'Bleness room 8**. Free, and open to the public. See story at left.
- Please be aware that OU Commencement is April 28-29. Drive carefully in town that weekend (lots of strangers driving trailers), and be sure to lock doors on your house and car.

Dates in April Worth Noting:

- Tuesday, April 18: U.S. TAXES DUE!
- Saturday, April 29: NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY: Return unused, unwanted prescription drugs to any pharmacy.

Tech Fair at Athens Public Library a Success!

The 2nd annual Tech Fair was a success. Over 20 people attended during the 5-hour session, and under the guidance of several Athens High students, each participant had a chance to truly understand his or her device. The students' explanations were useful as were the handouts which reinforced the information. The Village thanks Maria Modayil, who put this event together despite her impending PhD comps .

The Athens Village Vital Statistics

As of Mar 28, there are 97 members: 25 men and 72 women. The average age of members is 79.30 years, with 8 members over 90 years of age; 35 members, aged 80-89; 45 members, aged 70-79; 8 members aged 60-69; and 1 member age unknown.

Free Technical Assistance at the Library

- Athens:** Wed.: 2-7 p.m. and Fri: 10 a.m.-1 p.m.
 - The Plains:** Tues, 10 a.m.-1 p.m.
 - Albany:** Thurs; 2-6 p.m.
- Or phone Connor at 740-249-9422 to make an appointment. Bring your own device.

The Athens Village Voice

Stay connected and engaged.
Your feedback is always welcome.

Gregg Andrews, Executive Director
Susan Gilfert, Administrative Assistant
Ron Mash, 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, 4TH, AND 5TH FRIDAYS EACH
MONTH, 10 A.M. TO 2 P.M.

After hours: Members may call 740-447-0500 any
time. Please leave a message.

E-mail: TheAthensVillage@gmail.com

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

Board of Directors

Ed Baum, President

Georgann Penson, Vice President

Anita James, Secretary

Steve Grimes, Treasurer

John Barrington

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Louis Wright

Sponsors



From the President's Desk **After the Retreat**



As I noted last month, your board planned to retreat. Oh, not in the sense that we withdrew from anything, but rather we met for five hours to review what we do as a village and why we do it. My thanks to all who responded to my questions about what we are and should be doing.

We started with a list of twenty-five possible programs and activities that villages around the country undertake. We noted that our most "popular" and visible services include the handyman, telephone reassurance, and our Vetted Vendors List. Other services include having social events (such as the new Athens Uncorked get-togethers) and referrals

Things which we do *not* do include gardening, shopping, de-cluttering, and respite care, although we can make recommendations on these and other activities.

Two areas that need further development are an improved driver/transportation program and identifying volunteers (both villagers and others) to help with member needs. If you would be willing to volunteer to help other members of TAV in various activities, please let Gregg know (theathensvillage@gmail.com or phone 740-447-0500.

Ed

April TAV Birthdays:

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

Lynda Berman

Helen Horn

Dick Brackin

Anna Hedges

Robert Dakin

Margaret Stumpf

Jack Flemming

Elaine Sudnick

Lee Gregg

Susan out of the office in May

Your office staff, Susan Gilfert, will be out of the office in May 2017. She is a member of the Ohio-Japan Exchange Program, which sends visitors from each country bi-annually to observe how the other country deals with its elderly citizens. Susan will be gone from May 12 through 31. Paperwork will be delayed and no weekly email reminders will be sent. The June newsletter will be delayed.

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!

Brown Bags, Etc. Planned for 2017



- > Thurs., May 18: Senior Safety Day at the Athens County Fairgrounds, 10 a.m. to 2 p.m.
- > **May 25:** Jenn Bennett, new director of WellWorks. Facility tour and short talk. Venue: Grover Center
- > June 22: Ohio Attorney General's office presentation on senior scams and elder fraud. Venue: O'Bleness Room 10.
- > **July 13:** Potluck picnic at the Lions Picnic Shelter in The Plains. Athens OnDemand! Please bring a dish to share. No Brown Bags planned for August.
- > **Sept. 28:** Robert Gall, J.D., Your End-of-Life Legal Questions. Please send questions to office by Sept 20. Personal questions might not be appropriate. Venue: O'Bleness Room 10.
- > Oct. 26: FairHoPe Hospice: Advance Directives workshop. Venue: O'Bleness room 10
- > **Nov. 2:** Bill Wooddell, realtor with Hayes Real Estate, will answer questions submitted in advance to TheAthensVillage@gmail.com, subj: Bill Wooddell Q. Personal questions might not be appropriate. Venue: O'Bleness room 10.

