

Brown Bag Lunch:

Thurs., March 23, Noon-1:30 p.m.
ACenet Conference Room B



Home Health Care Concerns

Have you considered, perhaps forced by circumstances, hiring home health care staff to come to your home? What concerns would you like to discuss? Ms. Kelley Brar, RN, is experienced in the home health care industry. She has agreed to be our informed moderator at an open discussion of home health care.

Concerns *might* include:

- ▶ Insurance concerns and requirements
- ▶ Personnel issues, including duties reasonably expected and rate of pay
- ▶ Taxes and payroll considerations
- ▶ Medicare coverage and limitations

Ms. Brar last presented to The Athens Village on May 26, 2016, when she spoke with us about Patient Rights. She has been a Registered Nurse for 20 years. Kelley started in the health-care field working directly with patients, and now is Director of Health Care with Interim HealthCare Services.

Thanks for Donation!

Mr. George (Buddy) Williamson, of LCR Realty, was kind enough to donate \$100 to The Athens Village last month. We thank LCR Realty and Mr. Williamson for their generosity.



We are working with Bill Wooddell of Hayes Real Estate for a Brown Bag date or other gathering, when he can address member concerns about real estate in Athens, developmental queries, and other housing issues. What other questions might you wish to address to a licensed realtor? Please call the office (740-447-0500) or email your question [TheAthensVillage@gmail.com] to be added to the list.

March 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., Mar. 1, 11 a.m., Public Information Team meeting, ACenet Conf. Room B.

Thurs., Mar. 2, 9 a.m. to 3 p.m., Community Center Board special retreat (see Ed's column, p. 2)

Mon., Mar. 13, 1 p.m., Membership Team meeting, ACenet Conf. Rm. B.

Mon., Mar. 13, 2 p.m., Hearing Aid Interest Group, open to the public. ACenet, Conf. Rm. B.

Tues., Mar. 14, 10 a.m., Board meeting, The Plains Public Library meeting room.

Wed., Mar. 15, 3 p.m., Health and Wellness Team, ACenet, Conf. Room B.

Wed., Mar. 22, 1 p.m. Members' informal gathering with Gregg, ACenet conf. B.

Thurs., Mar. 23, noon, Brown Bag Lunch meets at ACenet Conf. room B. Open to the public. See story at left.

Dr. Atul Gawande Webinar

Cancelled!

The webinar at O'Bleness Hospital was cancelled due to severe winter weather in Boston, where the webinar was supposed to originate. The sponsoring agencies are now negotiating for a re-scheduling of this event. Please be aware that the event, when it happens, will NOT be taped for later viewing, nor will it be viewable anywhere EXCEPT at the viewing party venue.

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

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AND 2ND, 4TH, AND 5TH FRIDAYS EACH
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After hours: Members may call 740-447-0500 any
time. Please leave a message.

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**From the President's Desk
Quo Vadis?**



The 1951 movie, *Quo Vadis?* so impressed my high school annual staff in 1952 that we decided to use it as a theme in the 1953 yearbook (of which I was photo editor). I remembered that as I was thinking about our own efforts with The Athens Village (TAV). Why? Because “quo vadis?” asks the question “where are you going?”

Last month I noted that your board would be examining that very question at our retreat on March 2. In preparation, I sent many of you an e-mail asking for your views on several questions, Thank you to all who responded. The board is reviewing your ideas and suggestion.

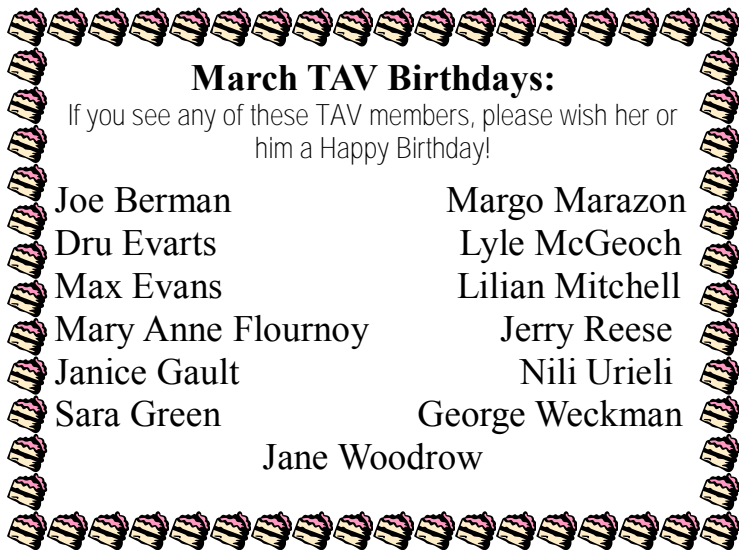
It was interesting to note that several who responded wrote that while they do not “need” the services that TAV provides now, they consider it a type of “insurance” program for when they might need them. Although responses are still coming in, there does seem to be a general consensus that the handyman is a major benefit; that there may need to be more social activities; that the phone network should be updated; and that our transportation offerings should be clearer.

