

Notes from Barbara



“December’s wintery breath is already clouding the pond, frosting the pane, obscuring summer’s memory...”

-John Geddes

For those members heading south to warmer climes or to visit family for the month of December, remember that your membership covers having our handyman check on your house in your absence. Falling tree limbs, broken water pipes, or a furnace that fails while you are out of town are problems much easier dealt with quickly.

For those of us staying behind in the cold and potential snow, please remember to prepare in advance for inclement weather by . . .

- ▶ Arranging with a neighbor or contractor for snow removal
- ▶ Having at least 3 days’ supply of medication and food on hand
- ▶ Planning for back-up heating for your home
- ▶ Having Dave over to change your furnace filter
- ▶ Registering for a ride service like Athens On-Demand and the Athens City Bus Paratransit option
- ▶ Participating in the Neighbor-to-Neighbor calling network

Give The Athens Village office a call at 740-447-0500 for assistance.

December 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., Dec. 5, 11 a.m., Public Information Team meeting, ACEnet, Conf. Rm. B

Mon., Dec. 10, 1 p.m., Membership Team meeting, ACEnet, Conf. Rm. B

Mon., Dec. 10, 2 p.m., Hearing Aid Interest Group. ACEnet, Conf. Rm. B (See p. 4.)

Tues., Dec. 11, 10 a.m., Board meeting, O’Bleness room 12

Wed., Dec. 12, 4 p.m. Informal, no-host gathering at Athens Uncorked, 14 Station St.

Mon., Dec. 24 through Wed., Dec. 26: Merry Christmas! The Village office will be closed.

Cancellations:

“Get More Out of Your Membership,” a monthly chat with Barbara at Tim Horton’s **cancelled for December**

Health and Wellness Team monthly meeting, ACEnet Conf. Rm. B. **cancelled for December**

TRANSITIONS

Sue Foster, Ralph Izard, and Ragy Mitias are each recovering at home after falls.

Betsy Knies is at home recovering from surgery.

Former member **Frank Myers** passed on Nov. 19.

- Every 2nd Wednesday of the month, all Village members and friends are invited to an *informal* no-host gathering at **Athens Uncorked** (14 Station St.) at 4 p.m. Anyone can attend!



- These dates include Dec. 12, Jan. 9 and Feb. 13.
- **The Tech Fair** will be held at the Athens Public Library on Fri., Jan. 18, from 10 a.m. to 2 p.m. The Fair is free and open to the public. Bring your own devices .
- An “Open Office” will be held at the Athens Village office on **Wed., Jan. 30, 2019** from 11 a.m. to 1 p.m.

If you have an event idea, please contact the office at 740-447-0500 with ideas for speakers and/or dates.

December TAV Birthdays:

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

Carol Beale Lynn Graham

Cecily Bow Cynthia Love

Marsha Dutton Florence McGeoch

Judy McGinn



The Athens Village Voice

*Stay connected and engaged.
Your feedback is always welcome.*

Barbara Conover, Executive Director
Susan Gilfert, Administrative Assistant
David North, Home Maintenance Coordinator
Susan Gilfert and John Barrington, AVV Editors

Address: 94 Columbus Road, Building B, ACEnet
Campus, Athens, OH 45701-1312

Office phone: 740-447-0500

Office hours: Mon.-Fri. 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

Louis Wright, President

Gladys Bailin Stern, Vice President

Ellsworth Holden, Secretary

Steve Grimes, Treasurer

Gregg Andrews

Marsha Dutton

Don Fucci

Jack Flemming

Joyce Lewis

Steve Pierson

Bonnie Prince

Sponsors



The Board of Directors met on Nov. 13 and elected a new slate of officers.