Highlights from the 3/23 BBL

A lively discussion about Home Health Care concerns was the topic of the March Brown Bag. One member who could not attend phoned in her questions, which were answered by email. Ms. Kelley Brar, RN, was the informed moderator.

Would you like to speak about a trip, or any other activity that you love, with TAV members? Please contact Susan at the office (740-447-0500) if you would like to present at a monthly Brown Bag lunch. Please see planned BBLs on this page (**Save the Date**). In July, we have our annual potluck picnic, and in August there is no BBL. December is presently open to suggestion.

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. However, through *your* efforts, Kroger can share its profits with TAV. There are now eight member households signed up.

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 help. 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. Alternatively, please supply Susan with your Kroger card number, and she will get you registered. You need do nothing else.



Hearing Aid Interest Group

Next meeting: Monday, April 10, 2:00 p.m., 94 Columbus Road, Conference Room B. Open to the public.

At each meeting, facilitator Richard Dean addresses issues raised by participants 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!**

Dr. Dean's scheduled Feb. 16 panel presentation in which he planned to discuss this new cochlear implant device was cancelled due to a water main break on E. State St. Please watch this space for the rescheduling!

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 ways 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; meeting with potential and new members. 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 3rd Wed., 3 p.m. at ACEnet.

Membership Team Update

The Team discussed 1) questions from a student group which is working on marketing the Village, 2) a survey from the Board, and 3) calls in March. The April survey will be on rejuvenating the Phone Buddy system.

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., Apr. 10 at 1 p.m., at ACEnet.**

Public Information Team Update

The team discussed 1) a new chair for this Team, 2) asking membership for venues at which Village speakers could speak (club, meeting, ...), and 3) Board questions, in preparation for their retreat on March 2. *The Public Information Team wants to speak at club meetings and other gatherings. Please invite us!*

Next meeting is **Wed., Apr. 5 at 11 a.m. at ACEnet.**

Health & Wellness

Team Update

By Gladys Bailin Stern

Topics at the March 15 H&W Team Meeting

- * Submission of Patient Advocate grant proposal, this time to the Athens Foundation.
- * Board retreat goals as reported on March 12. Discussion of Social Events had several comments; December's Armchair Travel seemed well-attended; and the Phone Buddy System was explored.
- * Tech help, which is always needed. There will be another Tech Fair this year, again under the guidance of Athens High School students. It will again be held at the Athens Library, Fri., March 31, from 9 a.m. to 2 p.m. Bring any device which is causing you headaches.
- * Team member Bobbie Thibault was in a car accident on Christmas Day, was in rehab in Columbus, but is now back home with frequent visits from medical and therapeutic personnel. She talked about her experiences with the medical and insurance system, and lessons learned. She is firmly in favor of a Patient Advocate.

> Bobbie Thibault (see above) is now back home without a vehicle. Athens OnDemand is good, but they don't run on weekends. She would appreciate rides to the Farmer's Market on Saturday mornings. Phone 740-856-8755.

Next meeting on Wed., Apr 19, 3 p.m. at ACEnet.

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

- * **Wed., April 12, 6 p.m., O'Bleness Cafeteria:** Runners' and Walkers' Workshop with medical professionals. Advice, and a free healthy meal! The workshop is free and open to the public.
- * **Sat., Apr, 22, 10 a.m., Peden Stadium.** "Race for a Reason" 5K, 3K, walk or jog fundraiser. Click on <http://www.hfpracing.com/events/managed.raceforareason/> for more information

Notes from Gregg

Vroom! Vroom!

