

## Brown Bag Lunch:

**Thurs. Feb. 23, Noon-2 p.m.**  
**The Plains Public Library,**  
**Meeting Room**



**Brooke Hallowell, Ph.D.**, will be the speaker in February. She is a professor of Communication Sciences and Disorders. She researches aphasia, which often happens after a stroke, and other communication problems. Brooke's most recent book, *Aphasia and Other Acquired Neurogenic Language Disorders: A Guide for Clinical Excellence*, was published in summer 2015. Brooke is also Executive Director of the Ohio University Collaborative on Aging. This group brings together university and community members with aging-related interests.

Brooke will speak about current research in aging at Ohio University and elsewhere. She and her students are researching many exciting and interesting topics in aging at Ohio University. Brooke's colleagues and students are seeking research assistance, and they would like your help in finding more persons to be research subjects.

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## February 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., Feb. 1, 11 a.m.**, Public Information Team meeting, ACEnet Conf. Room B.

**Mon., Feb. 13, 1 p.m.**, Membership Team meeting, ACEnet Conf. Rm. B.

**Mon., Feb. 13, 2 p.m.**, Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B.

**Tues., Feb. 14, 10 a.m.**, Board meeting, The Plains Library meeting room

**Wed., Feb. 16, 3 p.m.**, Health and Wellness Team, ACEnet, Conf. Room B.

**Thurs., Feb. 23, noon**, Brown Bag Lunch meets at The Plains Public Library meeting room. Open to the public. See story, left.

## Athens' Own: Dr. Atul Gawande , MD, MPH webinar

### *The Value of Community and Choice as we Grow Older*

**Monday Feb. 13, 2017, 5-6 p.m.**, at O'Bleness Hospital room 10 (lower level)

Please join Village members and other interested parties in the webinar presented by Beacon Hill Villages of Boston and Village to Village Network (a national organizing agency for Villages). Dr. Gawande will address **ONLY** questions submitted **in advance**. Please send questions directly to : [BHV15th@beaconhillvillage.org](mailto:BHV15th@beaconhillvillage.org). Atul Gawande's book *Being Mortal* has had resonance with Village members, and was a focus of Sue Erlewine's workshop in 2014 and Wendy McVicker's workshop in 2015.



### 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, 10A.M. TO 2 P.M.

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

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

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

#### Board of Directors

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#### *Sponsors*



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

## **Whither goest we?**



Your board needs your help. On March 2 the board will go on a retreat to assess what we have been doing and to identify what you and we want TAV (The Athens Village) to do over the next few years. This is sometimes referred to as strategic planning but whatever you call we will be planning for our future.

What is it that you think that TAV should be doing and who should be doing it? What services or programs should we drop and what should be added. How do volunteers fit in? How do we relate to other senior groups in Athens? How large should we try to become?

The major source of ideas for us to consider is you, our members. In the next week or so I will send you an e-mail asking for your ideas and thoughts. I hope you will spend some time on where you would like TAV to be/go/do for the next five years.

In the meantime, give it some thought. If you would like to send me something sooner, just send it to me, [baum@ohio.edu](mailto:baum@ohio.edu) or 20 Sunnyside Dr., Athens. *Ed*

### **The Athens Village Vital Statistics**

As of Jan. 24: **97** members: 25 men and 72 women. Average age is 78.87 years, with 7 members over 90 years of age; 36 members, aged 80-89; 44 members, aged 70-79; 9 members aged 60-69; and 1 member age unknown.

### **Cancellation Policy**

If The Athens Village has a meeting or event scheduled and the weather is "iffy," listen to the radio for school announcements. If Athens City School classes are canceled, so is our event. If school is on a two-hour delay, morning meetings are canceled. For help deciding, call 740-447-0500.

