



**Brown Bag Lunch:**  
**Thurs. Jan. 26, noon-2 p.m.**  
**Athens Public Library,**  
**small meeting room**



**Aubrei Krummert**, is Athens' only accredited Professional Organizer, as she presents "Downsizing Without Overwhelm." Aubrei, owner of Real World Organizing, has been in business for over 5 years and is a member of The National Association of Professional Organizers. She works with residential clients of all ages, but has a personal affinity for the aging population. She is on The Athens Village Vetted Vendor list. Aubrei's business model focuses on ways for people of all ages to downsize their belongings in small, enjoyable spurts, rather than intense, exhausting days or even weeks. She will have a raffle, as well as a special offer for all members in attendance. TAV member Jane Woodrow recommends her services highly.

### THANKS FOR HOLIDAY CHEER DONATION!

The Columbus Foundation, via the Interim HealthCare Fund, donated \$1,500 to the Village. Plans for the money include support for the Patient Advocate grant being written by Gregg (to be submitted by Dec. 31). A new computer for the office is also under consideration. Thank you, Interim!



### TRANSITIONS

New members: Ellengene Peterson and Michael Rowe, David and Karen Williams

In Memoriam: Margaret Cohn (Dec. 1, 2016); Terri Rogers (Dec. 4, 2016)

## January 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., Jan. 4, 11 a.m.**, Public Information Team meeting, ACEnet Conf. Room B.

**Mon., Jan. 9, 1 p.m.**, Membership Team meeting, ACEnet Conf. Rm. B.

**Mon., Jan. 9, 2 p.m.**, Hearing Aid Interest Group, open to the public. ACEnet, Conf. Rm. B.

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

**Wed., Jan. 18, 3 p.m.**, Health and Wellness Team, ACEnet, Conf. Room B.

**Wed., Jan. 25, 1 p.m.**, Get More Out of Your Membership. Open to the public, ACEnet, Conf. Rm. B.

**Thurs., Jan. 26, noon**, Brown Bag Lunch meets at Athens Public Library, small meeting room. This meeting is open to the public. See story, left.

### 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.

### The Athens Village Voice

Stay connected and engaged.  
Your feedback is always welcome.

Gregg Andrews, Executive Director  
Susan Gilfert, Administrative Assistant  
Shawn Stallings, 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

**Ed Baum, President**

**Georgann Penson: Vice President**

**Anita James, Secretary**

**Steve Grimes, Treasurer**

**John Barrington**

**Don Fucci**

**Jack Flemming**

**Ellsworth Holden**

**Joyce Lewis**

**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!



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



Last month I began describing some of the opportunities for seniors in Athens, such as the Athens Senior Club, the Albany Senior Center, and SeniorBEAT. I ended by noting, "Many other opportunities abound... but it is not always easy to find them."

One resource that is worthy of being on your radar is **United Seniors of Athens**, which has an office at the Athens Community Center. It is a private, not-for-profit, focal point, multi-purpose service provider for senior citizens. Among their activities are transportation, health assessment, a nutrition program that provides a nutritious lunch Monday through Friday, a bridge group, a walking program, line dancing, and a blood pressure clinic.

There are also senior programs in several of the towns in Athens County, including Shade, Chauncey, and Nelsonville. You can find a link to a description of many of these programs on our website at <http://theathensvillage.org/misc/>

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

As of Dec. 19: **102** members: 29 men and 73 women. Average age is 78.72 years, with 7 members over 90 years of age; 36 members, aged 80-89; 48 members, aged 70-79; 10 members aged 60-69; and 1 member age unknown.

#### **January TAV Birthdays:**

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

Christina Dalesandry

Susan Loughridge

Evelyn Geiger

Rita Oberholzer

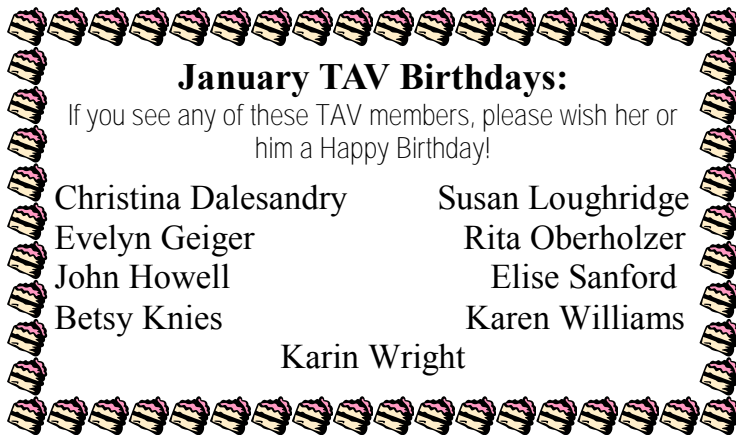
John Howell

Elise Sanford

Betsy Knies

Karen Williams

Karin Wright



## 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. Please see Gregg's notes on p. 4.



### 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.



## Brown Bags Planned for 2017

- > **Feb 23:** Brooke Hallowell, OU Prof. of Communication Sciences and Disorders. Topic: TBA.  
Venue: the Plains Library meeting room
- > **March 23:** Free-ranging discussion of **Home Health Care** concerns, moderated by Kelley Brar, R.N. Request of M. Thomas, TAV member.  
Venue: ACEnet conference room, building 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