Louis Wright, President (new)
Gladys Bailin Stern, Vice President (new)
Ellsworth Holden, Secretary (returning)
Steve Grimes, Treasurer (incumbent)

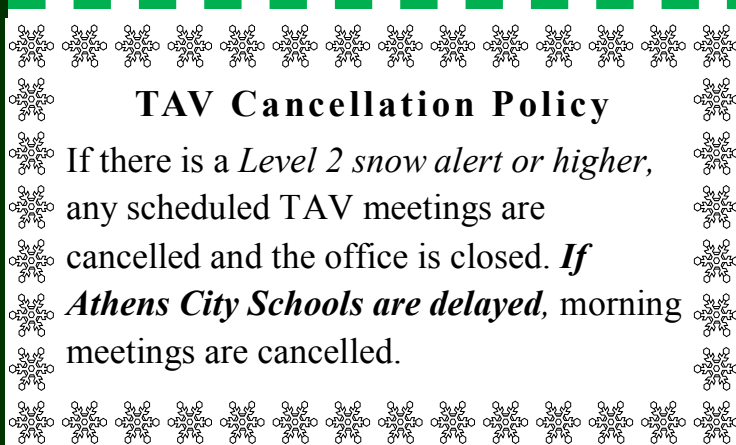
Congratulations to the new Board of Directors! We have three new members: Gregg Andrews (former TAV executive director), Marsha Dutton (member since 2013), and Bonnie Prince (member since 2015).

From Louis Wright:

As I step into the role as President, I want to thank Ed Baum for his excellent service and for the assistance he has given me as his replacement. I am also thankful to the members who have agreed to serve on the Board of Directors and those who are willing to be officers. We welcome advice and/or suggestions from all of you.

I hope all of you have recovered from Thanksgiving and Black Friday. Winter seems to have started a bit early this year, so join me in looking forward to a wonderful Holiday Season and an early Spring.

Louis



TAV Cancellation Policy

If there is a *Level 2 snow alert or higher*, any scheduled TAV meetings are cancelled and the office is closed. ***If Athens City Schools are delayed***, morning meetings are cancelled.

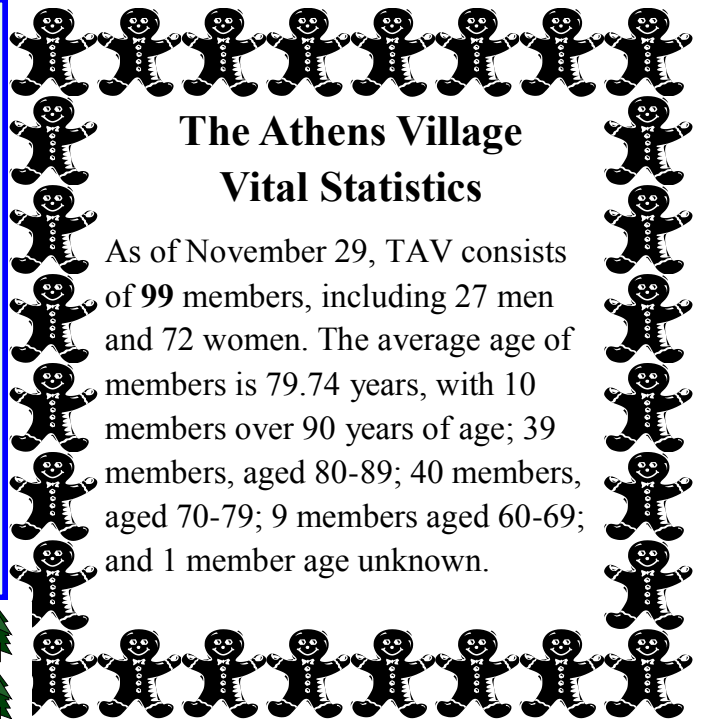
DECEMBER EVENTS TO REMEMBER:

- ▶ Please call the office (740-447-0500) to request the Village handyman, David North. Please submit your home maintenance requests early! Dave does not work on Fridays, nor does he work during Christmas week.
- ▶ The final Citywide sweep for autumn leaves will occur Dec. 17-21.
- ▶ Christmas tree pickup at the curb will occur in Athens City between Dec. 26 through January. Call the City Public Works for pickup: 740-593-7636