### **February TAV Birthdays:**

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

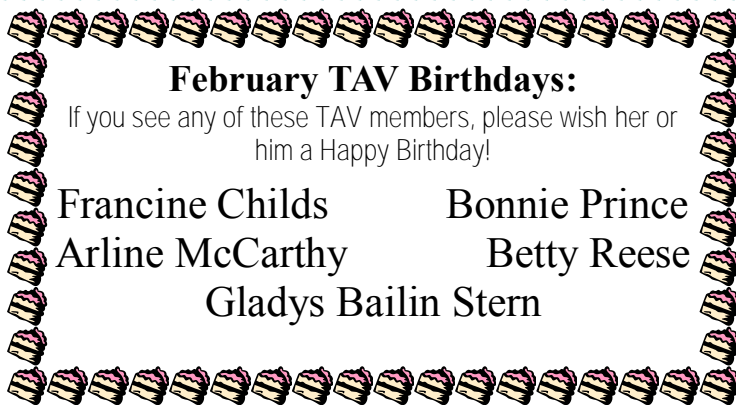
**Francine Childs**

**Bonnie Prince**

**Arline McCarthy**

**Betty Reese**

**Gladys Bailin Stern**



### 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 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.



### Brown Bags Planned for 2017

- > **March 23:** Free-ranging discussion of **Home Health Care** concerns, moderated by Kelley Brar, R.N. Venue: ACEnet conference room B.
- > **April 27:** Roger Wilkens, Southeast Ohio Public Energy Council (SOPEC) director, talking about advances in alternative energy, including technology and legislation. Venue: ACEnet conf. room B.
- > **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: TBA
- > **July 13:** Potluck picnic at the Lions Picnic Shelter in The Plains. Bring a dish to share with 4-6 TAV members, and enjoy the conversations!



### Highlights from the 1/26 BBL

Aubrei Krummert, of Real World Organizing, spoke to members about the value of de-cluttering and organizing living space. The value lies not only for the present, but also for the future. Aubrei spoke about the basics of de-cluttering (things I love, things I'll give away, things I can't decide), and how to make the hard decisions.

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. September through December are presently open to suggestion.



### Hearing Aid Interest Group

Next meeting: Monday, Mon Feb. 13, 2 p.m. 94 Columbus Road, Conference Room B.

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!**

**Upcoming:** Dr. Dean is co-hosting a panel presentation on **FEB. 16, 2017** about this new cochlear implant device. This presentation is open to the public, with invitations going to SeniorBEAT and United Seniors members. The venue is in O'Bleness Hospital room 10 (in the lower level).

## 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 way 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) the Retention and Recruitment policy of the Village; 2) a revised calling list; 3) the calling schedule [6 times per year]; 4) the questions to ask for the January call; and 5) a need to keep in contact with agencies and organizations to provide speakers and information about the Village.

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., Feb. 13 at 1 p.m., at ACEnet.**

### Public Information Team Update

The team discussed re-sending letters to HR offices at Athens County's top employers, to advise retirees from various companies about The Athens Village. Also, Brown Bags and other meetings/presentations were discussed.

Next meeting is **Wed., Feb. 1 at 11 a.m. at ACEnet.**

## Health & Wellness

### Team Update

By Gladys Bailin Stern

At the 1/18 meeting, the Team discussed:

- \* the letter to the Editor of the *Athens News* which was published on Jan. 16.

- \* the Durable Medical Equipment library project. DME includes canes, walkers, and wheelchairs.

When the Village was associated with Visiting Nurses, we had a "library" of such equipment that could be borrowed as needed, and returned when not needed. It would be useful to all members if we could replicate that resource. Several members have already donated equipment, and other members have borrowed from that small inventory.

How can we increase the number, amount and/or variety of DME available to Village members?

- \* the Patient Advocate grant. Gregg wrote a grant to the Athens Foundation in December to fund a "patient advocate," a person who would help clients with medical matters. The grant awardee will be announced in January or February.

> Team member Bobbie Thibault was in a car accident on Christmas Day, and is in rehab in Columbus through mid-February. She would appreciate a get well card at: Bobbie Thibault, Room #155, Friendship Village of Columbus, 5757 Ponderosa Dr., Columbus, OH 43231-3102.

