

Gawande Webinar Rescheduled for Monday, Sept 25, 5 p.m.

Dr. Atul Gawande's webinar on *Being Mortal* has been rescheduled for **Mon., Sept. 25 at 5 p.m. at Ohio University's Heritage College of Osteopathic Medicine, Room 199 in Irvine Hall.**

Parking is available at no cost after 5 p.m. in any lot around the Convocation Center. We are also planning a shuttle between ACEnet parking (free anytime) and Irvine Hall on the OU campus. An informal discussion afterwards with light refreshments is being planned.

Please be aware that this is a streaming broadcast emanating from Boston. No copies will be available for later viewing, and no other locations will receive this broadcast in Athens. Dr. Gawande will address **ONLY** questions submitted in advance to BHV15th@beaconhillvillage.org.



August 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 gathering of members and friends at Bob Evans, hosted by Ellsworth Holden.

Wed., Aug. 2, 11 a.m., Public Information Team meeting, ACEnet Conf. room B.

Tues., Aug. 8, 10 a.m., Board meeting, Athens Community Center

Wed., Aug. 9, 4 p.m. Informal, no-host gathering at Athens Uncorked

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

Mon., Aug. 14, 2 p.m., Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B (See p. 4.)

Wed., Aug. 16, 3 p.m., Health and Wellness Team, meeting CANCELLED for vacation.

Wed., Aug. 23, 1 p.m. Members' informal gathering with Gregg, ACEnet conf. B

Welcome New Member!

Michelle Ajamian joined TAV, July 1.

GET READY! TAV Annual Meeting: Thursday, Sept. 21, 5 - 7 p.m.

The Athens Village conducts an annual meeting of the entire membership. **JUST ONE!** 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 you there!**

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 the September issue for important information on issues and concerns to be addressed and voted on.

Changes to Medicare, 2017-18: Wed., Sept. 6, Noon to 2 p.m.

Medicare health and drug plans change every year! Are you keeping up? Open Enrollment is Oct. 15 to Dec. 7; it's your time to review your coverage. Alicia Nighland from the Ohio Senior Health Insurance Information Program (OSHIIP) will visit O'Bleness Hospital Room 10 on Sept. 6 at noon 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. This presentation is free of charge and open to the public.

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
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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>

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From the President's Desk

Senior Housing in Athens?



The Athens Village developed from the failure to establish any type of retirement community in Athens. Some may remember Margaret Topping's efforts a couple of decades ago. Ten years ago it looked like National Church Residences might team with Ohio University for senior housing on university land at the end of Stimson Avenue. This failed primarily due to opposition in the local neighborhood.

The mission of The Athens Village is to "enable members to live independently, comfortably, and safely in their homes." The question remains, though, what happens when you can no longer live in your own homes? Most of us know of friends who had to relocate outside of Athens due to a lack of alternative housing here.

A couple of weeks ago, members of our Health and Wellness Team met with David Funk of Capstone Development about alternatives for senior housing in Athens. David used the gathering to obtain thoughts about possible alternatives, such as a large house for many residential bedrooms with a common kitchen, dining, and other rooms. Another is the "pod" with smaller houses/cottages around a central building. Many of you are familiar with continuing care retirement communities (CCRC), which is yet another approach.

If you have any thoughts you would like to share, please just e-mail me at baum@ohio.edu. I will keep you informed as to any developments in this area. *Ed*

The Athens Village Vital Statistics

As of July 28, TAV consists of **99** members, 26 men and 73 women. The average age of members is 79.42 years, with 7 members over 90 years of age; 37 members, aged 80-89; 45 members, aged 70-79; 9 members aged 60-69; and 1 member age unknown.

August TAV Birthdays:

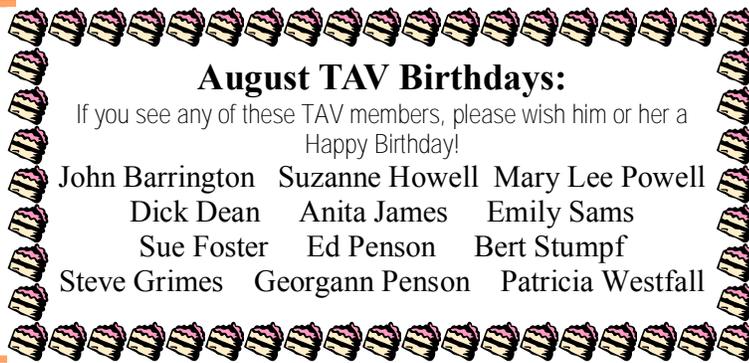
If you see any of these TAV members, please wish him or her a Happy Birthday!

John Barrington Suzanne Howell Mary Lee Powell
Dick Dean Anita James Emily Sams
Sue Foster Ed Penson Bert Stumpf
Steve Grimes Georgann Penson Patricia Westfall

Members and guests can look for **THE ATHENS VILLAGE "EVENT HERE TODAY"** sign which indicates where events are being held. George Weckman graciously donated this TAV signage.



Thanks a million, George!