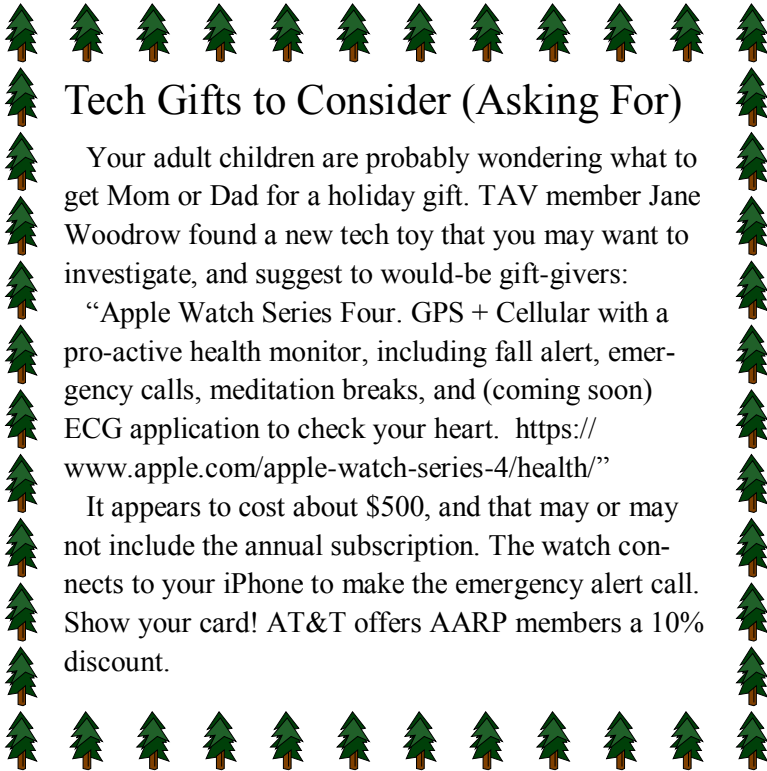
Graceful Aging Hints from the Health and Wellness Team

Keep moving!. We've heard that sitting too much is dangerous to our health. We're told to exercise, walk, run, and bike. For many of us, that might be too difficult. Don't give up though. New research reports from the Oct. 30 *New York Times* say: "Ten minutes of mild, almost languorous exercise can immediately alter how certain parts of the brain communicate and coordinate with one another and improve memory function." A short walk or an easy session of tai chi or yoga can improve memory and help you focus and learn better. Next time you want to concentrate, get up and move first. It likely takes more exercise to help cardiac function, but better memory is a great thing.



The Athens Village Vital Statistics

As of November 29, TAV consists of 99 members, including 27 men and 72 women. The average age of members is 79.74 years, with 10 members over 90 years of age; 39 members, aged 80-89; 40 members, aged 70-79; 9 members aged 60-69; and 1 member age unknown.



Tech Gifts to Consider (Asking For)

Your adult children are probably wondering what to get Mom or Dad for a holiday gift. TAV member Jane Woodrow found a new tech toy that you may want to investigate, and suggest to would-be gift-givers:

“Apple Watch Series Four. GPS + Cellular with a pro-active health monitor, including fall alert, emergency calls, meditation breaks, and (coming soon) ECG application to check your heart. <https://www.apple.com/apple-watch-series-4/health/>”

It appears to cost about \$500, and that may or may not include the annual subscription. The watch connects to your iPhone to make the emergency alert call. Show your card! AT&T offers AARP members a 10% discount.