Transportation Updates

As we all know, transportation is an ongoing issue for many TAV members. We are working with the Athens City Transit to develop a program that will dedicate a city transit vehicle for TAV members a couple days a week. This would be a fee-for-service situation and would strictly be local. Unfortunately, they are unable to provide TAV dedicated long-distance transportation *yet*—but this is something that we are working on as well. The details are being worked out for the local transportation. We hope to have it up and running by early summer. Come to the **July 9th Brown Bag Potluck** at the Lions Club Shelter in The Plains to see the vehicle and meet ACT folks!

We are making an effort in the office is to register all TAV members with Athens OnDemand. This service, only \$2 per ride, is *only* available to those who have registered. Call the office for help with the forms.

Senior Safety Day will be Thursday May 18 at the Athens County Fairgrounds, from 10 a.m. to 2 p.m. As in previous years, TAV will have a table. Unlike previous years, Susan will not be around to help organize. **I've not been to this event before. I need help!**

If you could 1) volunteer an hour to sit at the table and talk to passers-by about TAV, or 2) donate snacks to give away, I would appreciate it! Please call the office, 740-447-0500 or email me at TheAthensVillage@gmail.com



TRANSITIONS

New Members:

Nancy Walker joined the Village in March. Please welcome her if you see her anywhere.

Departed:

Pat Light passed away on March 18. Her memorial service will be held at Galbreath Chapel on Sat., June 1 at 11 a.m.

Jerry Reese passed away in mid-March.

Appealing Denied Claims

TAV member Jane Woodrow found this note in a recent magazine: "Appealing a denied health insurance claim can be frustrating and time-consuming, but "it's often worth putting up a fight," said David Lazarus in the *Los Angeles Times*. Of the relatively small percentage of denials that are challenged by patients, about half end up being reversed, according to a 2011 Government Accountability Office study. Of those, many stemmed from billing errors or missing information. "Something as simple as an incorrect code submitted by a doctor's office can trigger a denial." To get started, contact your insurer or pharmacy benefit manager to see if any paperwork is missing, or if an erroneous code was used." The fix might be as simple as resubmitting a certain document."

ALZHEIMER'S ASSOCIATION APRIL WORKSHOP

Friday, Apr. 7, 11 a.m., ACEnet Conference Room B: "Effective Communication Strategies" As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. This workshop exploring ways to communicate is free and open to the public. RSVP is requested to confirm that enough printed materials are available at the workshop.

A local representative is in the Village office twice a month, on 1st and 3rd Friday mornings from 10 a.m. to 1 p.m.. The Alzheimer's Association contact is [800-272-3900](tel:800-272-3900).



Senior Safety Day

At the Athens County
Fairgrounds

Thursday, May 18

The Third Annual Senior Safety/Preparedness Day will be held at the Athens County Fairgrounds from 10 a.m. to 2 p.m., rain or shine. FREE admission and parking. TAV will again have a table.

Free information includes: talks by medical personnel and therapists, and free medical screenings; lunch of soup and hot dogs; coffee; demonstrations of fire and police equipment, **and MORE!**



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



ATHENS COUNTY
PUBLIC LIBRARIES

At the Athens Public Library
30 Home St., 740-592-4272,
www.myacpl.org/athens/

- * **Mon., Apr. 3, 6-8 p.m., *The Plains Library*.** Advance-directive workshop, presented by Holzer Clinic. 6-7 is the presentation and 7-8 is a hands-on workshop.
- * **Wed., Apr. 5, 6:30 p.m., “International Conversations.”** Learn more about Athens residents.
- * **Sat., Apr. 15, 11-12:30 p.m., *The Plains Library*** “BioBonanza!” Meet biologists from OU and check out what they’re studying.
- * **Sat., Apr. 15, 2 p.m.** “Your Garden’s Secrets: Biology in Your World!” Brandan Gray will speak about common house and garden plants’ origins.
- * **Wed. Apr. 19, 3-4 p.m.** Community Food Initiatives Seed Give-away Week. Also at other local libraries, see APL webpage. Master gardeners offer answers and ideas.