Events Planned for 2017



Due to lack of participation, Brown Bags will be discontinued after July. If members want to hear a particular speaker, they should please notify the office (740-447-0500). Please allow at least two months for the scheduling of speaker and venue.

Wed., Sept. 6: Changes in Medicare presentation by Alicia Nighland, Ohio Senior Health Insurance Information Program. Venue: O’Bleness Room 10, noon.

Thurs., Sept. 21, 5:30 p.m. Annual Meeting of The Athens Village members, Richland Methodist Church. (see page 1). Partial potluck.

Mon., Sept. 25, 5 p.m.: Dr. Atul Gawande webinar viewing party, OU HCOM, 199 Irvine Hall. Free and open to the public. Discussion with light refreshments to follow in Irvine Hall lobby, 6 to 7 p.m.

Highlights from the 7/13 Picnic



Twenty members came out on a rain-threatening day for the annual potluck picnic at the Lions’ Club Picnic Shelter in The Plains. Athens OnDemand and Athens City Bus came for an hour to show off their ramp-equipped buses. Ed also informed the members about the Annual Meeting and other upcoming events in September.

Please see other planned events on this page (Save the Date). In September we have our annual meeting at the United Methodist Church, off old Route 33, near the South Y. Want a speaker? Tell the office! 740-447-0500

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.



Membership

Invoices in the Mail!

The fiscal and membership year for our Village is October 1-September 30. Dues invoices will be mailed out to members at the end of August. Please be aware that payments are due no later than October 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. However, through *your* efforts, Kroger can share its profits with TAV. There are now nine member households signed up, and TAV **received \$44.54 in June**. Thanks for signing 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.

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. at 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. at 1 p.m. at ACEnet.

Health and Wellness Team

Task: Charged with assessing member needs and creating programs concerning safety/wellness; assisting with development and maintenance of projects/events for the membership. Meets 3rd Wed. at 3 p.m. at ACEnet.

Membership Team Update

The Membership Team did not meet in June. The Team met on July 10 to discuss Senior Safety Day and the results from interest shown by visitors. Also, there had been a presentation by David Funk about senior housing in Athens earlier that day, so those ideas were discussed by Team members not attending the presentation.

Next meeting: Mon. Sept. 11, 1 p.m., at ACEnet.



Hearing Aid Interest Group

Next meeting: Mon., August 14, 2 p.m., 94 Columbus Road, Conf. 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!**

Health & Wellness Team Update

On July 19, the Team discussed the 7/10 David Funk presentation of Capstone properties and realized there would have to be a consensus on the type of housing that could be built in Athens for senior living. The question arose, that without medical facilities at the housing facility where and how would assistance be available for the tenants? It was also suggested that Mr. Funk make his presentation to the full membership for additional input, preferably at O'Bleness some time in the Fall when more folks are back in town. The committee will resume on Wed. Sept 13 with a new chairperson, Jane Woodrow. Thanks to Jane!
Next meeting: Wed., Sept. 20, 3 p.m. at ACEnet.
The August meeting will be cancelled.

Public Information Team Update

On July 5, the team discussed the May 18 Senior Safety Day and potential projects. The Chair is interested in raising the village profile in Athens County. **Next meeting: Aug. 2, 11 a.m., ACEnet conf. room B.**
Sept 6 meeting at 11 a.m., in O'Bleness Room 6.
* The Medicare presentation will be down the hall in room 10 at noon.



Caregiver Videos Available Online FREE from AARP

TAV member Jane Woodrow brought AARP information to our attention. The latest AARP magazine noted that FREE online videos are available for family caregivers. The Home Alone Alliance has videos that show various techniques such as moving with a walker, moving in and out of shower, etc. These short videos (3-7 minutes) can be found at <http://www.aarp.org/ppi/info-2017/home-alone-alliance.html>.



Notes from Gregg

As with any new project, some issues still need to be resolved with the Patient Advocate project. Thus, implementation has been delayed to some degree. Having said that, I am very happy to announce Deb Sechkar has agreed to accept the position of Patient Advocate. Deb retired from ad-

ministration with the Appalachian Visiting Nurses (before OhioHealth took that agency over), and is a registered R.N. Deb is a good friend and longtime supporter of TAV. Deb's experience with The Athens Village will be a tremendous asset in implementing this project. We anticipate a late July startup for the Patient Advocate project. If you are interested in learning more about this service, please call the office ([740.447.0500](tel:740.447.0500)), or call Deb directly ([740-590-8992](tel:740-590-8992))

ALZHEIMER'S ASSOCIATION WORKSHOPS

Fri., Aug. 4, Noon, ACEnet

"Effective Communication Strategies"

Fri., Aug. 18, 10 a.m., ACEnet

"The Basics of Alzheimer's Disease"

All workshops are free; please pre-register at 800-272-3900 to ensure sufficient materials are prepared.