**Next meeting on Wed. Feb. 15, 3 p.m. at ACEnet.**

### A Votre Sante / L'Chaim / Na

### Zdrorvje / Salud / To Your Health

**Wed. Feb. 22, 6 p.m., O'Bleness Hospital cafeteria:**

*Heart Health and Cardiopulmonary Rehabilitation* discussion with Dr. Vipin Koshal, DO.

HeartWorks tour and demonstration.

**Tuesdays, 10 a.m. to noon and Wednesdays 11**

**a.m. to 1 p.m., Athens Public Library:** *Know*

*Your Blood Pressure Numbers!* Talk and demonstration by the Athens City-County Health

Department; equipment at the library. This series continues through February.

### A Note from Gregg



We have **discontinued** the Get More From Your Membership monthly meetings because of a lack of participation. The option to reinstate the monthly schedule is always available if members prefer. Also, we are always glad to meet one-on-one with members to talk about services that are available, or to discuss individual needs. Call 740-447-0500 to make an appointment..

**Volunteers needed:** Statistics tell us one-third of Americans 65 and older live alone, and over half of age 85 and older are alone. While we are blessed to have a high percentage of active and mobile members, we also have members that have very limited access to transportation and that are socially isolated. We have requests from members who would love a visit. One member who lives in the New Marshfield area has developed issues with his sight and is practically unable to read. This is a devastating development for this retired professor. I call on this person as often as I can, but it isn't enough. If you would consider volunteering an hour or two to pay him a friendly visit, let us know and we'll help with the initial arrangements.



A note from Gladys Stern, TAV member and former Dance professor: "The dance division of Ohio University invites the membership to attend a Dress rehearsal of the Winter Dance Concert as a GUEST. The dress rehearsal will take place on **Friday, Feb 17 from 10 a.m.-noon in Memorial Auditorium.** This invitation is offered to accommodate those who don't get out at night and would like to enjoy the performance of talented students performing works of faculty and guest choreographers. Evening performances are at 7:30 p.m. on Feb. 17 and 18. Tickets required for the evening performances."

**Free Technical Assistance at the Library**  
**Athens:** Weds: 2-7 p.m., Fri: 10-1 p.m.  
**The Plains:** Tues, 10-1 p.m.  
**Albany:** Thurs; 2-6 p.m.  
 Or phone 740-249-9422 to make an appointment

### TRANSITIONS

**Pat Light** is at Kimes Nursing Home, room 116, 75 Kimes Lane, Athens OH 45701. She would appreciate a get-well card, or friendly visits. Call 740-818-3522 to arrange a convenient time.

**Ragy Mitias** would like a volunteer for a friendly visit and to read his mail to him. Please contact the office (740-447-0500) to make arrangements.

### ALZHEIMER'S ASSOCIATION TO INCREASE SERVICES IN THE ATHENS COMMUNITY

Workshop schedule:

\* **Friday, Feb. 3, noon, ACEnet Conference Room B:** "Know the 10 Signs." Increase awareness of the warning signs of Alzheimer's, and the benefits of early detection and diagnosis. Free.

\* **Friday, Feb. 17, 11 a.m., ACEnet Conference Room B:** "Basics of Alzheimer's." What any caregiver needs to know about Alzheimer's disease and dementia, including information on detection, causes and risk factors. Free.

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).



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!**

## 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/)

**Tuesdays, 10 a.m. to noon and Wednesdays 11 a.m. to 1 p.m.**, “Know Your Blood Pressure Numbers!” Talk and demonstration by the Athens City-County Health Department; equipment at the library.

**Thurs., Feb. 9, 6:15 p.m.** “Navigating Conflict in Times of Transition.” Hosted by Athens Area Mediation Service.

**Thurs., Feb. 23, 6:15 p.m.** “Navigating Conflict in Times of Transition.” Hosted by Athens Area Mediation Service.

**Sat., Feb. 25, 2 p.m.** 13th screening and panel discussion. Ava DuVernay documentary about the 13th amendment (abolishment of slavery). Host: Showing Up for Racial Justice (SURJ) SE Ohio.