Your board will be reviewing your comments at our retreat. In next month’s column, I will give you a summary of what we see as our long-term future. A famous strategic planner once noted that “if you don’t know where you are going, any road will take you there.” We will be working on clarifying where we are going, and we hope to identify the road(s) we need to take.

Ed

March TAV Birthdays:

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



Joe Berman

Margo Marazon

Dru Everts

Lyle McGeoch

Max Evans

Lilian Mitchell

Mary Anne Flournoy

Jerry Reese

Janice Gault

Nili Urieli

Sara Green

George Weckman

Jane Woodrow

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.

Brown Bags, Etc. Planned for 2017

SAVE the DATE

- > **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
- > 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. Bring a dish to share with 4-6 TAV members, and enjoy the conversations!
- > 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. No personal questions will be addressed. Venue: TBA
- > Oct. 26: FairHoPe Hospice: Advance Directives workshop. Advance Directives include Health POA and Living Wills. Venue: TBA

- ## Highlights from the 2/23 BBL
- Dr. Brooke Hallowell, a good friend of the Village, brought her usual sparkling presence and fascinating information to her presentation at The Plains Public Library. She discussed several issues which are being researched about aging, and she noted that a number of OU studies about aging are recruiting volunteers.
 - 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. November and December are presently open to suggestion.



Hearing Aid Interest Group

Next meeting: Monday, Mon., Mar. 13, 2 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!

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.

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) tangible assets to members (now Handyman and Vetted Vendor list; working on Transportation options); 2) Neighbors Calling Neighbors Network for regular wellness calls, member-to-member; and 3) topic of April survey. There were also some questions from the Board to discuss, but time ran out.

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

Public Information Team Update

The team discussed re-sending letters to Human Resource 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., Mar. 1 at 11 a.m. at ACEnet.**

Health & Wellness

Team Update

By Gladys Bailin Stern

At the 2/15 meeting, the Team discussed:

- * coordination with other senior groups in Athens County ; and a Village coordinator –volunteer
- * 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,. It would be useful to all members if we could replicate that resource. How can we increase the number, amount, and/or variety of DME available to Village members?

- * Transportation options in Athens. The Village Shuttle exists, but has only two volunteer drivers. What other options exist?

* Tech help is always needed. There will be another Tech Fair this year, again with Athens High School students. It will be again 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 through mid-February, but is now back home. She would appreciate a get -well card or friendly visit at 27 Townsend Place, Athens phone 740-249-4227.

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

A Votre Sante / L'Chaim / Na

Zdrorvje / Salud / To Your Health

Wed. Mar. 15, 6 p.m., O'Bleness Hospital Cafeteria: *Maximizing Memory* with Michele Stokes, PhD, MS, OhioHealth Neuroscience.

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 April.

Notes from Greg



We have received word that our grant application to the Athens Foundation/Jaycees Senior Grant fund for a Patient Advocate position was not funded. The Athens Foundation staff felt our application was well written and very worthwhile. They have encouraged us to try again.

A lack of reliable transportation is an issue for many TAV members. We have established the Village Shuttle to provide transportation to TAV members, but do not have enough volunteer drivers to make this program successful. The commitment to serve as a driver can be as much or as little as the volunteer would like. If you would consider volunteering as a driver for fellow TAV members, please call me at [740-447-0500](tel:740-447-0500).



I would encourage members to host a coffee-klatsch for a small neighborhood gathering of new/long-time members. If you are interested, give me a call. I'll bring the coffee!

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

TRANSITIONS

New members: Folden B. and Margaret Stumpf. If you see them anywhere, please shake their hand and say "Welcome to the Village!"

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 friendly visit, particularly to read his mail to him. Call 740-664-1530 to arrange a convenient time.

CULINARY CONVERSATIONS:

Here's an idea for both eating good, healthy food and supporting several worthy charities at the same time:

Supper Supper, Sun., March 19

4:30 to 6:30 p.m., Community Center

\$25 gets you your choice of a donated hand-crafted bowl, and your choices of soup(s) donated by local restaurants.

BON APPETIT!

ABC Players will perform "The Addams Family: The Musical" at Stuart's Opera House in Nelsonville.
March 17-18 & 24-25, 2017 at 7 p.m., matinees
March 19 & 26 at 2 p.m. Adults \$12. Tickets at <http://www.stuartsoperahouse.org/> or at the door.

The Athens Village Vital Statistics

- As of Feb. 24: **99** members: 26 men and 73 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.



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.

Thank you so much, George!

ALZHEIMER'S ASSOCIATION TO INCREASE SERVICES IN THE ATHENS COMMUNITY

Workshop schedule:

*** Friday, Mar. 3, 10 a.m., ACenet Conference Room B:** "Dementia Conversation" Workshop for families facing a new diagnosis of Alzheimer's. Tips will be offered on how to have honest and caring conversations with the patient's community, including when to stop driving, making legal and financial plans, and much more. 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).