Athens Area Mediation Services

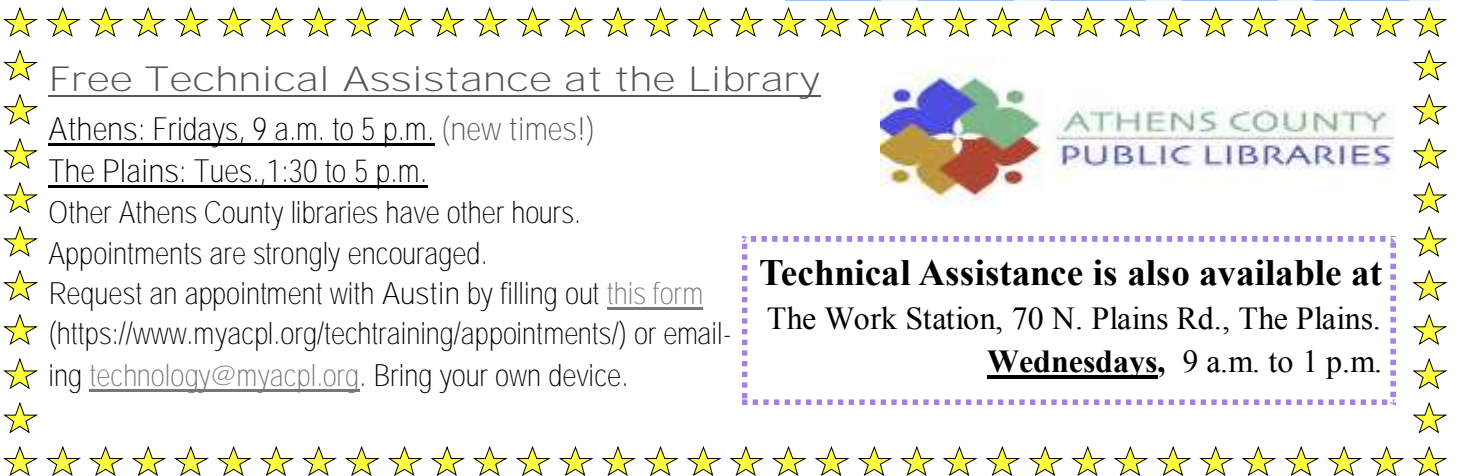
Elder Care Conversation

Making End-of-life Decisions Easier

Athens Area Mediation Services now offers supported conversations and trainings for community members, families, and individuals, to help walk them through end-of-life and elder care choices.

*Developed with funding from
Sisters Health Foundation*

Contact: Athensmediation.com at
athensmediation@gmail.com



Free Technical Assistance at the Library

Athens: Fridays, 9 a.m. to 5 p.m. (new times!)

The Plains: Tues., 1:30 to 5 p.m.

Other Athens County libraries have other hours.

Appointments are strongly encouraged.

Request an appointment with Austin by filling out [this form](#)

(<https://www.myacpl.org/techtraining/appointments/>) or email-

ing_technology@myacpl.org. Bring your own device.



Technical Assistance is also available at

The Work Station, 70 N. Plains Rd., The Plains.

Wednesdays, 9 a.m. to 1 p.m.

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

Tasks: Charged with member recruitment and retention; identifying the needs and methods to provide support to members to build relationship. **Meets 2nd Mon., 1 p.m. at ACEnet.**

Health and Wellness Team

Tasks: Charged with determining member needs and creating programs concerning safety and wellness; assisting with development and maintenance of projects and events for the membership, (e.g. Brown Bag Lunch, coffee hours); and focusing on special events or topics of concern, including professional services, educational events, and social/entertainment events.

Meets 4th Thursday at 3 p.m. at ACEnet.

Membership Team Update

The Team did not meet in November due to an injury to the Chair.

Team members are calling Villagers about the Life Stories project proposed by H & W Team (see below).

**Next meeting: 1 p.m., Monday, Dec. 10
ACEnet Conf. Room B**

Health & Wellness Team Update

The Team met on Nov. 29 to discuss the January Tech Fair, scams, and the Life Stories Project (a.k.a. Oral History project). The Membership Team is polling Villagers to find out interest in the project. Please feel free to bring projects to the Team's attention by contacting the office (740-447-0500). No December meeting will be held. Bobbie Thibault will take over as Interim Chair until March.

Next meeting: Thurs., Jan. 24, 3 p.m. ACEnet Conf. Room B.

ALZHEIMER'S ASSOCIATION WORKSHOPS

Fri., Dec. 7, 11 a.m., "Know the 10 Signs"

Fri., Dec. 21, 11:30 a.m. "Understanding and Responding to Dementia-Related Behavior"

Workshops are held at ACEnet Conference Room B. Please preregister at 800-272-3900 to ensure that enough materials are prepared. Free.

Hearing Aid Interest Group

Next meeting: Mon., Dec. 10
at 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. Not every person's hearing loss can be helped by this device, but successful users have found that it is of great help.