### O’Bleness SeniorBEAT Activities

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

\*History Group, **Thurs., Feb. 9, 1 p.m.**, “Edgar Allen Poe” by Paul Jones, OU prof. **O’Bleness Room 8.**

\*Book Club, **Mon., Feb. 13, 10 a.m.**, *Maxwell Perkins* by A. Scott Berg. **O’Bleness Cafeteria.**

\*Speakers Program, **Thurs., Feb. 16, 2 p.m.** “New options for hearing loss” panel, **O’Bleness room 10.**

\*Lunch Group, **Fri., Feb. 24, 11:30 a.m.** Meet at Applebee’s, 547 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

**Mem. Aud Box office: 740-593-1780**

**Tues., Feb. 7, Mem. Aud., 7:30 p.m.** Canadian Brass, quintet. Joined by ensembles from OU School of Music. Part of Performing Arts Series.

**Thurs., Feb. 9, Mem. Aud., 7:30 p.m.** Symphonic Band Student Conductors’ concert. Free.

**Fri., Feb. 10, Glidden Recital Hall, 7:30 p.m.**, Visiting Artists Kimberlee Godma, flute. Free.

**Tues., Feb. 14, Glidden Recital Hall, 7:30 p.m.** Visiting Artist Jonathan Cohler, clarinet and Rasa Vitkauskaitė, piano. Free.

**Wed., Feb. 15-Sat., Feb. 18, and Wed., Feb. 22-Sat., Feb. 25, Baker Theater in Kantner Hall, 8 p.m.** . *Stupid F\*\*\*ing Bird* (adaptation of Chekhov’s *The Seagull*). Talks Wed., Feb. 15 and Sat., Feb. 25 following performance. Tickets \$7 seniors

**Fri., Feb. 17 and Sat., Feb. 18, 7:30 p.m., Mem. Aud.:** Senior Dance Concert. Tickets \$12. (see related, page 5)

**Thurs., Feb. 23, Mem. Aud., 7:30 p.m.**, Wind Symphony Carnegie Hall Kickoff Concert. Free.

**Fri., Feb. 24, Glidden Recital Hall, 7:30 p.m.** All-Grieg piano recital. Free.

**Mon. Feb. 27, Mem. Aud., 7:30 p.m.** The Nile Project, music from 11 Nile countries. Part of Performing Arts Series.

### 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., Feb. 1, 7 p.m.** *Dirty Dancing* (1987) All tickets \$12.50

\* **Tues., Feb. 7, 6:30 p.m.** Bolshoi Ballet: *Swan Lake* (chor. Grigorovich, 2001) All tickets \$18

\* **Sun., Feb. 12 and Wed., Feb. 15, 7 p.m. each night** *An Affair to Remember* (1957) All tickets \$12.50

\* **Tues., Feb. 14, 6:30pm** National Theater Live: *Amadeus*. All tickets \$15

\* **Thurs., Feb. 23, 7 p.m.** *Is Genesis History?* 2017 documentary. Cost?

\* **Sat., Feb. 25, 12:55pm** The Metropolitan Opera: *Rusalka* (Dvořák, cond. Mark Elder) Adult \$24 Senior \$22

\* **Tues., Feb. 28, 6:30 p.m.** National Theater Live: *Saint Joan* (playwright Bernard Shaw) All tickets \$15

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

**Wed., Feb. 1, 7 p.m.** *PlayTime* (1967). Jacques Tati. In French with English subtitles? Free.

**Thurs., Feb. 2, 7 p.m.** *Sustainable* (2016) Documentary on America’s food system. Free.

**Thurs., Feb. 9, 7 p.m.** *Bugs* (2016) Documentary on insects as food. Free.

**Tues., Feb. 28, 7 p.m.** *Tampopo* (1985) Juzo Itami’s hilarious “ramen western.” In Japanese with English subtitles? Dubbed? Free?