## Highlights from the 12/8 BBL

Gladys Bailin Stern gave a vivid presentation of her Road Scholar trip to London. She crossed the Atlantic aboard the cruise liner *Queen Mary 2*. The ship was magnificent, and the lectures given aboard ship to participants were very informative. Gladys' photos of the ship and of London had the audience enthralled. Her stories, as always, were entertaining. 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, Jan. 9, 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 has full Medicare coverage!**

**Upcoming:** Dr. Dean is proposing a panel presentation on Feb. 16, 2017 about this new device. This presentation will be open to the public, with invitations going to SeniorBEAT and United Seniors members. The venue is likely to be in O'Bleness Hospital meeting rooms in the lower level. Watch this space for further information.

## 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, 4-6 times per year. 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 calling all Village members in December to wish them Happy Holidays. Rose suggested, to start the conversation, always reminding members about services already available through the Village and/or in Athens. The topic for the January call will be: "What further services would you like?" 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., Jan. 9 at 1 p.m., at ACENet.**

### Public Information Team Update

The team has created a new brochure reflecting personnel changes. TAV director, Gregg Andrews, has volunteered to be Team chair until a committee member is available. We need more team members, please! Also, Gregg is writing a grant to fund a Patient Advocate position, to be shared with United Seniors. Fingers crossed!

Next meeting is **Wed., Jan. 4 at 11 a.m. at ACENet.**

## Health & Wellness

### Team Update

By Gladys Bailin Stern

The Health and Wellness Team met at the Catalyst Cafe (W. Union St.) on 12/14 from 3 to 4 pm. Bruce Wentworth from Sole and Bloom Realty was invited by Jane Woodrow to speak with us about housing development in Athens. Bruce indicated that the geography of Athens made certain kinds of housing developments difficult, due to the hilly terrain, and that there were few sites within city limits.

Paula, however, said that the University Master Plan will be available soon and does appear to have a provision for senior housing at the Ridges. By email, Board member Steve Pierson noted that "when Margaret Topping and Gary North were looking for university sites for possible housing for seniors, one of the areas also looked at was on Piggery Lane in the Ridges. One of the past Ridges Master Plans (by Brailsford and Dunlevy) had senior housing in a "remodeled" main building, to the right side of the Kennedy Museum of Art."

It was also suggested that a call for those with **Durable Medical Equipment** be sent as a separate note to the membership and a call for **Caretaker Relief** also be sent separately. The newsletter has lots of information that is hard to separate. What is pure information and what is essential information that asks for a response should be made clearer.

The next meeting is scheduled for **Wed. January 18, 3pm in ACENet Building B.**

### CULINARY CONVERSATIONS:

#### Dinner for Eight

Join a small group of Villagers and friends enjoying dinner and casual conversation. Wouldn't you like to share your favorite restaurant with other Village members? Please contact the office with your preferred date, time, and venue.

*BON APPETIT!*

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

**Wed. Jan. 25, O'Bleness cafeteria, 6 p.m.** "New Year, New You: Making Healthy Changes" talk by Dr. David Drozek, OhioHealth. Dr. Drozek is also involved in the CHIP program.

**Sat., Jan. 28, The Plains United Methodist Church, 1 p.m.** Join Live Healthy Appalachia for our first-ever Kitchen Bazaar! You can purchase new-to-you kitchen gadgets that will inspire you to get back in the kitchen AND support Live Healthy at the same time! We are currently accepting donations of gently-used kitchen items now through January 20. Donations are tax-deductible, and can be dropped off at Live Healthy Appalachia 145 Columbus Road (rear entrance).



**The Village Shuttle Update**

The Village Shuttle project is up and running! See <http://www.theathensvillage.org/services.html> for info. *More volunteer drivers are needed!* If you are interested in being trained as a volunteer Shuttle driver, please contact the Village office (740-447-0500). There are no regular driving shifts. Volunteers drive whom, when, and where only as fits their schedule.

**A Note from Gregg**

As I am sure you noted on page 3, TAV is designated as a recipient of the Kroger's Community Rewards Program, but what does this really mean?