The new device has full Medicare coverage!



Recycling Tips From Real World Organizing

TAV supporter Aubrei Krummert, of Real World Organizing, offers this December tip:

While you finish up preparations for the holidays, make it more enjoyable with music. When doing the "December musts," pop a CD of holiday music into the stereo and boogie your way through!

****Aubrei offers special recycling services and home pick-up.** For details and cost, call or text Aubrei at 740-249-9123 or email aubrei@realworldorganizing.

Public Information Team Update

At the Nov. 7 meeting, the Team discussed the new Facebook page developed by OU student Amy Shook. Amy will be an intern at TAV starting in Jan. 2019. They also discussed the Falls Awareness project by graduate student intern Mary Moody. Transportation was also briefly discussed. Then visitors from Kentucky arrived to discuss starting a Village.

**Next meeting: Wed., Dec. 5, 11 a.m.,
ACEnet Conference Room B.**

Transportation Updates



The Athens Bus system now has a “paratransit” system. The bus arrives at your home if you are unable to walk to a fixed bus stop. You pay the regular senior fare: \$0.50 a ride. HOWEVER, riders must fill out a form, have it signed by their doctors, and submit it to the city bus office. Information is available at <http://www.athenstransit.org/paratransit/>.

The form can be requested by calling Athens Public Transit at 740-592-2727. Another option is to fill out the form at the Village office at 94 Columbus Rd. Our hours are generally 10 a.m. to 2 p.m., Mon.-Fri.

Please fill out the bus form and take it to your physician's office BEFORE winter weather sets in and you really need this service. It is *unlikely* that the physician's office knows about this form. After you are registered by returning the physician-signed form to Athens Public Transit, **you** call the bus service at 740-592-2727 to request a ride. Requests should be made as far in advance as possible.

Scams and Fraud Alert: Fraudulent activity increases during the holidays. Many of you already are aware of a deceptive robo-call from what appears to be “Ohio University” which promotes a worthless medical device “to relieve pain.” If you use internet, AARP’s “Fraud Watch Network” [<https://www.aarp.org/money/scams-fraud/>] is a good way to check what has been reported.



A new scam focuses on Social Security. The caller ID is “Social Security” and the number shows a legitimate 1-800-772-1213. If you respond to the message, you will **not** be talking to a Social Security officer, but a fraudster intent on getting your personal information. More info is at <https://www.aarp.org/money/scams-fraud/info-2018/spoofing-scam.html?intcmp=MON-CP-FEED>. Be safe!

Hello! I’m Mary Moody. I’m the TAV student intern for the 2018-2019 academic year. I’m a first year Master’s student in the Social Work program at Ohio University. I’m from Sarahsville, Ohio, which is in Noble County. I have always been interested in helping others and working with adults and older adults. Doing research has always been one of my passions. My undergraduate degree is in Psychology, so I have experience in conducting projects.



I will be working on a “Falls Prevention/Balance Awareness” project here at The Athens Village. For this project, I will call each member household and introduce myself. I will then explain the project and see who would like to participate. I can be emailed at mm211512@ohio.edu if you are interested in participating in the project. The phone number I will be calling you from is my personal cellphone, **ending in 3439**. Please listen to my message and respond! 😊 I’d like to set up an appointment to see your home.

Once at your home, we will check your home for fall hazards and risk areas. I will give that information to you and to the office. Of course, you can choose to make the changes I recommend, or not. Then I will work to arrange for the resources necessary to prevent these falling hazards. For the balance awareness portion, we can discuss increased awareness of your balance, and activities that you can do to increase your balance. Hope to see you all soon! Thank you!

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



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

Every Wednesday, 11:30 a.m. to 1:30 p.m., “What the Health Is Going On Here?”, an informal discussion with staff from the Athens City-County Health Dept.

Sat., Dec. 1, 2 p.m. “The Great Appalachian Miners’ Struggle,” talk by author Wess Harris

Mon., Dec. 3, 7 p.m., Webcast party, “Jazz at Lincoln Center: Big Band Holidays” with local musician Kyle Slemmer.