Patient Advocate Note from Deb Sechkar

Please see Gregg's note (left). A trained advocate helps with healthcare decisions by ensuring that the patient understands medical evaluations and instructions. If you think that this is something that you could benefit from, please contact the TAV office at 740-447-0500. *Deb*



Request for community assistance: Mentor an OU student

The Senior Mentor Program is a component of a gerontology course at Ohio University. The program involves pairing each student with an adult (age 60+) within the Athens community and requires a **total** of 20 hours of interaction between the adult (mentor) and the student (mentee) **during the semester**. This opportunity begins before the last week of August. Mentors/mentees *typically* meet for about two hours each week. The pairs are encouraged to engage in mutually enjoyable, self-selected activities together, such as cooking dinner, creating a photo album, visiting the Athens Farmer's Market, attending a social event, *etc.* The instructor of the course, Dr. Julie Brown, corresponds with the mentors throughout the semester and provides information about topics being discussed in class. In addition, group activities involving all mentors and mentees are typically planned, such as breakfast at Bob Evans or a picnic. If you would like to learn more about this opportunity, please contact Julie Brown at brownj14@ohio.edu. TAV members Gladys Bailin Stern, Jane Woodrow, and Sara Gilfert highly recommend the experience.

Request for Research Participants

Research Participants Wanted
for a study on linguistic processing

You may participate if (among other requirements):

- ▶ You are from 18 to 89 years old
- ▶ Your native language and the language you use on a daily basis is American English
- ▶ You have no history of speech, language, learning, or developmental impairment
- ▶ You have no history of stroke or brain injury
- ▶ You pass a hearing, vision, and cognitive screening

Participation in the study will last for about 50 to 75 minutes.

Testing will take place in the Neurolinguistics Laboratory, W240 Grover Center, on the Ohio University campus.

Participants will receive \$10 in compensation.

Contact Info:

The Ohio University Neurolinguistics

Laboratory: 740-805-0310

Email: ouneurolinguistics@gmail.com

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., Aug. 2, 7 p.m. Dance performance.
Tues., Aug. 15, 5:30 p.m. Reception for August artists in the library.
Mon. Aug 21, 1-4 p.m. View the Solar Eclipse safely.
Thurs., Aug 31, 6:30 p.m. *Marriage and Schizophrenia*, talk about mental illness and family relationships.
Wednesdays, 10 a.m. and 2 p.m., Yoga for people 50 and up. Bring your own mat, or mats available at the library.

OTHER EVENTS IN AND AROUND ATHENS

- **Every Mon., Wed., and Fri. from 3 to 4 p.m.,** the pool at Beacon School is open for senior swimmers. \$2 per person to pay for the lifeguard. *Arthritis Swim* **Mon. and Thurs. from 5:30 to 6:30 p.m.** Cost is unknown.
- **August 4-12** Athens County Fair. \$8 admission per person includes parking.
- **July 20-23, July 27-30 and Aug. 3-6.** Forum Theater. OVST presents *Hairspray, the Musical*. More info at <https://ovstdotorg.wordpress.com/2017-show-information/>.

TAV is still stretching

- Marcia Goldstein has taken on the role left vacant when Molly Hajjar graduated and left Athens. She is excited to be leading the gentle yoga stretching group on Tuesdays at 10:30 a.m.
- This group continues to meet on Tuesdays at 10:30 a.m. at the OSU Extension office on 280 West Union Street (behind the City-County Health Building, next to the county fairgrounds). There is a suggested \$5 donation per session.
- Space is available for up to four additional TAV members to join the group. Come explore and see if it is right for you!





O'Bleness SeniorBEAT Activities

Become a member of SeniorBEAT! It's FREE!!!!
 *Book Club, **Mon., Aug. 14 10 a.m.,** discussing *The Whistler* by John Grisham. **O'Bleness Cafeteria.**
 *History Group, **Thurs., Aug. 10, 1 p.m.** Anne Cooper-Chen talks about her visit to Cuba.
 *Speakers Program, **Thurs., Aug. 17, 2 p.m.** Morgan Pavol from the Alzheimer's Association will talk about available services. **O'Bleness Room 10.**
 *Lunch Group, **Fri., Aug. 25, 11:30 a.m.** Meet at Bob Evans Restaurant, 357 E. State St.
 For more details, call Joy MillerUpton at 740-385-8451 or email jmillerupt@aol.com


Senior Fitness classes
 Free to members
 Wednesdays, Grover W
 Core and Balance 9:30 a.m., Chair Strength 10:30 a.m.

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)**
- Wed., Aug 2, 7 p.m. *Fast Times at Ridgemont High* (1982) All tickets \$12.50
- Sun., Aug 13 and Wed. Aug 16, 7 p.m.** *Bonnie and Clyde* (1967) All tickets \$12.50
- Tues., Aug. 15, 6:30 p.m.** National Theater Live: *Angels in America, Part 1* All tickets \$15
- Tues., Aug. 22, 6:30 p.m.** National Theater Live: *Angels in America, Part 2* All tickets \$15
- Mon. Aug. 28, 7 p.m.** *Castle in the Sky* (1986, Japanese animation, subtitled) All tickets \$12.50

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

- Sat., Aug. 5, 3 p.m. Double Feature:** *The Red Balloon* (1918) and *Modern Times* (1936). Live music for these silent films with OU's Roger Braun and Andre Gribou.
- All screenings above benefit Big Brothers Big Sisters of Athens County. Suggested donation of \$2 per person.