The "points" that you would normally receive for scanning your Kroger card during a purchase can be converted to dollars for a designated organization. We currently have two members designating their points to benefit TAV. From that designation, we received a check in the amount of \$27.70 for the accumulated points these two members have donated over a six month period. The potential financial windfall from this resource would be very helpful. If only half of the membership would designate TAV as recipient of their Kroger points, I estimate we could generate \$3,000 over 12 months. A \$3,000 fund could finance many projects members have requested.

Please consider designating TAV as recipient of your Kroger points. Susan would be glad to help you get set up to designate your Kroger points to TAV. Call the office (740-447-0500) or email Susan directly at [sg.at.TAV@gmail.com](mailto:sg.at.TAV@gmail.com)

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

In an effort to make Athens a more age-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. The Athens Village will host office hours from 9 a.m. to 1 p.m. on the first and third Friday of each month for Morgan Pavol of the Alzheimer's Association.

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 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/)

**Thurs., Dec. 12, 6:30 p.m.** Meet the Author: *Failure to Pursue*, by David Frey, about the American Civil War.

**Thurs., Jan. 26, 7 p.m.** *Safe Cycling: A Community Conversation* Meredith Erlewine and Bob West discuss bicycle safety.

**Sat., Jan. 28, 3 p.m.** *The ABCs and ESGs of Sustainable Investing* Michelle Wilson of Lincoln Financial Securities will speak on investing. More info from Michelle at 740-538-2010.

**O’Bleness SeniorBEAT Activities**  
Become a member of SeniorBEAT! It’s FREE!!!!

- \*Book Club, **Mon., Jan. 9, 10 a.m.**, plan books to read for 2017. **O’Bleness Cafeteria.**
- \*History Group, **Thurs., Jan. 12, 1 p.m.**, George Eberts will talk about the Athens Asylum. **O’Bleness Room 8.**
- \*Speakers Program, **Thurs., Jan. 19, 2 p.m.** **O’Bleness room 10.** Plan speakers for 2017.
- \*Lunch Group, **Fri., Jan., 27, 11:30 a.m.** Meet at the Wilson Room of the **OU Inn**, 331 Richland Ave., Athens.  
For more details, call Joy MillerUpton at 740-385-8451 or email [jmillerupt@aol.com](mailto:jmillerupt@aol.com)

**ARTS/West, 132 W. State St  
740-592-4315**

**Jan. 20-21 and Jan. 27-28 (7 p.m.), and Jan 22 and 29 (2 p.m.)** *The Drowsy Chaperone*. First performed on Broadway in 2006. Cast includes the superb voices of Haile Ferrier and Sharell Arocho-Andrews. Directed by Marissa Dienstag. Ticket prices TBA, general admission.

**Ohio University**

**Sun., Jan. 15, Mem. Aud., 3 p.m.** Honor Choir and Orchestra (high-school students). Free.

**Mon., Jan 16.** OU closed to observe MLK Day

**Tues., Jan. 17, Galbreath Chapel, 7:30 p.m.** Paul Barte, Faculty Recital, Organ. Free.

**Sun., Jan. 22, Glidden Hall, 6 p.m.** Debra Rentz, Faculty voice recital. Free.

**Mon., Jan 23, Glidden Hall, 7:30 p.m.** Ohio Flute Quartet Recital. Free.

**Fri., Jan. 27, McCracken Hall, 11 a.m.** Dedication and Grand Opening Ceremony

**Fri., Jan. 27, Glidden Hall, 7:30 p.m.** OHIO Saxophone Summit recital. Free.

**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)

**Thurs., Jan. 5, and Tues., Jan. 9, 7 p.m.**  
*Princess Mononoke* (1997, animation) Adult \$12.50 /Child \$10

**Sat., Jan. 7, 12:55 p.m. and Wed., Jan. 11, 6:30 p.m.**, The Metropolitan Opera: *Nabucco*. Adult \$24 /Senior \$22

**Sun., Jan. 8 and Wed., Jan. 11, 7 p.m.**  
*Carousel* (1956). All tickets \$12.50

**Tues., Jan. 10, 6:30 p.m.** National Theater Live: *No Man’s Land*. All tickets \$15

**Sun., Jan. 15 and Wed., Jan. 18, 7 p.m.**  
*Singin’ in the Rain* (1952). All tickets \$12.50

**Sat., Jan. 21, 12:55 and Wed., Jan. 25, 6:30 p.m.** The Metropolitan Opera: *Romeo et Juliette* (Gounod). Adult \$24 /Senior \$22

**Tues., Jan. 24, 6:30 p.m.** Bolshoi Ballet: *The Sleeping Beauty* (chor. Petipa) . Tickets \$18

**Sun., Jan. 29, 7 p.m.** *Dirty Dancing* (1987) All tickets \$12.50