Thurs., Dec. 6, 7 p.m. Talk by Tom O’Grady about John Quincy Adams, astronomer (and President in early 1800s)

Sat., Dec. 8, 9 a.m. to 3 p.m., Monthly book sale

Wed., Dec. 12, 7 p.m. Screening of *Not in Our Town* (1995) documentary about hate attacks on communities. Discussion follows.

Thurs., Dec. 13, 7 p.m., Author Gina McKnight talks about her book *Horsemanship: Quotes from Riders Around the World*

Thurs., Dec. 20, 7 p.m. Storytime for Adults: *The Artist of the Beautiful*

O’Bleness SeniorBEAT Activities

- * Book Club, **Mon., Dec. 10, 10 a.m.**, book choices for next year will be discussed. **O’Bleness Cafeteria.**
- * History Group, **Thurs., Dec. 13, 1 p.m.** Two librarians from Alden Library will discuss special collections, **O’Bleness Room 8.**
- * Speakers Program, **Thurs., Dec. 20, 2 p.m.**, Athens Public Library staff Becca Lachman and Laura O’Neil will discuss APL resources and programs, **O’Bleness Room 10.**
- * Lunch Group, **Fri., Dec. 28, 11:30 a.m.** Meet at Gran Ranchero, 979 E. State St.
- * Wednesday Wellness is **cancelled** for December. See you **Wed., Jan. 9 at 6 p.m. in the O’Bleness Cafeteria** for a session focused on crockpot cookery!

To join SeniorBEAT, call Caitlin Bond at 740-434-3289 or email caitlin.bond@ohiohealth.com

Become a member of SeniorBEAT! It’s FREE!

Seussical Jr., Two Seuss stories intertwine: 1) The Cat in the Hat leads Jojo on adventures and teaches him to use his imagination. 2) In the Jungle of Nool, Horton hears a faint call for help and saves the Whos. Directed by Jodi MacNeal. Performed at **Stuarts Opera House, Nelsonville. *Four performances only:* Nov. 30 and Dec 1, at 7:30 p.m., matinees Dec. 1 & 2 at 2 p.m.** Tickets: \$12 adults, \$8 students. Call 740-753-1924 to reserve seats. Sell-outs expected!

Athena Grand, 1008 E. State St., <http://athenagrand.com/>

Movie times recording: 740-593-8822

Tues., Dec. 4, 6:30 p.m. National Theater Live: *Macbeth*. All tickets \$15

Sun., Dec. 9 and Wed., Dec. 12, 7 p.m. *White Christmas* (1954) Bing Crosby, Danny Kaye. All tickets \$12.50

Mon., Dec. 10, 7 p.m. *Jim Henson’s Holiday Special with Fraggle Rock* (1980s). Adult \$12.50 / Child \$10

Tues., Dec. 18, 7:30 p.m. *Never-Ending Man: Hayao Miyazaki* (2016, documentary) All tickets \$12.50

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

Sat., Dec. 1, 1 and 3 p.m., *Elf* (2003) Will Ferrell.

Sat., Dec. 8, 1 and 3 p.m. *The Muppet Christmas Carol* (1992) Michael Caine, Kermit the Frog as Bob Cratchit

Sat., Dec., 15, 1 and 3 p.m. *A Christmas Story* (1983) Ralphie wants a Red Ryder B.B. gun for Christmas.

Sat., Dec., 15, 7 and 9 p.m. *National Lampoon’s Christmas Vacation* (1989) Chevy Chase, Beverly D’Angelo

Sat., Dec., 22, 1 and 3 p.m. *It’s a Wonderful Life* (1946) James Stewart, Donna Reed

Admission to Sat. holiday films: minimum donation of one canned or nonperishable food item. Benefits Athens City food pantries and other hunger relief programs.

Tues., Dec. 4, 7 p.m. Affrilachian Identities: *Coal Black Voices* (2001) Documentary of African-American residents of Appalachia and south. Discussion to follow. Free.

Fri., Dec. 7 and Sat., Dec. 8, 7:30 p.m. *2001: A Space Odyssey* (1968) with original soundtrack by Duo Unprepared. \$8 general public, \$5 students.