Some Ohio University events

Mem. Aud Box Office: 740-593-1780

- **Mar. 29-Apr. 1 and Apr. 5-8, 8 p.m., Kantner Hall.** *The Rover*, Restoration comedy. Talkbacks Apr. 1 and 5 after performance. Tickets: \$10 adults; \$7 seniors; students free.
- **Sat., Apr. 1, 8 p.m., Mem Aud** *Broadway’s Next H!T Musical*. Unscripted, with master improvisors. Tickets \$20
- **Apr. 3-9, mostly Athena Cinema.** Athens Int’l Film + Video Festival. Times and prices vary.
- **Fri., Apr 7, 7:30 p.m. and Sat., Apr. 8, 4:30 p.m., ARTS/West.** Jazz Festival concerts. Cost?
- **Sun., Apr. 9, 4 p.m., Mem Aud** Choral Union concert. Some TAV members are in Choral Union. Free.
- **Apr. 10-16, International Week.** Various events, including *Street Fair* Sat. Apr 15, 11 a.m. to 4 p.m. Varied prices
- **Fri., Apr 14,** NPR’s Bob Boilen is on campus for the day. Info at <https://www.ohio.edu/scrippscollege/newsevents/news-story.cfm?newsItem=3A3800BD-5056-A874-1D0EB29571EA660E>
- **Tues., Apr 18, 7:30 p.m., Mem. Aud.** Symphony Orchestra concert
- **Fri., Apr. 21, 7:30 p.m., Recital Hall; Sat., Apr. 22, 4 p.m., Mem. Aud, and Sat., Apr. 22, 5:30 p.m., College Green** School of Music Centennial Festival
- **Apr. 28-30, Convocation Center.** Graduate and undergraduate commencement ceremonies. Move-out from dorms.

O’Bleness SeniorBEAT Activities

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

- *Book Club, **Mon., Apr. 10, 10 a.m., Olive Kittredge** by Elizabeth Stout. **O’Bleness Cafeteria.**
 - *Wed. Wellness, **Wed., Apr. 12, 6 p.m., Runners’/ Walkers’ Workshop, O’Bleness Cafeteria**
 - *History Group, **Thurs., Apr. 13, 1 p.m.,** Norman Fox, Buckeye Trail History. **O’Bleness Room 8.**
 - *Speakers Program, **Thurs., Apr. 20, 2 p.m.** Pain Management, Jason Allen, DO. **O’Bleness room 10.**
 - *Lunch Group, **Fri., Apr. 27, 11:30 a.m.** Meet at *Shades on State*, 994 E. State St.
- For more details, call Joy MillerUpton at 740-385-8451 or email 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)**
- Sun., Apr. 2 and Wed., Apr. 5, 7 p.m.** *North by Northwest* (1959) All tickets \$12.50
- Tues., Apr. 11, 6:30 p.m.** Bolshoi Ballet: *A Hero of Our Time*. Tickets \$18
- Tues., Apr. 18, 6:30 p.m.** National Theater Live: *Twelfth Night*. All tickets \$15
- Sat., Apr. 22, 12:55 p.m. and Wed., Apr 26, 6:30 p.m.** Metropolitan Opera: *Eugene Onegin* Adult \$24 Senior \$22
- Sun., Apr. 23, and Wed., Apr. 26, 7 p.m.** *The Graduate* 50th Anniversary. All tickets \$12.50

Athena Cinema, 20 S. Court St., 740-594-7382

- Sat., Apr. 1, 3 p.m.** *The Princess Bride* (1987). As you wish. Tickets \$7.
- Apr. 3-9, times vary** Athens Int’l Film + Video Festival. <http://athensfilmfest.org/>. Varied prices
- Wed., Apr. 12, 7 p.m.,** *Catching the Sun*, a documentary on the global race to lead the clean energy future. Free.
- Sun., Apr. 16, 3 p.m.** *Harvey* (1950) Celebrate Easter with Jimmy Stewart and his invisible friend. Ticket price?
- Tues., Apr. 18, 7 p.m.** *Apollo 13* (1995) Science on screen with Dennis Irwin. Free.
- Wed., Apr. 19, 7 p.m.,** *The Messenger*, a documentary on birds and sustainability. Free.
- Thurs., Apr. 20, 9 p.m.** *Reefer Madness* (1936) Celebrate 420 with this cult film. Tickets \$5